Understanding the National Landscape: Why the National Diabetes Prevention Program Must be Implemented throughout Florida

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Our Public Health Challenge...

30 million Americans have diabetes

84 million Americans have prediabetes

9 out of 10 adults with prediabetes don’t know they have it


Diabetes-Related Complications

Trends in Age-Standardized Rates of Diabetes-Related Complications from 1990 – 2010 among U.S. Adults with Diagnosed Diabetes

## Risk Stratification for Type 2 Diabetes Prevention Interventions

<table>
<thead>
<tr>
<th>Risk Level</th>
<th>Adult Prevalence (%)</th>
<th>10 Years Diabetes Risk (%)</th>
<th>Risk Indicators</th>
<th>Intervention</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very High</td>
<td>~ 15%</td>
<td>&gt;30</td>
<td>A1c &gt;5.7% FPG&gt;110</td>
<td>Structured Lifestyle Intervention in Community Setting</td>
</tr>
<tr>
<td>High</td>
<td>20%</td>
<td>20 to 30</td>
<td>FPG&gt; 100 NDPP score 9+</td>
<td>Risk Counseling</td>
</tr>
<tr>
<td>Moderate</td>
<td>30%</td>
<td>10 to 20</td>
<td>2+ risk factors</td>
<td>Build Healthy Communities</td>
</tr>
<tr>
<td>Low</td>
<td>35%</td>
<td>0 to 10</td>
<td>0-1 risk factors</td>
<td></td>
</tr>
</tbody>
</table>


### TYPE 2 DIABETES PREVENTION EVIDENCE SUMMARY

**Randomized Clinical Control Trials:**
- The Diabetes Prevention Program Outcomes Study. Lancet. 2015

<table>
<thead>
<tr>
<th>Subsequent Translation Studies</th>
<th>Various</th>
</tr>
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### Evidence-based Recommendations

<table>
<thead>
<tr>
<th>Recommendation</th>
<th>Date</th>
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<tbody>
<tr>
<td>USPSTF Obesity Intensive Behavioral Counseling</td>
<td>July 2012</td>
</tr>
<tr>
<td>Community Guide Review</td>
<td>July 2014</td>
</tr>
<tr>
<td>USPSTF CVD Risk Reduction Intensive Behavioral Counseling</td>
<td>August 2014</td>
</tr>
<tr>
<td>USPSTF Type 2 Diabetes and Abnormal Glucose Screening</td>
<td>October 2015</td>
</tr>
<tr>
<td>ICER Evidence Report on Diabetes Prevention Programs</td>
<td>July 2016</td>
</tr>
</tbody>
</table>
Why Now? Transitioning From Science to Widespread Practice

National Diabetes Prevention Program

Join largest national effort to mobilize and bring effective lifestyle change programs to communities across the country!
National DPP: Economic Impact

When individuals develop type 2 diabetes, their health expenses increase dramatically; participation in the National DPP saves money by avoiding these additional costs.

Cost of Diabetes Treatment
An increase in costs of $8,010 per individual who develops diabetes over a 3-year period
Year 1: $2,470; Year 2: $3,190; Year 3: $2,350

Cost of the National DPP lifestyle change program
Average annual cost of $500 per participant

Over the course of 15 months, Medicare-eligible individuals who participated in the Y-DPP avoided $2,650 in healthcare costs

1. https://www.preventdiabetesstat.org/
Overview of the National Diabetes Prevention Program

1 At the core of the National DPP is a CDC-recognized, year-long lifestyle change program that offers participants:

- A trained lifestyle coach
- CDC-approved curriculum
- Group support over the course of a year

2 To successfully implement these lifestyle change programs, the National DPP relies upon a variety of public-private partnerships including: community organizations, private and public insurers, employers, health care organizations, faith-based organizations, and government agencies. Together, these organizations work to:

- Build a workforce that can implement the lifestyle change program effectively
- Ensure quality and standardized reporting
- Deliver the lifestyle change program through organizations nationwide
- Increase referrals to and participation in the lifestyle change program

Elements of the National DPP Lifestyle Change Program

**PROGRAM GOAL:** Help participants make lasting behavior changes such as eating healthier, increasing physical activity, and improving problem-solving skills

Delivered by trained lifestyle coach

**Example modules covered in core phase:**
- Eat Well to Prevent T2
- Burn More Calories Than You Take In
- Manage Stress
- Keep Your Heart Healthy

**Example modules covered in maintenance phase**
- When Weight Loss Stalls
- Stay Active Away from Home
- Get Enough Sleep

**PARTICIPANT GOAL:** Lose 5 – 7% of body weight
PreventT2 Curriculum
CDC released the new PreventT2 curriculum in March 2016 (in both English & Spanish).

New Curriculum Features

- **Designed for Success**: Designed based on lessons learned from the previous curriculum (lower literacy level, more graphics)
- **Flexibility**: Recommended sequence of modules for the first 6 months, and then a variable structure for the next 6 months depending on participant needs
- **Spanish Translation**: A “culturally relevant” translation of the English version

Strategic Goals & Progress to Date
National DPP Strategic Goals

- Increase coverage among public and private payers
- Increase referrals from healthcare providers
- Increase the supply of quality programs
- Increase demand for the National DPP among people at risk
Cooperative Agreement Investments

1212, 1305, and 1422 are cooperative agreements focused on scaling and sustaining the National DPP, with emphasis on all strategic goal areas.

<table>
<thead>
<tr>
<th>Agreement</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>1212</strong></td>
<td><em>National Diabetes Prevention Program: Preventing Type 2 Diabetes Among People at High Risk</em>: Funds national organizations to: 1) increase the number of CDC-recognized organizations offering the National DPP lifestyle change program via multi-state networks, and 2) to expand coverage through relationships with employers and insurers that lead to benefit coverage and reimbursement for delivery organizations <strong>(COMPLETED)</strong></td>
</tr>
<tr>
<td><strong>1305</strong></td>
<td><em>State Public Health Actions to Prevent and Control Diabetes, Heart Disease, and Obesity and Associated Risk Factors and Promote School Health</em>: Funds all 50 states &amp; D.C. to raise awareness of prediabetes, increase referrals to CDC-recognized organizations, and work with State Employee Benefit Plans and Medicaid to support coverage</td>
</tr>
<tr>
<td><strong>1422</strong></td>
<td><em>State and Local Public Health Actions to Prevent Obesity, Diabetes, and Heart Disease and Stroke</em>: Funds 17 states and 4 cities to expand on work started by 1212 and 1305 and enroll vulnerable, high-risk populations in the program</td>
</tr>
</tbody>
</table>
State Partner Engagement Meetings

CDC supports state health departments in convening partners across multiple sectors to develop state-specific plans for scaling and sustaining the National DPP.

Organizational Partners

State Engagement Map

- States Completed
- States Scheduled for 2018
New Cooperative Agreement:
Scaling the National DPP in Underserved Areas (1705)

Applicant Criteria

• Be a national or U.S. regional organization with affiliate sites in at least three states.

• Have experience offering either the National DPP lifestyle change program or another evidence-based behavior change program offered in a group setting.

• Have the capacity to enroll at least 1000 participants from both general and priority populations in underserved areas in year 1 - with continued growth of sites and participants in years 2-5.

• Have experience either directly or through established partnerships working with priority populations including Medicare beneficiaries and at least one of the following:

Priority Populations

• Medicare beneficiaries
• Men
• African-Americans

• Asian-Americans
• Hispanics
• American Indians/Alaska Natives

• Pacific Islanders
• People with visual impairments or physical disabilities

Awardees

• Black Women’s Health Imperative
• American Association of Diabetes Educators
• National Alliance for Hispanic Health

• Trinity Health
• Balm in Gilead
• HealthInsight
• American Diabetes Assoc.

• National Assoc. of Chronic Disease Directors
• Assoc. of Asian Pacific Community Health Organizations
• American Pharmacists Assoc. Foundation
Increase the Supply of Quality Programs
Increase the Supply of Quality Programs

CDC-Recognized Organizations Across the U.S.


480  477  512  522  644  720  953  1,237  1,456  1,697

CDC Diabetes Prevention Recognition Program
CDC-recognized Organizations in Florida Delivering the National DPP Lifestyle Change Program

Based on CDC Diabetes Prevention Recognition Program Registry Data, 4-6-2018
CDC Recognition: Overview

**Recognition** involves assuring quality by developing and maintaining a registry of organizations recognized (by CDC’s Diabetes Prevention Recognition Program) for their ability to deliver effective type 2 diabetes lifestyle interventions.

**Key Activities**

- **Quality Standards**
  - DPRP Standards and Operating Procedures
    - Updated every 3 years

- **Registry of Organizations**
  - Online registry and program locator map

- **Data Systems**
  - Data analysis and reporting
  - Feedback/technical assistance for CDC-recognized organizations
Benefits of CDC Recognition

- **Quality**—linked to national quality standards and outcomes proven to prevent/delay onset of type 2 diabetes
- **Data**—enables us to monitor progress individually by program and across the nation
- **Sustainability/Reimbursement**—private and public payers reimbursing for the program are requiring CDC recognition
- **Support**—recognized programs have access to technical assistance, training, and resources
- **Marketing**—can be an effective marketing tool to encourage referrals ("Our program meets CDC national quality standards.")
Increase Demand Among People at Risk
Increase Demand for the Program Among People at Risk

**Cumulative Number of Individuals Enrolled in the National DPP Lifestyle Change Program**

174,294 individuals have enrolled as of April 2, 2018

1. CDC Diabetes Prevention Recognition Program
Award-Winning Prediabetes Awareness Campaign
Ad Council, AMA, ADA, CDC

Puppies –
A Perfect Way to Spend a Minute

So is taking a one-minute prediabetes risk test.

Hedgehogs on Vacation –
A Perfect Way to Spend a Minute

That’s all it takes to know where you stand.
Award-Winning Prediabetes Awareness Campaign  
Ad Council, AMA, ADA, CDC

Mike Jones’s  
Prediabetes Journey
Where to Find Campaign Assets

http://prediabetes.adcouncilkit.org/
Your Health with Joan Lunden and CDC

cdc.gov/DiabetesTV

Watch the Videos

What is Prediabetes?
Learn about prediabetes and how you can lower your risk for type 2 diabetes.

Could You Have Prediabetes?
Check to see if the national campaigns have focused attention on the serious problem of prediabetes.

Joan’s Personal Story
Joan shares the devastating impact of type 2 diabetes on her mother’s life.

The 5 major diabetes types: impact on the issues, and how to prevent or control type 2 diabetes.

Know the Risk Factors:
Get any new favors for type 2 diabetes? Here’s how you can prevent or delay it.

Managing Diabetes:
Eat well, move more, know your numbers, and see your health care team to stay on track.
Increase Referrals from Health Care Providers
Increase Referrals from Health Care Providers

CDC works with partners to help identify and refer at-risk individuals to CDC-recognized organizations delivering the National DPP lifestyle change program. Examples include:

**American College of Preventive Medicine**
Partnership with the ACPM to increase health care provider screening/testing/referral of people with prediabetes through training, developing local champions, and testing and evaluating approaches in the field.

**American Medical Association**
Partnership with AMA to increase health care provider screening/testing/referral of people with prediabetes by engaging and activating state medical societies and automating referrals in the EHR.

**State Grantees**
Partnership with state health departments to work with local health care organizations to develop prediabetes referral protocols/policies/systems.

**Y-USA**
Partnership with the Y-USA to explore bi-directional e-referral models for use by health care systems and CDC-recognized organizations to screen and refer people with prediabetes.
Prevent Diabetes STAT

CDC partnered with the AMA on a call to action to “Prevent Diabetes STAT – Screen, Test, Act, Today”

Prevent Diabetes STAT Website

- Information & tools tailored for:
  - Patients and partners
  - Health care professionals
  - Employers and insurers

https://preventdiabetesstat.org/
Prevent Diabetes STAT

- **Health Care Provider Toolkit**
  - Guide for health care providers on the best methods to screen, test, and refer high-risk patients to CDC-recognized organizations
  
  - Includes tools/resources (e.g., sample referral form, algorithm for identifying patients with prediabetes, etc.)
Increase Coverage among Public and Private Payers
Increase Program Coverage & Reimbursement

Many public and private insurers are offering the National DPP lifestyle change program as a covered benefit.

**Commercial Insurers**
Many commercial health plans provide some coverage for the National DPP. Examples include:
- AmeriHealth Caritas
- Anthem
- BCBS Florida
- BS California
- BCBS Louisiana
- Denver Health
- Managed Care: Medicaid, Medicare, Public Employees
- Emblem Health: NY
- GEHA
- Highmark
- Humana
- Kaiser: CO & GA
- LA Care: Medicaid
- MVP’s Medicare Advantage
- Priority Health: MI
- United Health Care: National, State, Local, Private, and Public Employees

**State Coverage**
Over 3 million public employees/dependents in the following 17 states have the National DPP as a covered benefit:
- Colorado
- Delaware
- Kentucky
- Louisiana
- Maine
- Maryland (partial payment)
- Minnesota
- Tennessee
- New Hampshire
- New York
- Rhode Island
- Vermont
- Washington
- Oregon (Educators)
- California
- Texas
- Connecticut (DoT)

The following states have approved coverage for Medicaid beneficiaries:
- Minnesota
- Montana
- New Jersey (in 2018)
- California (in 2018)
Medicare Diabetes Prevention Program

CMMI Authorization to Evaluate Innovative Payment Techniques

- Section 115A of the Social Security Act established the Center for Medicare and Medicaid Innovation (CMMI) to test innovative service delivery models
- Per Section 115A, the Secretary of Health may expand models:
  - that reduce spending without reducing quality, or improve quality without increasing cost
  - where the CMS Chief Actuary certifies that the expansion will reduce net program spending

Evaluation of Y-DPP Model

- CMMI conducted a 15-month test of Medicare participants in the Y-DPP and found that participation saved $2,650 per participant
- CDC DPRP data and data from commercial health plans participating in the National DPP were also used for actuarial certification

Medicare Diabetes Prevention Program (MDPP) Rule-Making, Supplier Enrollment, & Payment

- First final rule published Nov., 2016/second final rule published Nov., 2017
- MDPP supplier enrollment began in Jan., 2018 (must have CDC preliminary or full recognition)
- Payment for eligible suppliers began on April 1, 2018
- For more information, go to https://innovation.cms.gov/initiatives/medicare-diabetes-prevention-program/index.html
CDC launched a demonstration project in Maryland and Oregon to design, and implement, and evaluate a Medicaid coverage model in value-based plans.

**Goal:** to achieve sustainable coverage of the National DPP for Medicaid beneficiaries under existing Medicaid authorities

**The Plan**  
July 1, 2016 – June 30, 2018

- Maryland and Oregon will develop and implement a delivery model for the National DPP through either Medicaid managed care organizations or accountable care organizations
- The delivery model will include the following components:
  - Screening, referring, and enrolling eligible Medicaid beneficiaries in CDC-recognized programs (in-person and virtual)
  - Implementing a value-based coverage and reimbursement model
  - Providing support to participants to ensure successful completion of the year-long lifestyle change program
- Maryland and Oregon will participate in a comprehensive evaluation which will include:
  - Costs
  - Participant outcomes
  - Feedback on a toolkit to assist payers and other states pursuing coverage for the National DPP

Successful models will be translated for use by other states.
Support for States Pursuing Medicaid Coverage for the National DPP

- Medicaid Learning Collaborative - 2017
  - Launched in March through NACDD – AR, CA, IL, LA County, LA, ME, MD, MN, MO, MT, NJ, OR, PA, RI, TX, WA, WV

- CDC Medicaid 6/18 Initiative - 2017/2018
  - The following states are participating: AK, DC, GA, MD, NC, NV, SC, and UT

- States with current Medicaid Coverage - MN and MT

- States with upcoming Medicaid Coverage - CA (2018), NJ (Legislation passed 2017, state plan amendment pending)

- States with Medicaid Pilot Tests – PA (2018, All MCOs must have pilot projects), AR (2017, Pilot in Ouachita County)
Tools & Resources
National DPP Website

CDC redesigned the National DPP website to improve the user experience and make tools and resources more accessible.

New Website Features

- Information for Professionals
  - Step-by-step instructions on how to:
    - Start and sustain a CDC-recognized program
    - Screen and refer patients to a CDC-recognized program
    - Cover a CDC-recognized program as a health benefit

www.cdc.gov/diabetes/prevention/
Resources for CDC-recognized Organizations


<table>
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<tr>
<th>Tool</th>
<th>Description</th>
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<tbody>
<tr>
<td>DPRP Welcome Kit / Video</td>
<td>Description of the DPRP, advantages of CDC recognition, and key characteristics of successful CDC-recognized organizations</td>
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<tr>
<td>3 Toolkits for CDC-recognized organizations</td>
<td>Tailored materials for CDC-recognized organizations working with specific populations</td>
</tr>
<tr>
<td>• Working with Medicaid beneficiaries</td>
<td></td>
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<tr>
<td>• Working with Medicare beneficiaries</td>
<td></td>
</tr>
<tr>
<td>• Working with Employers/Insurers</td>
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<tr>
<td>Videos for CDC-Recognized Organizations</td>
<td>Videos include:</td>
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<tr>
<td></td>
<td>- “Assessing Your Capacity to Offer a CDC-Recognized Diabetes Prevention Program”</td>
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<tr>
<td></td>
<td>- “Learning the DPRP National Standards”</td>
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<td></td>
<td>- “Making Required Data Submissions”</td>
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<td></td>
<td>- “Improving Outcomes Using the 12-Month Data Submission”</td>
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<tr>
<td>Supplemental Training for Lifestyle Coaches</td>
<td>Additional online videos / webinars</td>
</tr>
<tr>
<td>Tip Sheets</td>
<td>Tip sheets based on practical lessons learned from national organizations and their affiliates funded under cooperative agreement 1212</td>
</tr>
</tbody>
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Emerging Practices in Diabetes Series

The CDC compiles information on innovative approaches taken by grantees and other partners to inform other organizations’ approaches.

<table>
<thead>
<tr>
<th>Emerging Practices Document</th>
<th>Case Studies Used</th>
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<tr>
<td>Promoting the National DPP as a Covered Benefit for State Employees</td>
<td>Kentucky, Minnesota, and Washington</td>
</tr>
<tr>
<td>Approaches to Promoting Referrals to DSME and CDC-Recognized Diabetes Prevention Program Sites</td>
<td>Delaware, Kentucky, Maine, and New York State/ NYC</td>
</tr>
<tr>
<td>Approaches Taken by State and Local Health Departments to Market the National DPP to Populations At-Risk and to Health Care Providers</td>
<td>California, Montana, and New Mexico</td>
</tr>
<tr>
<td>Approaches to Employer Coverage of the National DPP for Employees At Risk for Type 2 Diabetes</td>
<td>Costco, General Dynamics Bath Iron Works, Latham &amp; Watkins, University of Michigan, and NYC</td>
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</table>

Resources for States, Employers, and Insurers
Diabetes Burden Toolkit

https://nccd.cdc.gov/Toolkit/Diabetesburden/
Resources for States, Employers, and Insurers

Diabetes Prevention Impact Toolkit

https://nccd.cdc.gov/Toolkit/Diabetesimpact/
Online resource to support Medicaid, Medicare Advantage, and commercial health plans that are considering covering or implementing the National DPP lifestyle change program

- Covers topics such as contracting, delivery options, coding & billing, data & reporting

- Developed by the National Association of Chronic Disease Directors (NACDD), Leavitt Partners, and the Centers for Disease Control and Prevention (CDC)

- Includes special sections on how to obtain Medicaid coverage and draw down federal funds

https://coveragetoolkit.org/
AMA National DPP Employer Toolkit
https://preventdiabetesstat.org/employers-and-insurers.html
Materials included in the AMA National DPP Employer Toolkit

Engaging content designed to raise awareness and increase adoption of the National DPP by employers

- Introductory material to make the business case
- ROI estimates
- Risk assessment for employees
- Implementation guide
- Case studies – implementation approaches

Employer testimonial video
University of Michigan
National DPP Customer Service Center

CDC expects to launch the Customer Service Center in late April 2018.

**Purpose:** Provide a hub for resources, training, and technical assistance for CDC-recognized organizations and other National DPP stakeholder groups

**Find Resources and Info**
- Quickly and easily find resources and events relevant to your needs (FAQs, toolkits, training videos, webinars, etc.)
- Discuss opportunities and challenges with the National DPP community

**Receive Technical Assistance**
- Engage with technical assistance coordinators and subject matter experts via the web-based platform or email
- View the status of and update existing technical assistance requests

**Provide Feedback and Input**
- Submit feedback on your satisfaction with the technical assistance, resources, and web-based platform
- Share success stories and suggest additional resources