Understanding the Florida Landscape

An Equitable Approach to Diabetes Prevention:
State Engagement Meeting
Tallahassee, FL
April 17, 2018
Overview

- Diabetes and Prediabetes Burden
- Current Initiatives and Successes
  - Key Partners
  - 4 Drivers
Diabetes Burden

- In Florida, annual costs of diabetes are estimated to be $24.3 billion

- The economic burden for a person with diabetes averages $10,970 per year

- Preventing diabetes is critical for the health and wealth of our state and health systems
Diabetes in Florida, 2016

- 46,417 emergency department visits with diabetes listed as any diagnosis
- 632,006 hospitalizations with diabetes listed as any diagnosis
- 5,780 deaths with diabetes listed as the underlying cause
  - 7th leading cause of death

Florida Diabetes and Prediabetes Prevalence, 2011-2016

Source: Behavioral Risk Factor Surveillance System
Florida Diabetes and Prediabetes Prevalence, by County, 2016

Source: Behavioral Risk Factor Surveillance System
Florida Diabetes Prevalence, by Gender by Race/Ethnicity, 2016

<table>
<thead>
<tr>
<th>Gender</th>
<th>NH-White</th>
<th>NH-Black</th>
<th>Hispanic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>13.1%</td>
<td>15.1%</td>
<td>9.9%</td>
</tr>
<tr>
<td>Female</td>
<td>14.0%</td>
<td>10.0%</td>
<td>11.9%</td>
</tr>
</tbody>
</table>

Source: Behavioral Risk Factor Surveillance System

NH = Non-Hispanic
Florida Prediabetes Prevalence, by Gender by Race/Ethnicity, 2016

<table>
<thead>
<tr>
<th>Gender</th>
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<tbody>
<tr>
<td>Male</td>
<td>9.1%</td>
<td>10.9%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Female</td>
<td>9.6%</td>
<td>12.6%</td>
<td>7.8%</td>
</tr>
</tbody>
</table>

NH = Non-Hispanic

Source: Behavioral Risk Factor Surveillance System
Florida Diabetes Prevalence, by Age Group, 2016

Source: Behavioral Risk Factor Surveillance System
Florida Prediabetes Prevalence, by Age Group, 2016

Source: Behavioral Risk Factor Surveillance System
Florida Diabetes Prevalence, by Education and Income, 2016

Source: Behavioral Risk Factor Surveillance System
Florida Prediabetes Prevalence, by Education and Income, 2016

Source: Behavioral Risk Factor Surveillance System
Diabetes Age-Adjusted Mortality Rate per 100,000 Population by Race/Ethnicity, 2011-2016

Source: Florida Department of Health, Bureau of Vital Statistics, ICD-10 Code(s): E10-E14
Diabetes Age-Adjusted Mortality Rate per 100,000 Population by Gender by Race/Ethnicity, 2016

Source: Florida Department of Health, Bureau of Vital Statistics, ICD-10 Code(s): E10-E14
Diabetes Age-Adjusted Mortality Rate per 100,000 Population by County, 2016

Florida: 20.1

- 9.3 – 18.9
- 19.0 – 22.9
- 23.0 – 32.9
- 33.0 – 64.0

Source: Florida Department of Health, Bureau of Vital Statistics, ICD-10 Code(s): E10-E14
Current Initiatives and Successes
Current Diabetes Initiatives

- CDC 1305 Grant: 2013-2018
- CDC 1603 Grant: 2016-2021
  - National Center on Health, Physical Activity and Disability (NCHPAD) Inclusive DPP Grant
- CDC-NACDD 1705 Grant: 2017-2019
- Diabetes Advisory Council Legislative Report
- Agency Strategic Plan and State Health Improvement Plan
Four Drivers

1. Awareness
2. Availability
3. Screening, Testing, and Referral
4. Coverage
Awareness

Prefiabetes: “Almost” DOES Count!

Healthiest Weight

Heart Health
Awareness

Research Proves DPP Works!
DPP has been shown to greatly reduce the risk for your employees, by up to 71%!

DIABETES PREVENTION IS GOOD BUSINESS

AN EMPLOYEE WITH DIABETES COSTS YOU ANNUALLY $13,700, 2.3 TIMES HIGHER THAN AN EMPLOYEE WITHOUT DIABETES

The return on investment is $55K over 10 years when DPP-educated employees prevent their progression to type 2 diabetes.

Offer the Diabetes Prevention Program as a covered health benefit:
www.FLdiabetesprevention.com
Awareness

Medicaid Quality Issue Brief

Healthy Behaviors
Evidence-Based Weight Loss Management Program Can Prevent or Delay Type 2 Diabetes

Research and Results:
- Weight loss of 5 to 7 percent of body weight (10 to 14 pounds for a person weighing 200 pounds), reduced the risk of developing type 2 diabetes by 50 percent in people at high risk for the disease.
- Ten years later those who had participated in the lifestyle change interventions had a 24 percent lower rate of type 2 diabetes.

Expensive... and Preventable
The total cost of diabetes in Florida is $18.9 billion, $14.37 billion of which is in direct medical costs. Type 2 diabetes can lead to heart attack, stroke, blindness, kidney failure, and loss of toes, feet or legs.

LEARN MORE ON LINE
More than 530 organizations offer the program nationwide. Click here to find CDC-recognized weight loss and diabetes prevention programs in Florida.

AMA-CDC Toolkit: Preventing Type 2 Diabetes: A guide to refer your patients with pre-diabetes to an evidence-based diabetes prevention program.

Read more about behavior interventions and how they can improve quality outcomes.
Awareness

- **Florida 2-1-1** is a free, confidential service that connects callers with local resources across the state
  - Infographics posted on 2-1-1 webpages
  - Hold time message
  - Maintaining list of local DPPs

- Nearly 3,000 referrals to DPPs last year
Availability

- Funding provided to 43 entities
- Nearly 1,000 health care practices contacted
  - 517 implemented a procedure to refer
  - 107 implemented a referral policy
- 7 new DPPs on the CDC registry last year
Average Number of CDC Recognized DPPs in Florida, 2014-2018

2014: 29
2015: 39
2016: 42
2017: 67
2018: 75

Source: CDC Diabetes Prevention Recognition Program
DPPs and Diabetes Prevalence, 2016

Availability

- 1705 Grant Scaling the National Diabetes Prevention Program in Underserved Areas

- NCHPAD Inclusive DPP Grant

- Training county health department (CHD) staff as lifestyle change coaches
Screening, Testing, and Referral

Healthiest Weight

Heart Health

Florida HEALTH Medical Quality Assurance
Screening, Testing, and Referral

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Coverage

30

WHY DIABETES PREVENTION MAKES SENSE
THE BUSINESS CASE FOR INCLUSION AS A COVERED HEALTH BENEFIT

EXECUTIVE SUMMARY

Florida has a serious problem with diabetes. According to the Behavioral Risk Factor Surveillance System (BRFSS), there are approximately 800,000 adults, or 7.5% of the population, with prediabetes in Florida. This includes 98% of those age 50-75 and 70% of those age 45-54. However, these figures only include those clinically diagnosed with prediabetes; many more people have this serious condition without knowing about it.

The Centers for Disease Control and Prevention (CDC) estimates one in three adults has prediabetes. Prediabetes is a condition where blood glucose ("blood sugar") levels are elevated but not high enough for a diagnosis of diabetes. Without intervention, prediabetes progresses to diabetes at a rate of 10% per year.

People with prediabetes can return to normal blood glucose levels with modest weight loss and lifestyle changes. Companies who offer the CDC's National Diabetes Prevention Program (DPP) can reduce the company's health-care expenses dramatically. According to the American Diabetes Association, the annual cost of an employee with diabetes is $5,404, 2.3 times higher than an employee without diabetes.

This document explains why offering the DPP as a covered health benefit is good for your company's bottom line while at the same time good for improving employees' health and workplace performance.

BUSINESS NEED AND CURRENT SITUATION

The DPP is a program developed by a major clinical research study led by the CDC. The DPP also showed that 19% of weight loss was paired with increased physical activity, which prevented or delayed the development of Type 2 diabetes by 58%.

The DPP is a 16-week program to become healthy habits, that move proven research into communities. Moving that research into communities, the program is successful on trained lifestyle coaches who assist participants in losing 7-12% of their body weight at increasing their physical activity. This 16-week program that includes monthly follow-up for
Coverage

The Diabetes Prevention Lifestyle Change Program (DPLCP) is promoted by the Centers for Disease Control and Prevention (CDC) and the American Medical Association (AMA), as an evidence-based set of structured lifestyle changes that can improve health indicators and long-term health outcomes.

Over the course of a year, participants meet in small groups, in person or virtually, with a lifestyle coach and target the following behavioral changes:

- Improved dietary intake
- Increased physical activity
- Stress management
- Motivation
- Problem solving

The DPLCP interventions provide steps to lower the risk for high blood pressure and high cholesterol by empowering people to change those areas in their lives that they can control.

See testimonials of participants who made lifestyle changes at "A Chance for Life*.

* http://www.cdc.gov/diabetes/prevention/about.htm

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http://www.cdc.gov/CHS/EPID/State.htm

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Read more about behavior interventions and how they can improve your QI outcomes.

http://www.cdc.gov/diabetes/basics/prevention/behavior_interventions.htm
2017

Florida Diabetes Report

Presented to
Honorable Rick Scott, Governor
Honorable Richard Corcoran, Speaker of the House of Representatives
Honorable Joe Negron, President of the Senate

January 10, 2017
Agency Strategic Plan 2016-2020

- Number of DPP Participants
- Number of DPP Sites
- Number of DPPs in Florida that are either CDC-recognized or pending recognition by the CDC
State Health Improvement Plan
2017-2021

Key Partners
Contact Information

CDPrevention@flhealth.gov
Bureau of Chronic Disease Prevention
4052 Bald Cypress Way
Tallahassee, FL 32399-1744
850-245-4330