



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

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Division of Diabetes Translation

National Center for Chronic Disease Prevention and Health Promotion

Centers for Disease Control and Prevention

# Our Public Health Challenge...



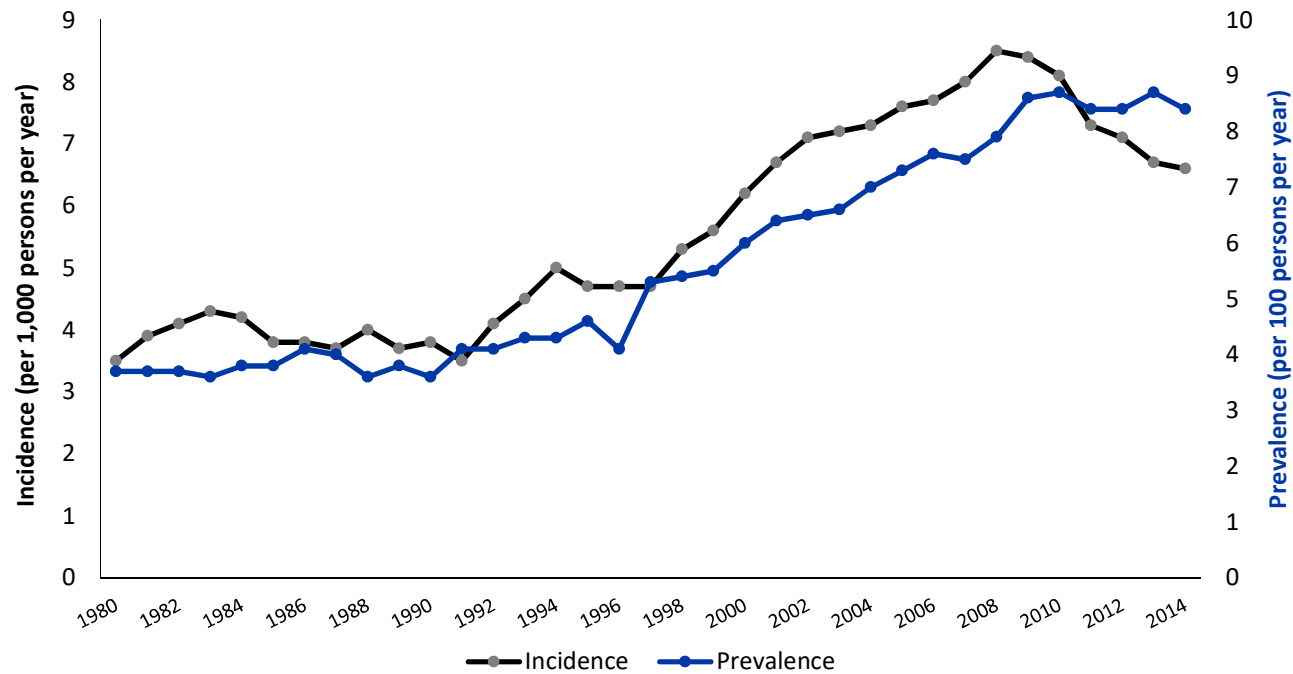
*30 million Americans  
have diabetes*

*84 million Americans  
have prediabetes*

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

Centers for Disease Control and Prevention. National diabetes statistics report: estimates of diabetes and its burden in the United States, 2014. Atlanta, GA; US Department of Health and Human Services, Centers for Disease Control and Prevention, 2014.  
<https://www.cdc.gov/diabetes/data/statistics/2014StatisticsReport.html>

## Trends in Incidence and Prevalence of Diagnosed Diabetes Among Adults Aged 20 to 79, U.S., 1980-2014

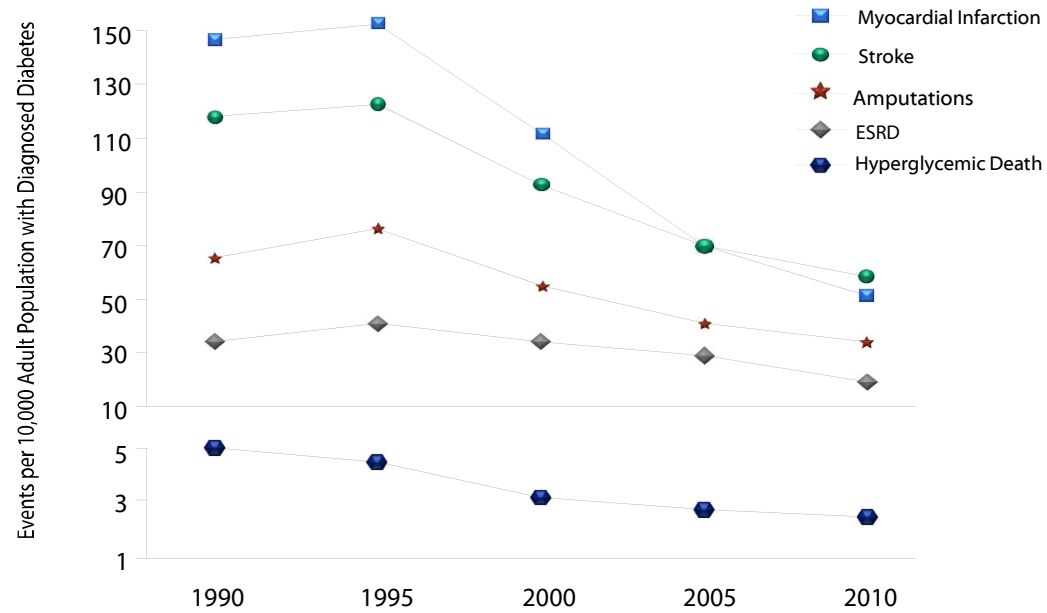


United States Diabetes Surveillance System: <https://gis.cdc.gov/grasp/diabetes/DiabetesAtlas.html>

Geiss L et al. Prevalence and incidence trends for diagnosed diabetes among adults aged 20 to 79 years, United States, 1980-2012. JAMA. 2014 Sep 24;312(12):1218-26.

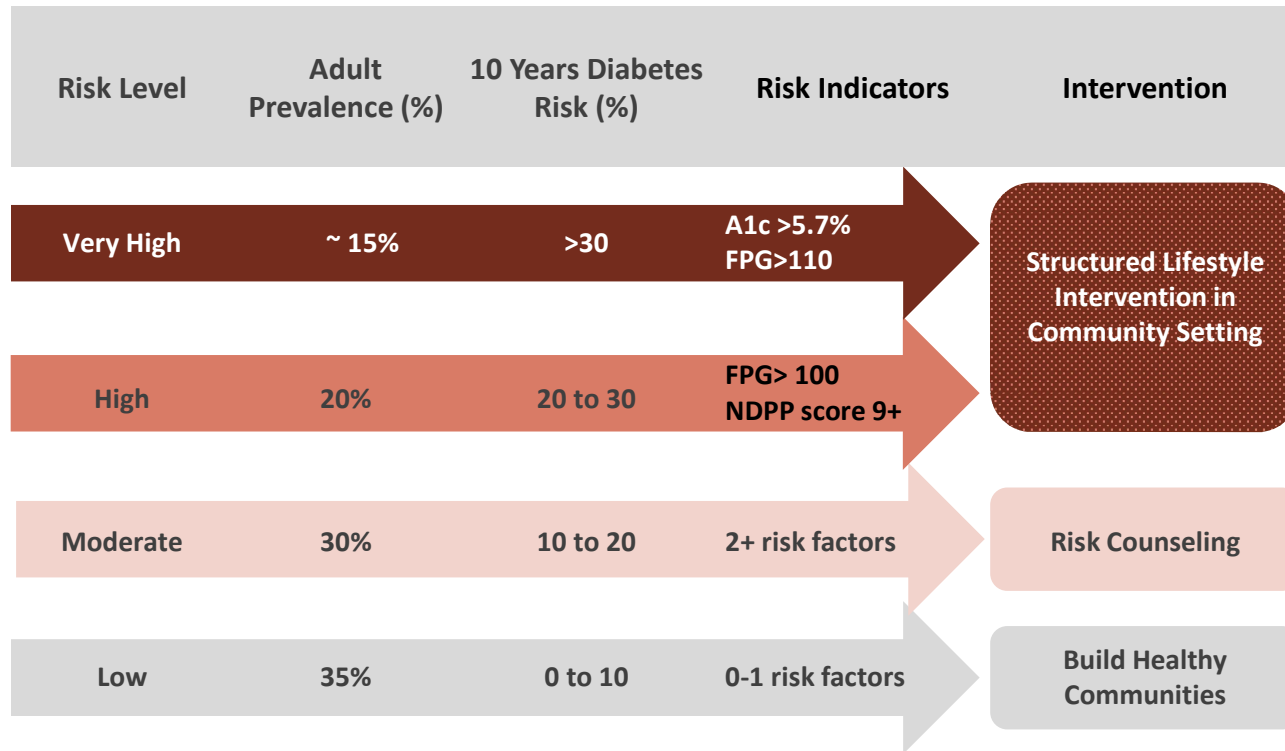
# Diabetes-Related Complications

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



Gregg, et al. Changes in Diabetes-Related Complications in the United States, 1990–2010. N Engl J Med 2014; 370:1514-152

## Risk Stratification for Type 2 Diabetes Prevention Interventions



Gerstein HC et al. Annual incidence and relative risk of diabetes in people with various categories of dysglycemia: a systematic overview and meta-analysis of prospective studies. *Diabetes Res Clin Pract.* 2007 Dec;78(3):305-12. <https://www.ncbi.nlm.nih.gov/pubmed/17601626>  
 Zhang X et al. A1C level and future risk of diabetes: a systematic review. *Diabetes Care.* 2010;33:1665-1673. <http://care.diabetesjournals.org/content/33/7/1665>

## TYPE 2 DIABETES PREVENTION EVIDENCE SUMMARY

### Randomized Clinical Control Trials:

- The Diabetes Prevention Program Research Group. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *N Engl J Med.* 2002; 346 : 393–403.
- The Diabetes Prevention Program Outcomes Study. *Lancet.* 2015

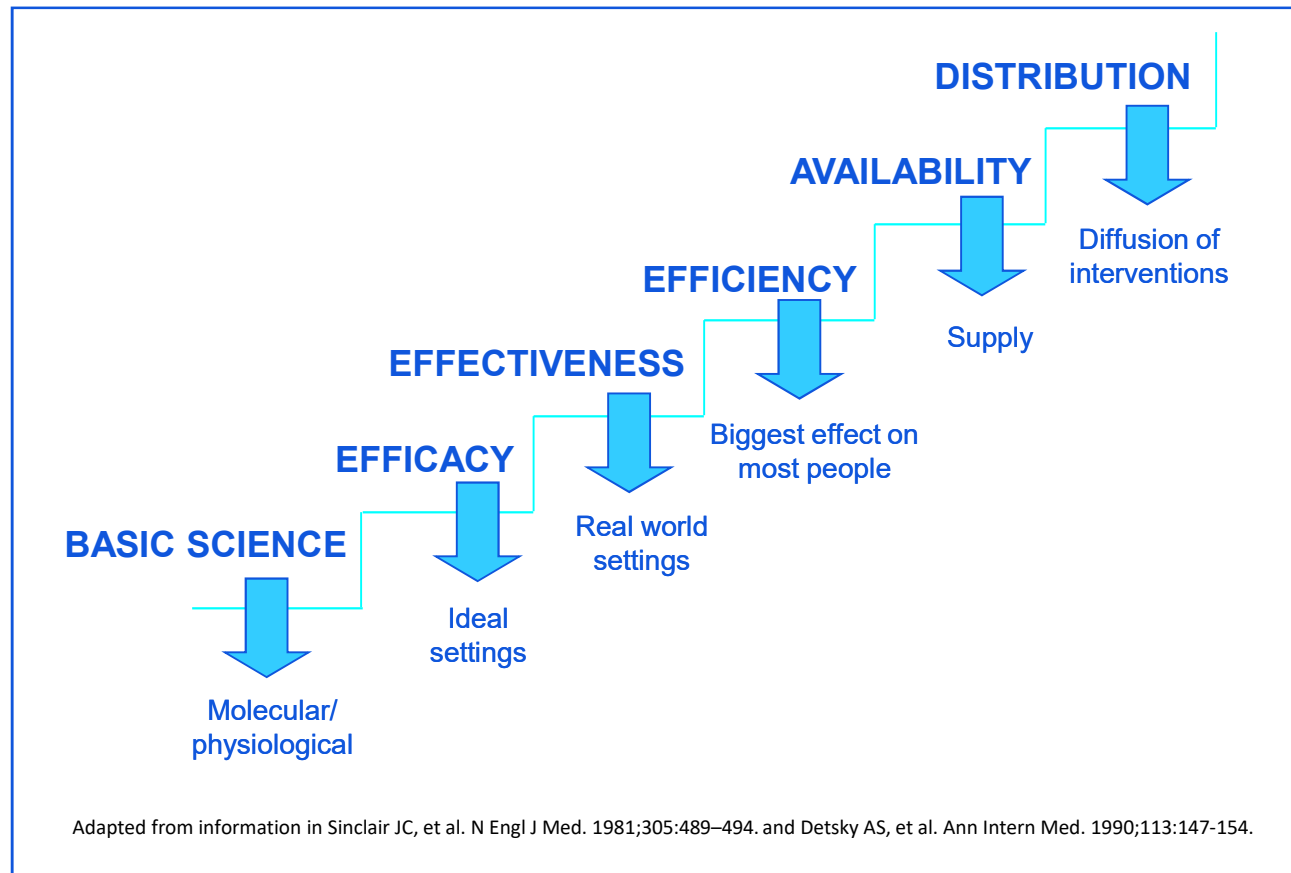
### Subsequent Translation Studies

Various

### Evidence-based Recommendations

- |   |                     |
|---|---------------------|
| • USPSTF Obesity Intensive Behavioral Counseling            | <b>July 2012</b>    |
| • Community Guide Review                                    | <b>July 2014</b>    |
| • USPSTF CVD Risk Reduction Intensive Behavioral Counseling | <b>August 2014</b>  |
| • USPSTF Type 2 Diabetes and Abnormal Glucose Screening     | <b>October 2015</b> |
| • ICER Evidence Report on Diabetes Prevention Programs      | <b>July 2016</b>    |


## 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!

**REDUCING THE IMPACT OF DIABETES**




Congress authorized CDC to establish the NATIONAL DIABETES PREVENTION PROGRAM (National DPP) —a public-private initiative to offer evidence-based, cost effective interventions in communities across the United States to prevent type 2 diabetes

It brings together:



Research shows structured lifestyle interventions can cut the risk of type 2 diabetes in **HALF**

to achieve a greater combined impact on reducing type 2 diabetes





# 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**<sup>1</sup>



## Cost of the National DPP lifestyle change program

Average annual cost of **\$500** per participant<sup>2</sup>



Over the course of 15 months, Medicare-eligible individuals who participated in the Y-DPP avoided **\$2,650** in healthcare costs<sup>3</sup>



1. <https://www.preventdiabetesstat.org/>
2. [https://www.cdc.gov/diabetes/prevention/employers-insurers/manage\\_costs.html](https://www.cdc.gov/diabetes/prevention/employers-insurers/manage_costs.html)
3. <https://www.cms.gov/Research-Statistics-Data-and-Systems/Research/ActuarialStudies/Downloads/Diabetes-Prevention-Certification-2016-03-14.pdf>

# Overview of the National Diabetes Prevention Program

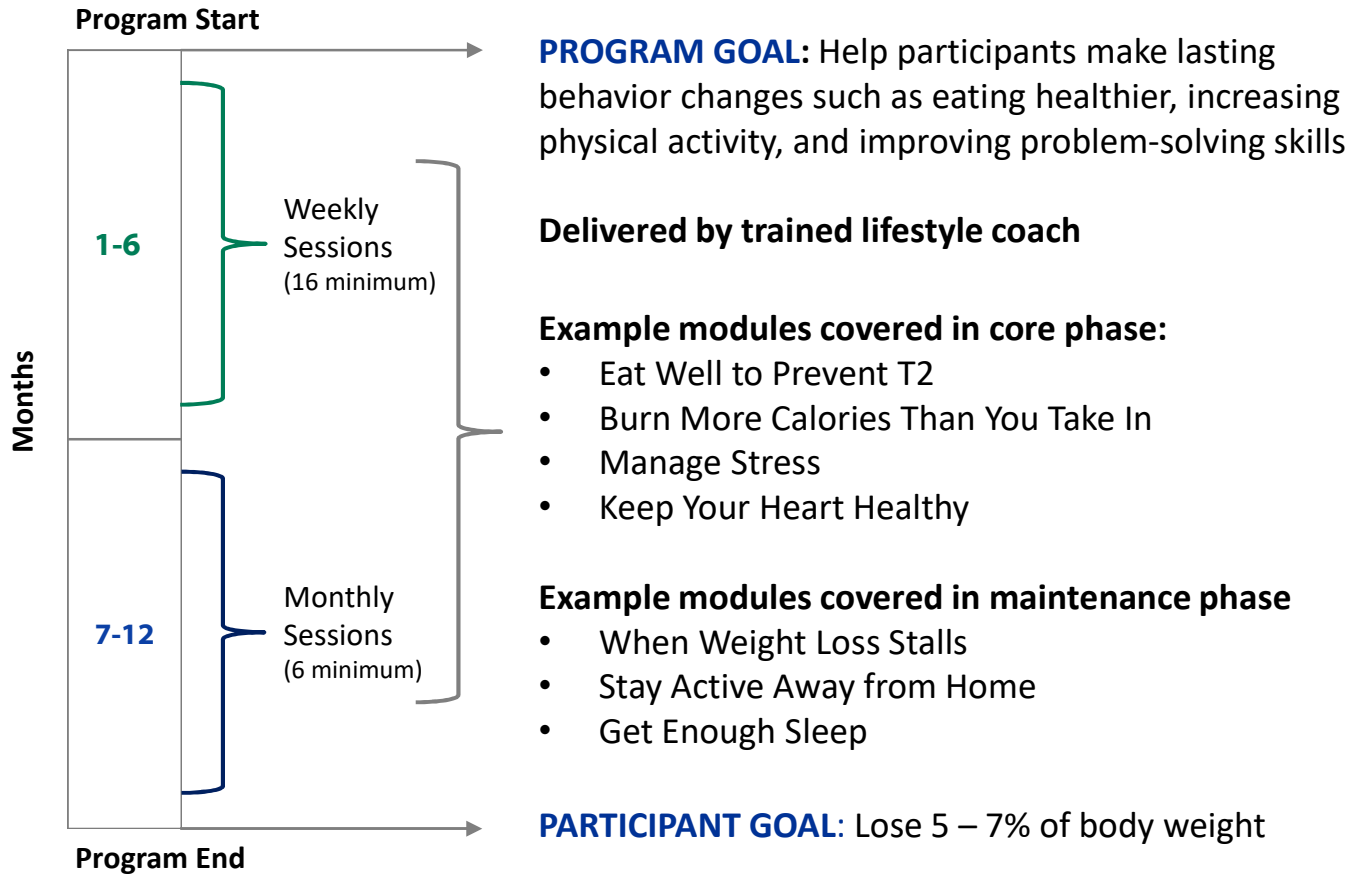
- 1 At the core of the National DPP is a CDC-recognized, year-long lifestyle change program that offers participants:



- 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:



# Elements of the National DPP Lifestyle Change Program

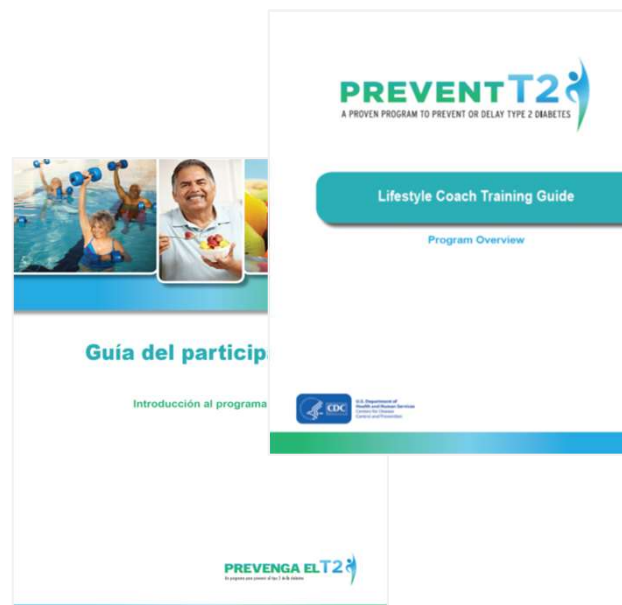


# PreventT2 Curriculum

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



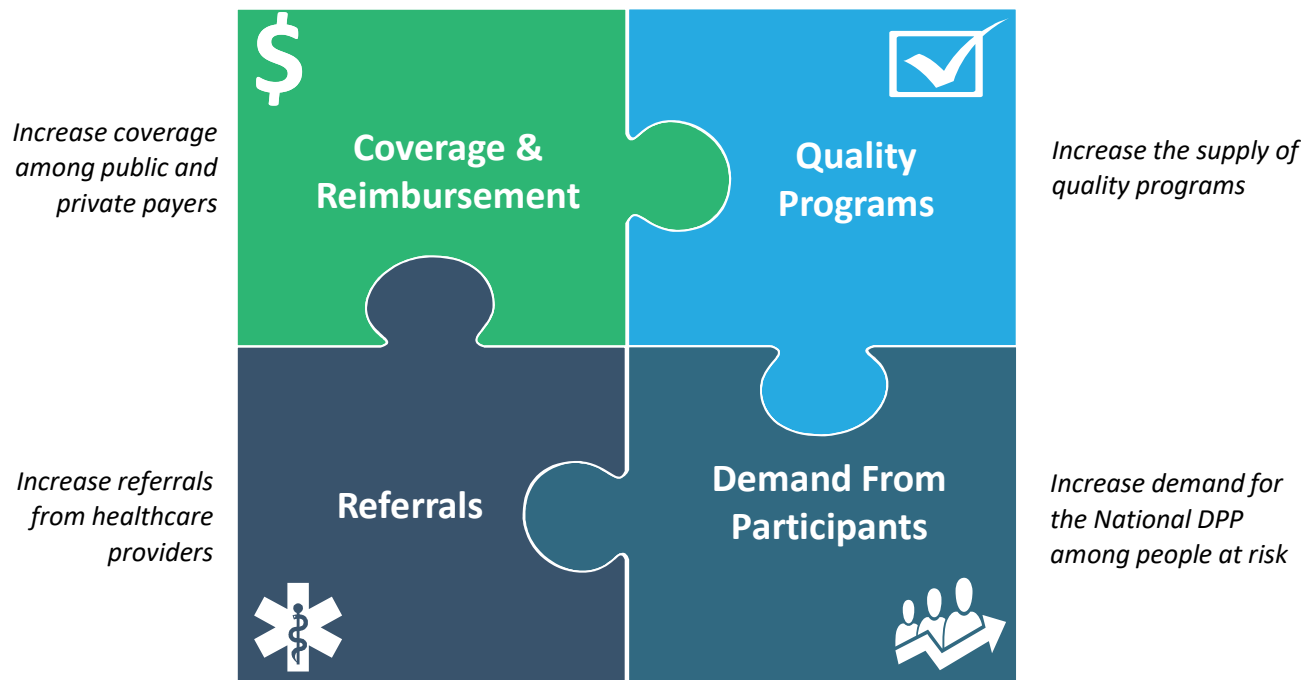
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## Strategic Goals & Progress to Date

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# National DPP Strategic Goals



# 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

1212

***National Diabetes Prevention Program: Preventing Type 2 Diabetes Among People at High Risk:*** 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 **(COMPLETED)**

1305

***State Public Health Actions to Prevent and Control Diabetes, Heart Disease, and Obesity and Associated Risk Factors and Promote School Health:*** Funds all 50 states & 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

1422

***State and Local Public Health Actions to Prevent Obesity, Diabetes, and Heart Disease and Stroke:*** Funds 17 states and 4 cities to expand on work started by 1212 and 1305 and enroll vulnerable, high-risk populations in the program



# 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.



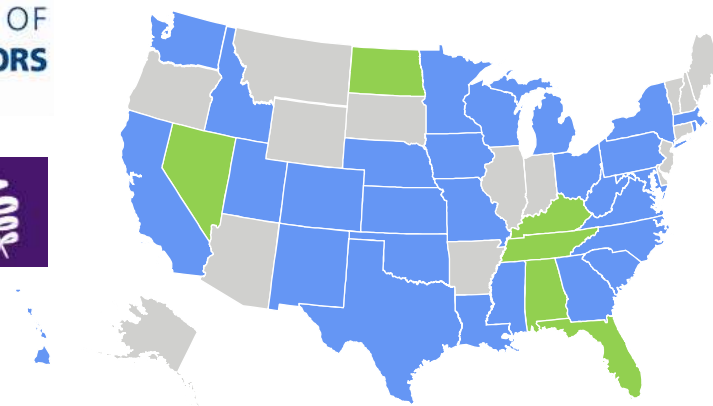
## Organizational Partners



NATIONAL ASSOCIATION OF  
**CHRONIC DISEASE DIRECTORS**  
Promoting Health. Preventing Disease.



## 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

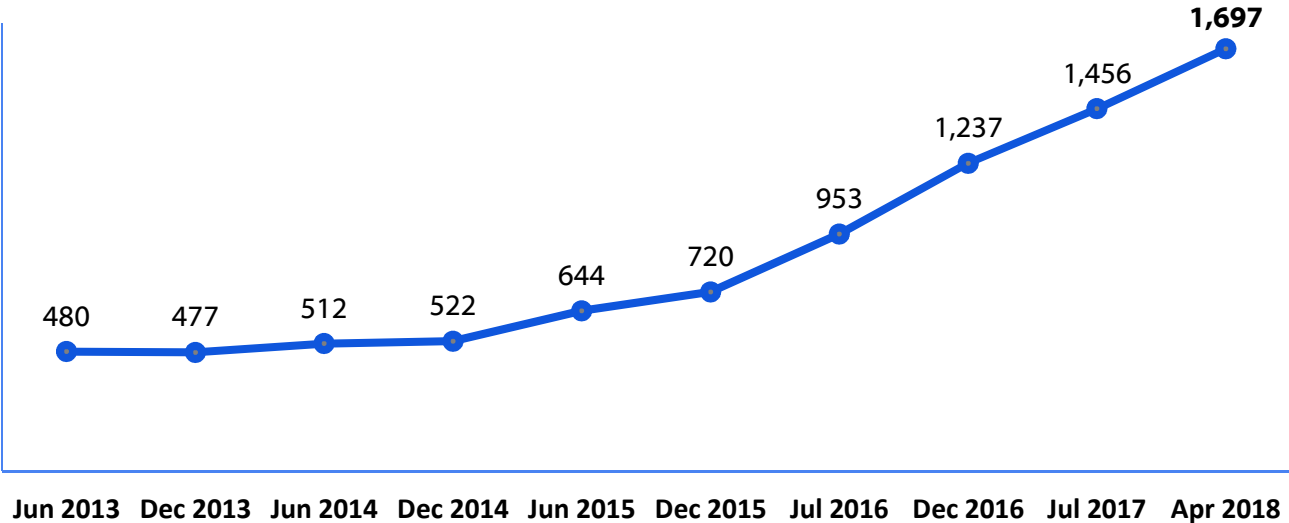


## **Increase the Supply of Quality Programs**

# Increase the Supply of Quality Programs



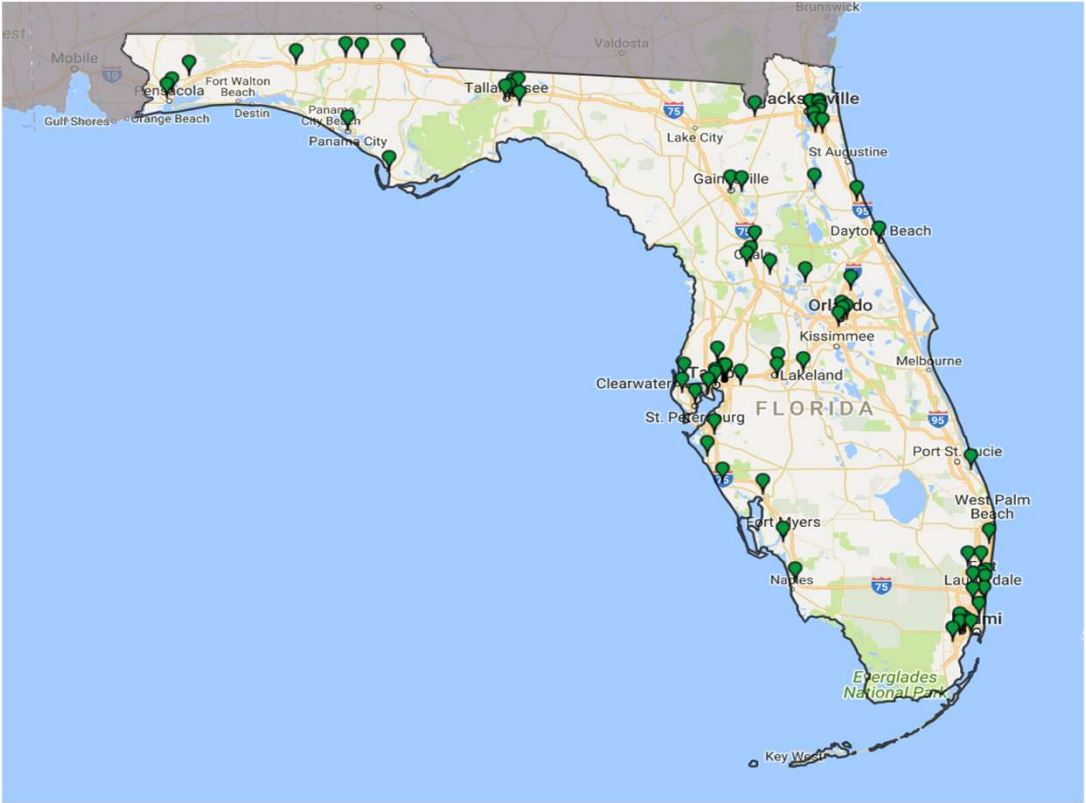
CDC-Recognized Organizations Across the U.S.



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.”)



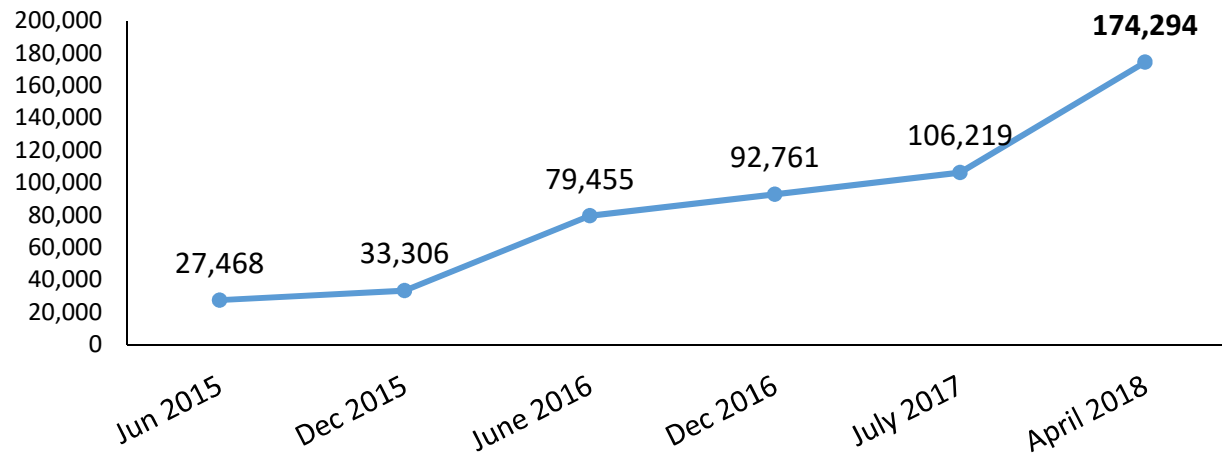


## **Increase Demand Among People at Risk**

# Increase Demand for the Program Among People at Risk



### Cumulative Number of Individuals Enrolled in the National DPP Lifestyle Change Program<sup>1</sup>



**174,294 individuals have enrolled as of April 2, 2018<sup>1</sup>**

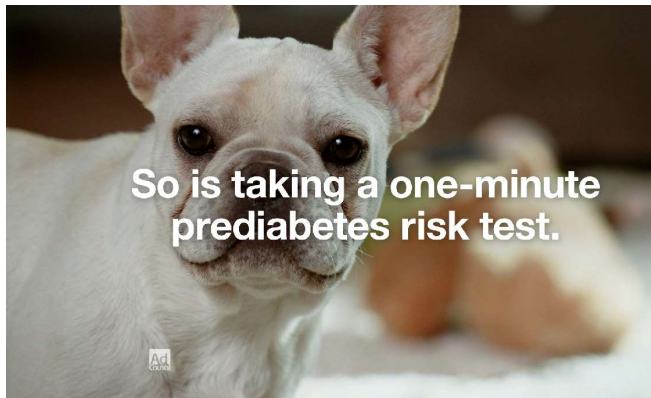
1. CDC Diabetes Prevention Recognition Program





# Award-Winning Prediabetes Awareness Campaign

## Ad Council, AMA, ADA, CDC



So is taking a one-minute  
prediabetes risk test.

Puppies –  
A Perfect Way to Spend a Minute

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/>

Home Risk Test Reverse Prediabetes FAQ

## SO... DO I HAVE PREDIABETES?

TAKE THE RISK TEST

PRINT A COPY FOR LATER

The stats don't lie—1 in 3 American adults have prediabetes.

Because, let's face it...we're all busy, and we don't always make the best decisions when it comes to eating right and exercising. But don't fret, prediabetes is reversible. So why not go ahead and find out your status by taking a super-easy test? You won't regret it. And it could just save your life.

WHAT'S PREDIABETES?

Puppies. A perfect way to spend a minute. So is taking a one-minute prediabetes risk test.

Home Risk Test Reverse Prediabetes FAQ

## REVERSE PREDIABETES

JOIN THE NATIONAL DIABETES PREVENTION PROGRAM

LOWER YOUR RISK WITH LIFESTYLE TIPS

### National Diabetes Prevention Program

The CDC-led National Diabetes Prevention Program is an evidence-based lifestyle change program for preventing type 2 diabetes. The year-long program helps at-risk individuals make real lifestyle changes like making better food choices, incorporating physical activity into their daily lives, and improving problem-solving and coping skills. Participants meet with a trained lifestyle coach and a small group of people who are also making changed-lifestyle goals. Sessions are weekly for 6 months and then monthly for 6 months. This proven program can help people with prediabetes and/or at risk for type 2 diabetes make achievable and realistic lifestyle changes and cut their risk of developing type 2 diabetes by 58 percent. You can do it too.

There are hundreds of organizations that offer the program nationally. Use our program locator to the right to find a program near you.

But would I qualify for the National Diabetes Prevention Program?

Your doctor can tell you if you qualify, but in some cases you might require a referral. Qualifications are generally based on your body mass index (BMI), determined by your height and weight, your blood glucose (sugar) levels, and your age (must be over 18).

But how do I join the National Diabetes Prevention Program?

You can join a program if you have blood test indicating that you have prediabetes or if you have a history of gestational diabetes (meaning you developed diabetes when you were pregnant). Talk to your doctor if you're in need of more information about your eligibility.

Do I have prediabetes?

TAKE THE RISK TEST

Join a National Diabetes Prevention Program

Find a program

### Lifestyle Tips

MANAGE YOUR WEIGHT GET ACTIVE EAT HEALTHIER QUIT SMOKING

✔ Losing just 5-7 percent of your body weight can slow or even reverse prediabetes. For a person who weighs 200 pounds, that's only 10-15 pounds. Pretty do-able for most.

✔ Staying at his healthy weight in the long run is very important to prevent or delay type 2 diabetes. Being more active and eating healthier are great ways to help manage your weight.

✔ The key to boosting your chances for success is to make a realistic plan, and set realistic goals. Maybe start with one change in your diet and one new type of activity. Remember to take it one step at a time and stay patient. Permanent weight loss won't happen overnight! [Click here](#) for a guide to help you.

[Click here](#) for more tips on managing your weight.

# Your Health with Joan Lunden and CDC



[cdc.gov/DiabetesTV](http://cdc.gov/DiabetesTV)

## Your Health with Joan Lunden and CDC



CDC and CBS Television Stations have joined forces in a TV and digital mini-series to provide crucial information about [diabetes](#). Host Joan Lunden and CDC's Dr. Ann Albright share insights on [prediabetes](#), [risk factors](#), [managing diabetes](#), preventing or delaying type 2 diabetes, and more. View all 19 videos below, and scroll to the bottom for a wealth of related information.

### 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 out how this national campaign uses humor to focus attention on the very serious problem of prediabetes.



#### Joan's Personal Story

Joan shares the devastating impact of type 2 diabetes on her brother's life.



#### The US Diabetes Epidemic

The 3 major diabetes types, impact on the nation, and how to prevent or control type 2 diabetes.



#### Know the Risk Factors

Got any risk factors 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.



## Your Health with Joan Lunden and CDC



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## **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

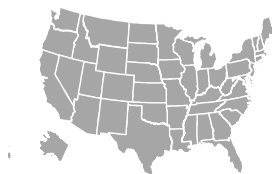
## American College of Preventive Medicine

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.)



A guide to refer your patients with prediabetes to an evidence-based diabetes prevention program





\$

## **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>



# Medicaid Demonstration Project



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/](http://www.cdc.gov/diabetes/prevention/)

The screenshot displays the National Diabetes Prevention Program website. At the top, there is a navigation bar with social media icons (Facebook, Twitter, YouTube) and a search icon. Below the navigation bar is a large banner with the text "PROVEN LIFESTYLE CHANGE PROGRAM" and "NATIONAL PARTNERSHIP COMMUNITY-BASED". To the right of the banner is a small video player showing a woman speaking. Below the banner is a section titled "GENERAL INFORMATION..." with six columns of content:

- 1. About Prediabetes & Type 2 Diabetes**: Includes a statistic that prediabetes affects 1 out of 3 American adults (that's 86 million people!).
- 2. Research-Based Prevention Program**: States that a CDC-recognized lifestyle change program is proven to prevent or delay type 2 diabetes.
- 3. Lifestyle Change Program Details**: Encourages users to learn what to expect when joining a CDC-recognized lifestyle change program to prevent type 2 diabetes.
- 4. Testimonials from Participants**: Invites users to hear from real people who benefited from a CDC-recognized lifestyle change program.
- 5. Find a Program**: Prompts users to find a CDC-recognized lifestyle change program near them, or join one of the online programs.
- 6. What is the National DPP??**: Encourages users to learn about the national partnership to prevent or delay type 2 diabetes in the United States.



Below the general information section is a section titled "INFORMATION FOR PROFESSIONALS..." with four columns of content:

- Implement a Lifestyle Change Program**: Provides guidance for those thinking of offering a CDC-recognized lifestyle change program.
- Screen & Refer Patients to a Lifestyle Change Program**: Offers instructions on how to screen patients for prediabetes and refer them to a CDC-recognized diabetes prevention program.
- Cover a Lifestyle Change Program as a Health Benefit**: Discusses how to manage health care costs and improve the health of employees or insured members by adding CDC-recognized diabetes prevention lifestyle change programs as a covered health benefit.
- Find Facts, Figures & Registry of Recognized Organizations**: Encourages users to learn more about prediabetes, type 2 diabetes, and what the National DPP is doing to reduce the impact of these diseases for Americans everywhere.

# Resources for CDC-recognized Organizations



<https://www.cdc.gov/diabetes/prevention/lifestyle-program/keys-to-success/index.html>

 Tool	 Description
<b>DPRP Welcome Kit / Video</b>	<ul style="list-style-type: none"><li>▪ Description of the DPRP, advantages of CDC recognition, and key characteristics of successful CDC-recognized organizations</li></ul>
<b>3 Toolkits for CDC-recognized organizations</b> <ul style="list-style-type: none"><li>• Working with Medicaid beneficiaries</li><li>• Working with Medicare beneficiaries</li><li>• Working with Employers/Insurers</li></ul>	<ul style="list-style-type: none"><li>▪ Tailored materials for CDC-recognized organizations working with specific populations</li></ul>
<b>Videos for CDC-Recognized Organizations</b>	<ul style="list-style-type: none"><li>▪ Videos include:<ul style="list-style-type: none"><li>– “Assessing Your Capacity to Offer a CDC-Recognized Diabetes Prevention Program”</li><li>– “Learning the DPRP National Standards”</li><li>– “Making Required Data Submissions”</li><li>– “Improving Outcomes Using the 12-Month Data Submission”</li></ul></li></ul>
<b>Supplemental Training for Lifestyle Coaches</b>	<ul style="list-style-type: none"><li>▪ Additional online videos / webinars</li></ul>
<b>Tip Sheets</b>	<ul style="list-style-type: none"><li>▪ Tip sheets based on practical lessons learned from national organizations and their affiliates funded under cooperative agreement 1212</li></ul>





# Emerging Practices in Diabetes Series



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



## Emerging Practices Document



## Case Studies Used

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**Promoting the National DPP as a Covered Benefit for State Employees**

- Kentucky, Minnesota, and Washington

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**Approaches to Promoting Referrals to DSME and CDC-Recognized Diabetes Prevention Program Sites**

- Delaware, Kentucky, Maine, and New York State/ NYC

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**Approaches Taken by State and Local Health Departments to Market the National DPP to Populations At-Risk and to Health Care Providers**

- California, Montana, and New Mexico

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**Approaches to Employer Coverage of the National DPP for Employees At Risk for Type 2 Diabetes**

- Costco, General Dynamics Bath Iron Works, Latham & Watkins, University of Michigan, and NYC
- 

<http://www.cdc.gov/diabetes/programs/stateandlocal/results.html>





# Resources for States, Employers, and Insurers Diabetes Burden Toolkit

CDC A-Z INDEX ▾

Diabetes State Burden Toolkit

CDC

f t +

CONTACT | TECHNICAL DOCUMENTATION 📄


Select State (USA) Health Burden Economic Burden Mortality

## DIABETES STATE BURDEN TOOLKIT


Use this tool to report the health, economic, and mortality burden of diabetes in your state. To get started, select your state from the drop down list or the map below and then choose one of the modules.


**Location**


National ▾



**Module**

 HEALTH BURDEN

 ECONOMIC BURDEN

 MORTALITY

<https://nccd.cdc.gov/Toolkit/Diabetesburden/>

# Resources for States, Employers, and Insurers

## Diabetes Prevention Impact Toolkit



 Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives. Protecting People™

HOME ABOUT THE TOOLKIT HELP

DIABETES PREVENTION  
IMPACT TOOLKIT

STATE EMPLOYER INSURER

### DIABETES PREVENTION IMPACT TOOLKIT

Use this Impact Toolkit to project the health and economic effects of a National DPP or similar program on your population at risk for diabetes. For more details on the Impact Toolkit and how to use it, download the [Technical Report](#) or [User Manual](#). See the [HELP](#) page for a complete list of Impact Toolkit resources.

To get started, choose one of the modules below.



STATE



EMPLOYER



INSURER

<https://nccd.cdc.gov/Toolkit/Diabetesimpact/>



Medicaid Agencies

[Learn More](#)



Medicare Advantage

[Learn More](#)

- 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

<https://coveragetoolkit.org/>



Medicaid MCOs

[Learn More](#)



Commercial Plans

[Learn More](#)

- 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

# AMA National DPP Employer Toolkit

<https://preventdiabetesstat.org/employers-and-insurers.html>

### PREDIABETES AND DIABETES AT WORK: How to cut the risk in half

**THE PROBLEM**

1 in 3 adults has prediabetes

Approximately one out of three of your employees may have prediabetes. Prediabetes is when blood glucose levels are higher than normal, but not high enough to be diagnosed as type 2 diabetes. Without intervention, prediabetes can progress to type 2 diabetes within five years. Diabetes is a serious medical condition in which the body cannot keep blood glucose at normal levels.

**WHY IT MATTERS**

**\$13,700 PER YEAR**  
in average medical expense incurred by those with type 2 diabetes

Compared to people without diabetes, those with diabetes are:

- 100% more likely to absent from work
- 80% more likely to be hospitalized for a chronic condition
- 50% more likely to be hospitalized for a chronic condition
- 70% more likely to die from a heart disease or stroke

**HOW IT IMPACTS YOUR WORKFORCE**

Employees with diabetes may miss more work and have lower productivity.

**In fact, in one year, diabetes costs the United States:**

- \$176 BILLION** in direct medical costs
- \$69 BILLION** in lost productivity

**HOW EMPLOYERS CAN HELP – AND BENEFIT**

By participating in an evidence-based diabetes prevention program, people with prediabetes can reduce their risk of developing type 2 diabetes.

**58%** of employees with prediabetes who participated in a workplace-based diabetes prevention program were able to reduce their risk of developing type 2 diabetes.

**RECOMMENDED STRATEGIES:**

- PHYSICAL ACTIVITY
- HEALTHY EATING
- STRESS MANAGEMENT & BEHAVIORAL MODIFICATION

**Take the first step by reviewing your claims or health data to understand how many employees may be at risk.**

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## A TARGETED APPROACH TO CUT TYPE 2 DIABETES RISK IN HALF

The why and how behind the National Diabetes Prevention Program

## NATIONAL DPP CASE IN POINT THREE EMPLOYERS. THREE APPROACHES.

Ideas to help you implement the National Diabetes Prevention Program at your organization.

### NATIONAL DPP LIFESTYLE CHANGE PROGRAM IMPLEMENTATION:

Your eight-step roadmap

- STEP 1: ASSESS NEEDS / BENEFITS**  
Assess needs, identify risks, gather data, set wellness goals
- STEP 2: POTENTIAL PARTNERS & RESOURCES**  
Assess internal resources, find potential partners, explore ways to include as a covered benefit
- STEP 3: DESIGN STRATEGY**  
Determine program eligibility, determine program goals, identify who doesn't qualify
- STEP 4: PROGRAM PROPOSAL**  
Outline goals, select program plan, plan program and timing
- STEP 5: IDENTIFY PARTNERS**  
Identify potential partners, set program goals
- STEP 6: PARTNER CONTRACTING**  
Select payment model, negotiate pricing, execute contracts
- STEP 7: IMPLEMENTATION**  
Implement program, monitor plan, evaluate
- STEP 8: MEASURE AND FINE-TUNE**  
Track results, refine as needed, plan for program support

Implementation Agreement Between Employers and Insurers, created by the Centers for Disease Control and Prevention, is the primary tool for implementing the National Diabetes Prevention Program. For more information, visit [www.ama-assn.org](http://www.ama-assn.org).

# 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



