

Understanding the Florida Landscape



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

**Jamie R. Forrest, MS
Acting Chief, Bureau of Chronic Disease Prevention**

Overview

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

Diabetes Burden

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- ❑ 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

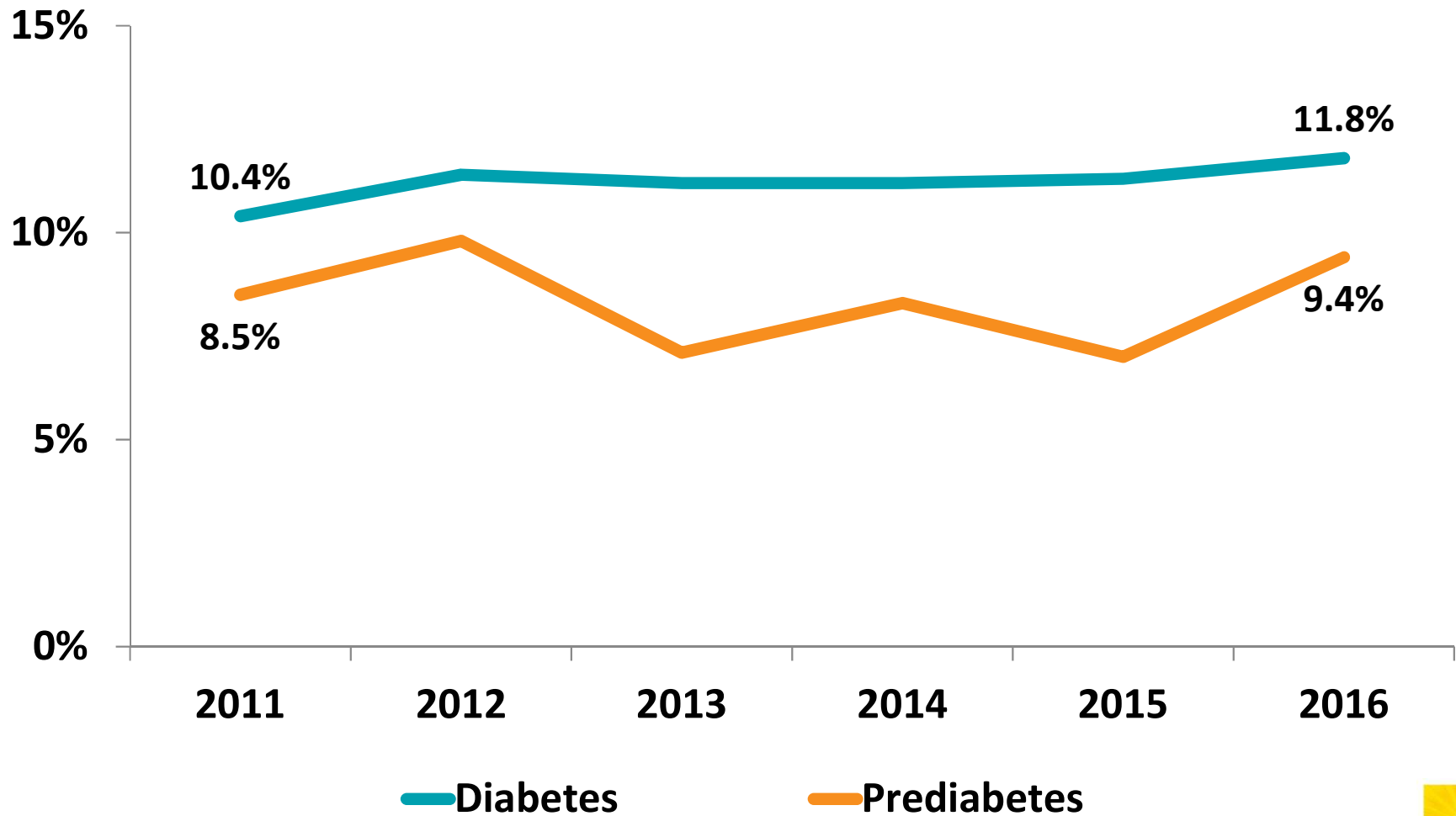
Diabetes in Florida, 2016

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- ❑ 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

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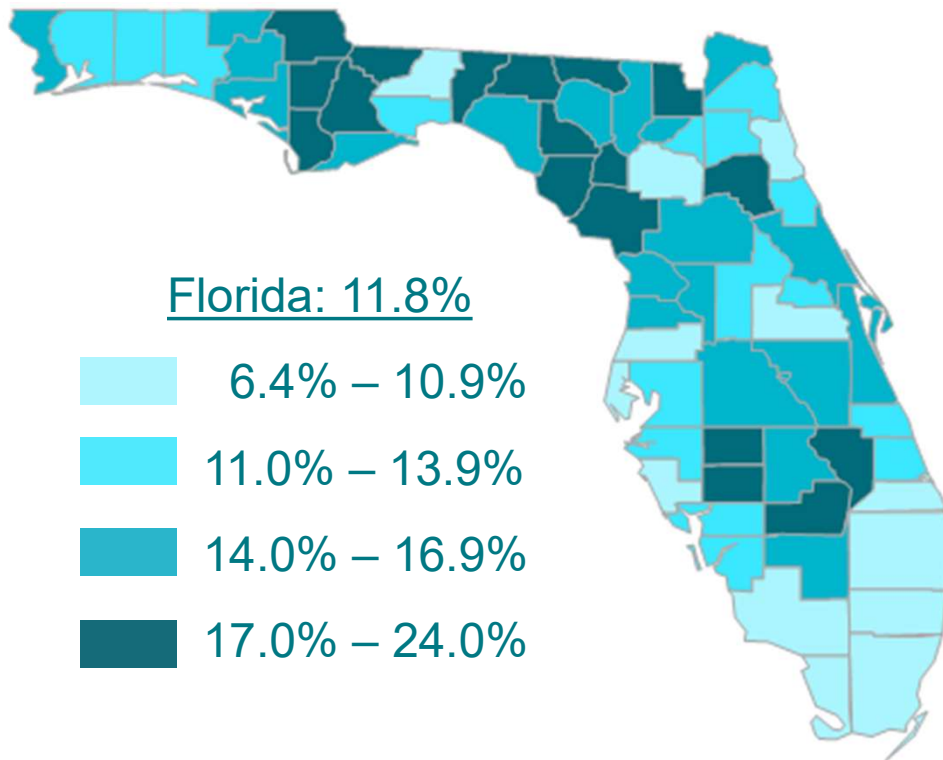
Source: Behavioral Risk Factor Surveillance System



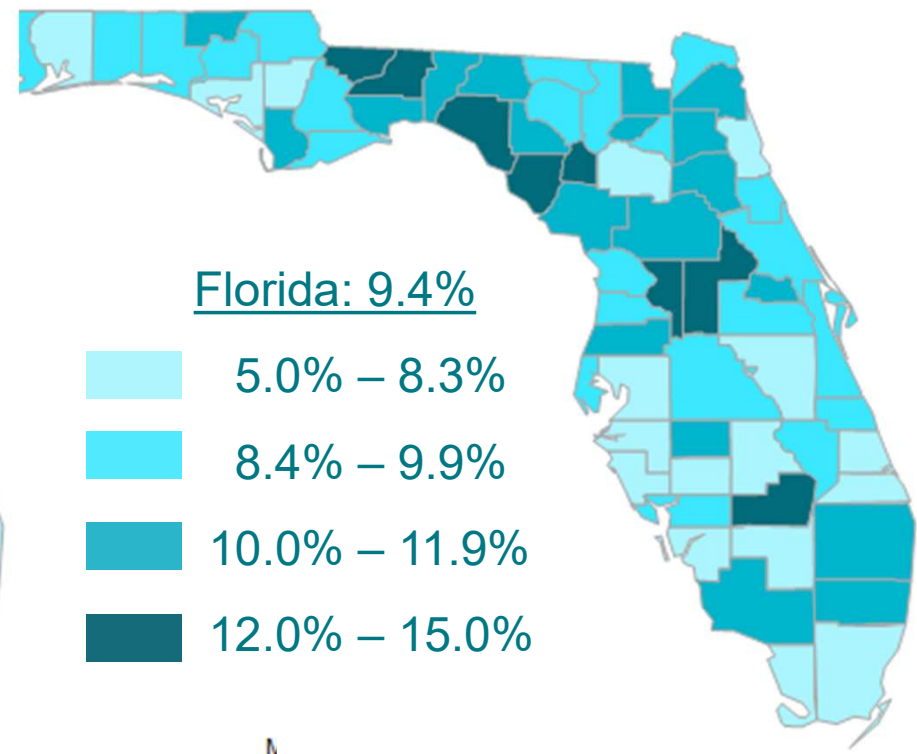
Florida Diabetes and Prediabetes Prevalence, by County, 2016

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Diabetes



Prediabetes

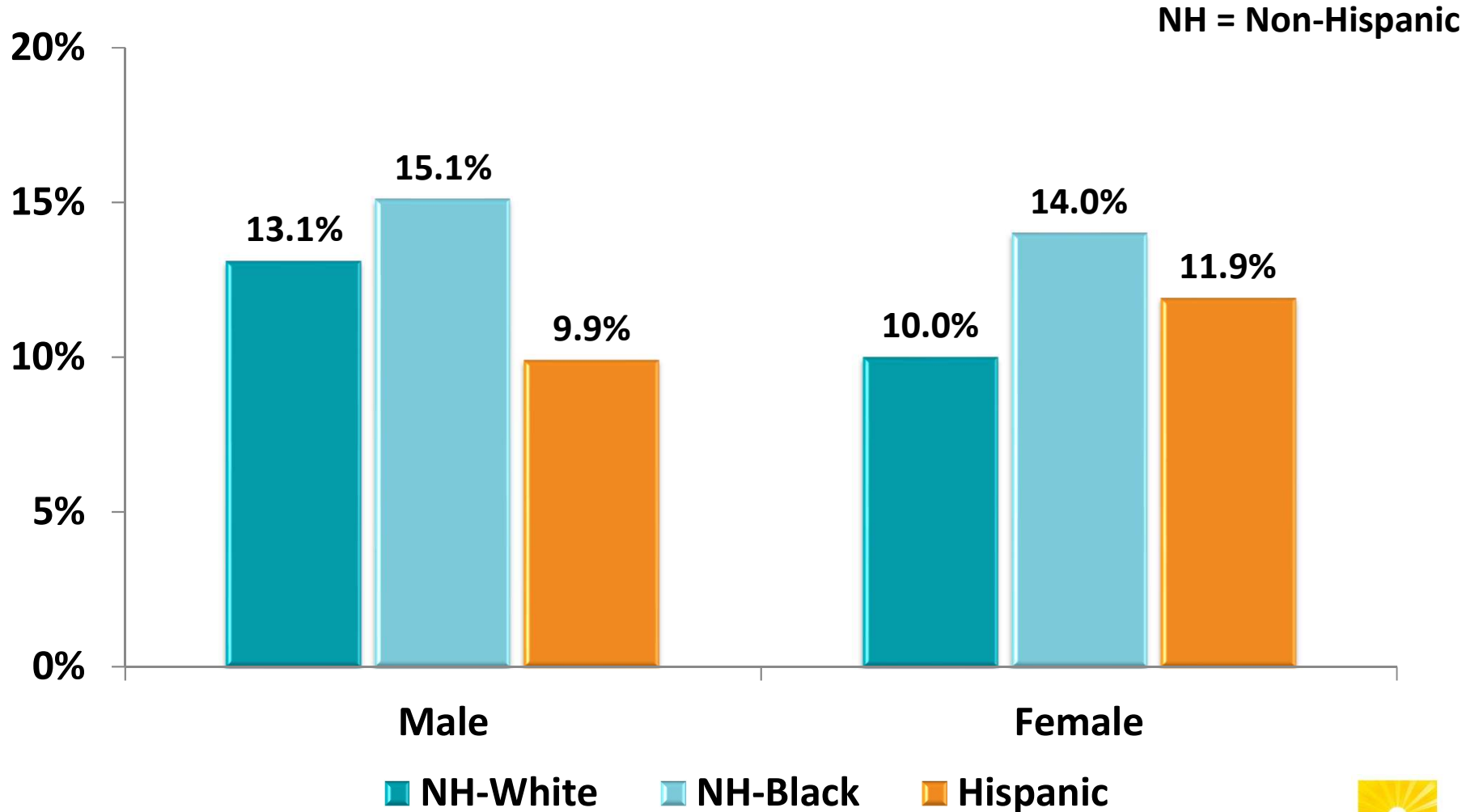


Source: Behavioral Risk Factor Surveillance System



Florida Diabetes Prevalence, by Gender by Race/Ethnicity, 2016

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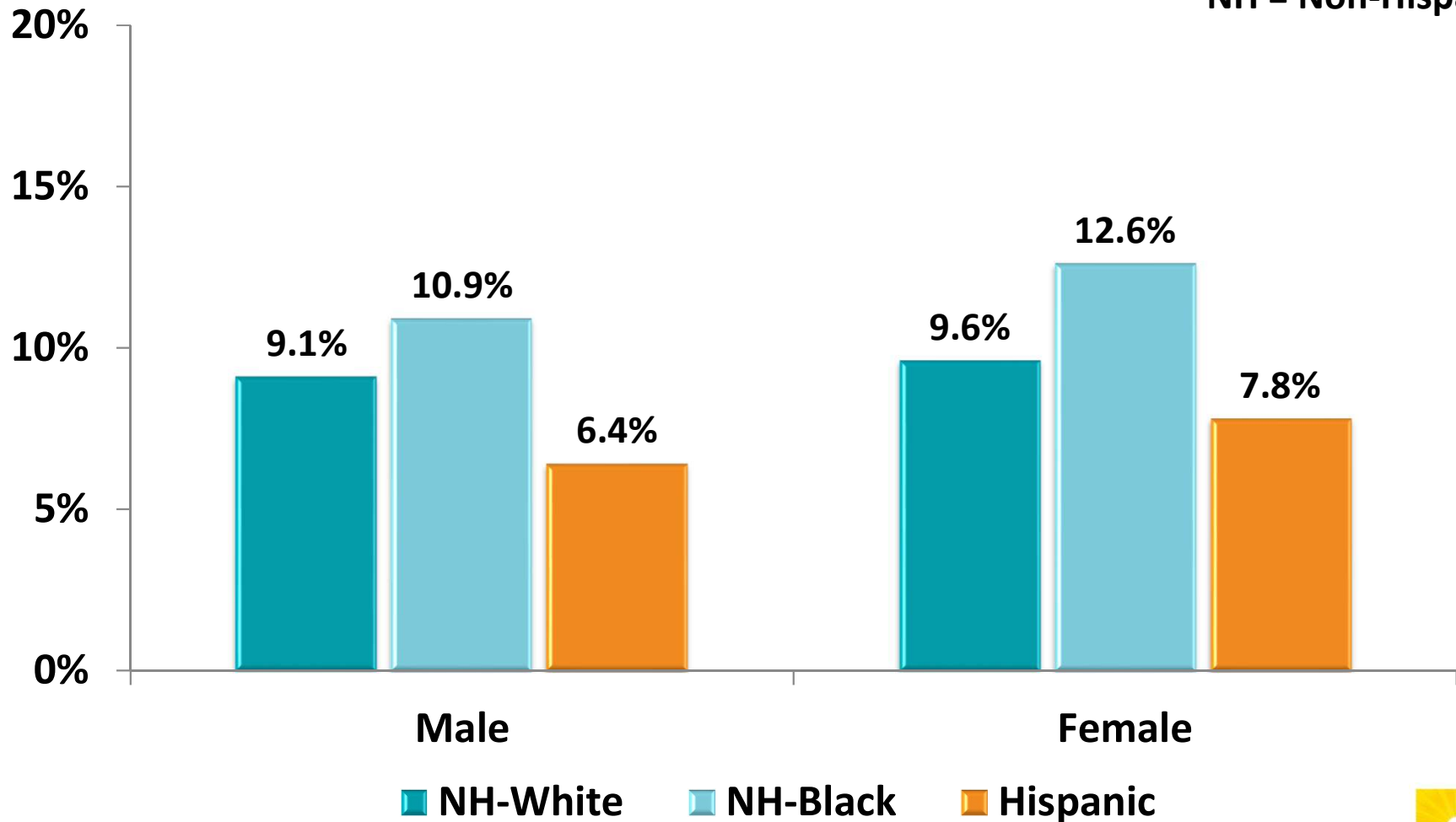
Source: Behavioral Risk Factor Surveillance System



Florida Prediabetes Prevalence, by Gender by Race/Ethnicity, 2016

8

NH = Non-Hispanic

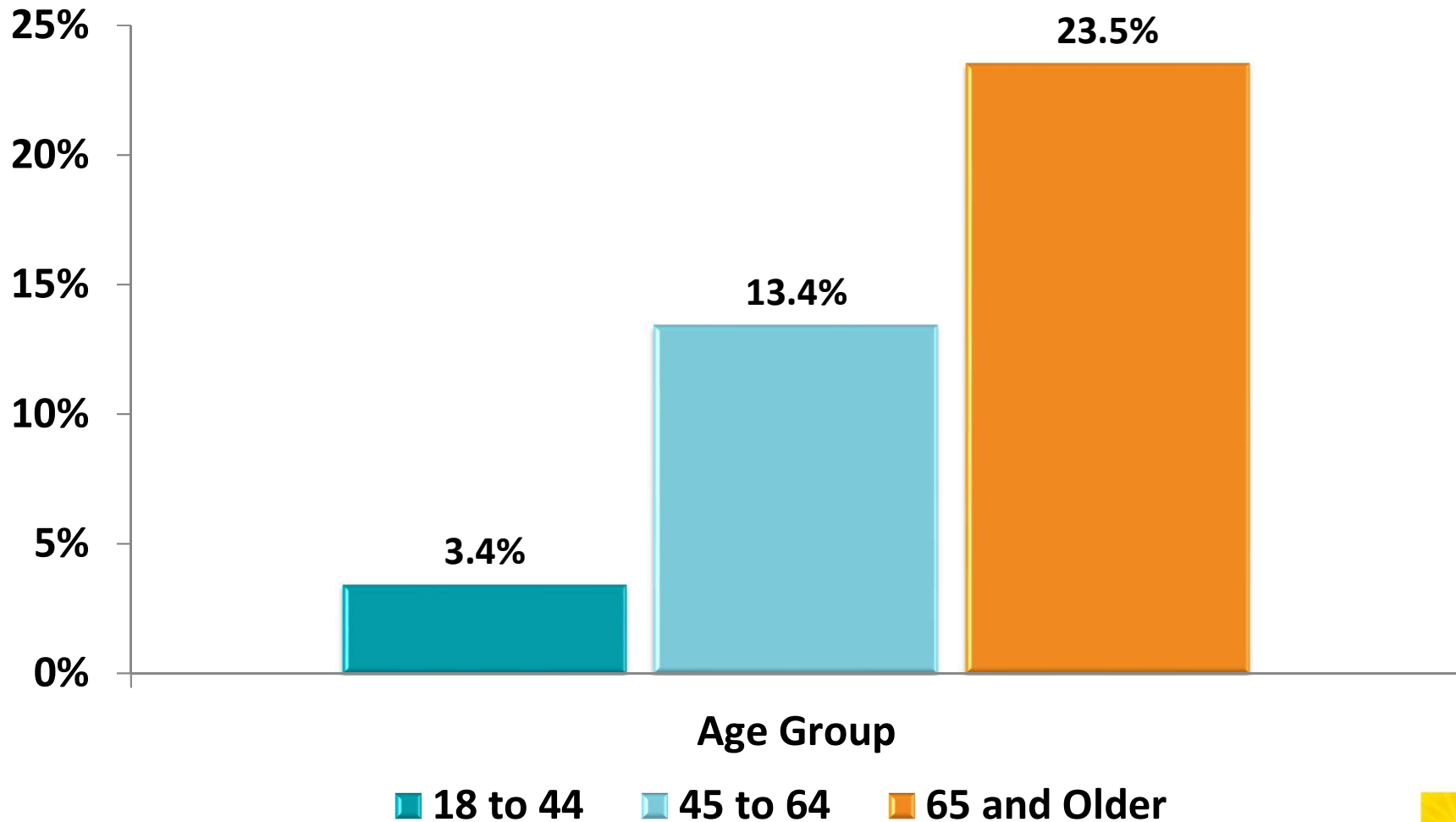


Source: Behavioral Risk Factor Surveillance System



Florida Diabetes Prevalence, by Age Group, 2016

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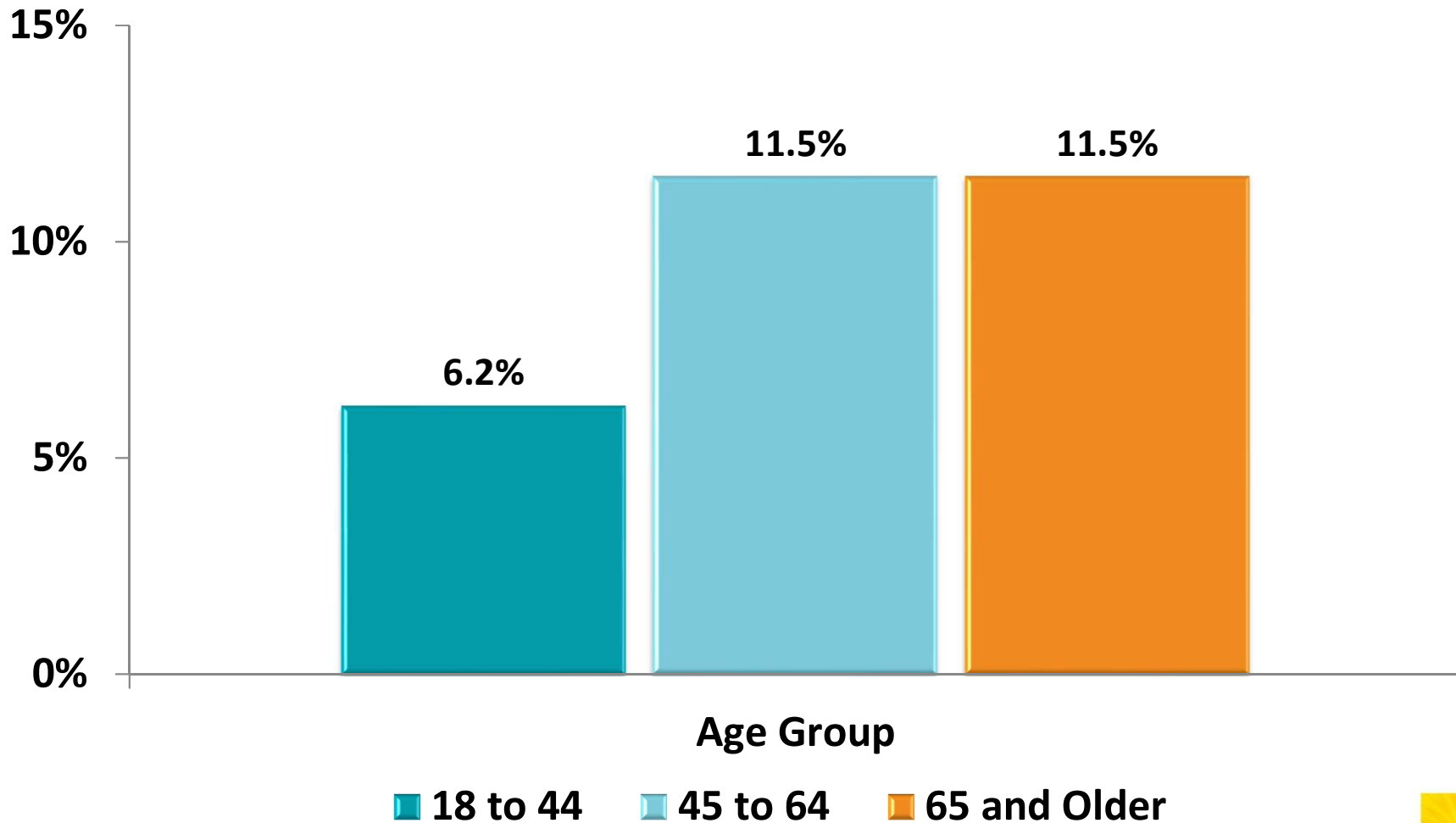


Source: Behavioral Risk Factor Surveillance System



Florida Prediabetes Prevalence, by Age Group, 2016

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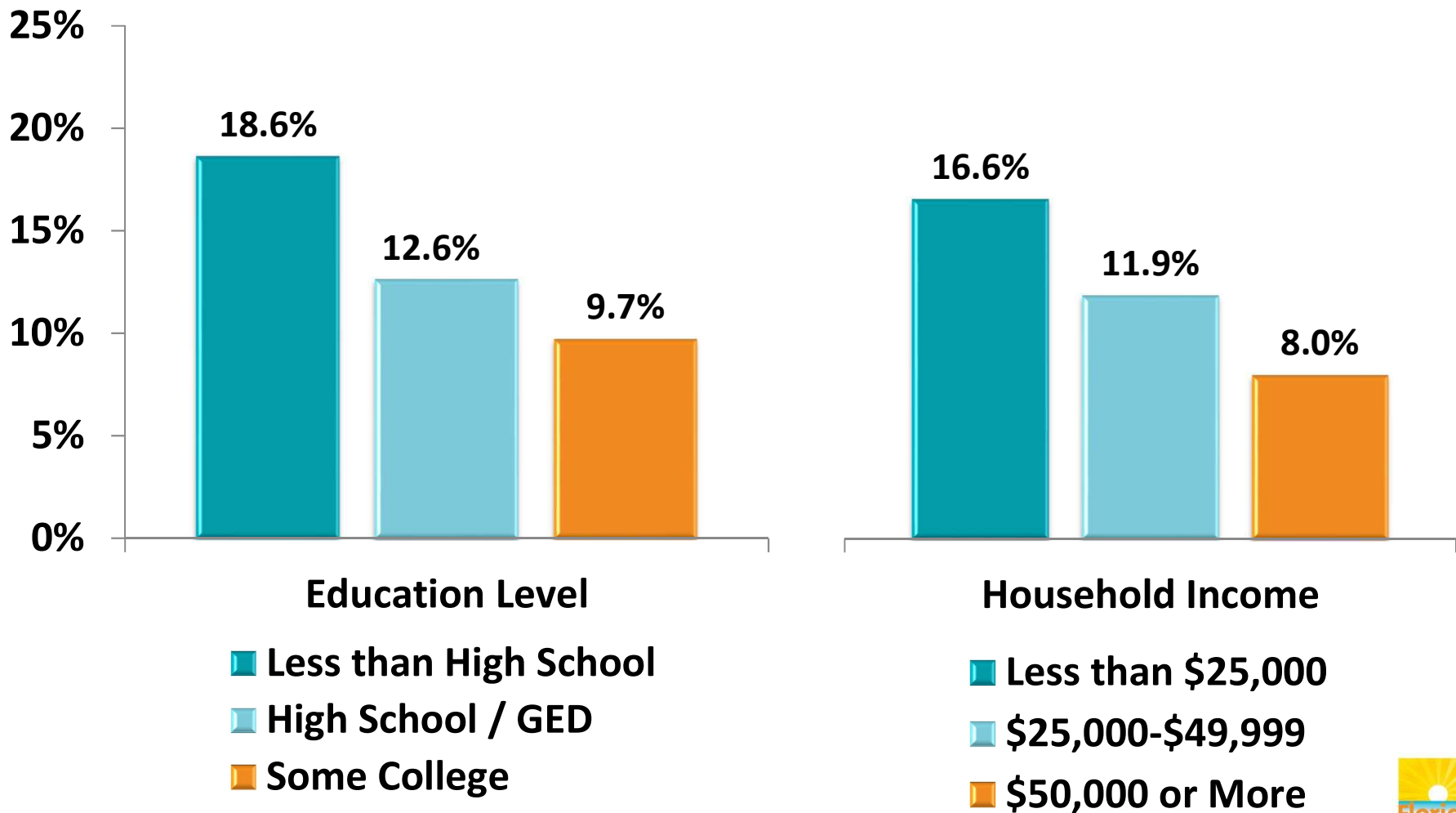


Source: Behavioral Risk Factor Surveillance System



Florida Diabetes Prevalence, by Education and Income, 2016

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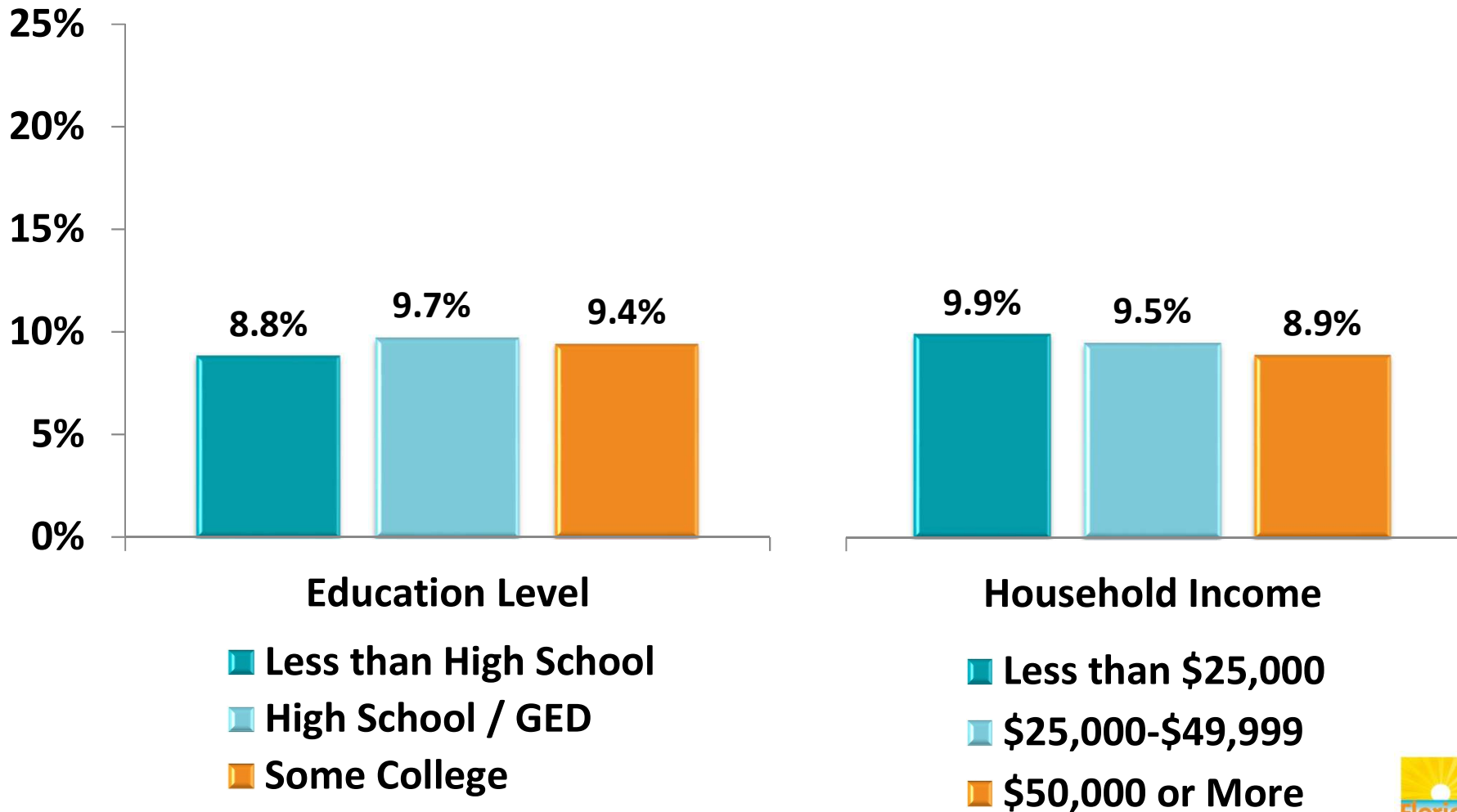


Source: Behavioral Risk Factor Surveillance System



Florida Prediabetes Prevalence, by Education and Income, 2016

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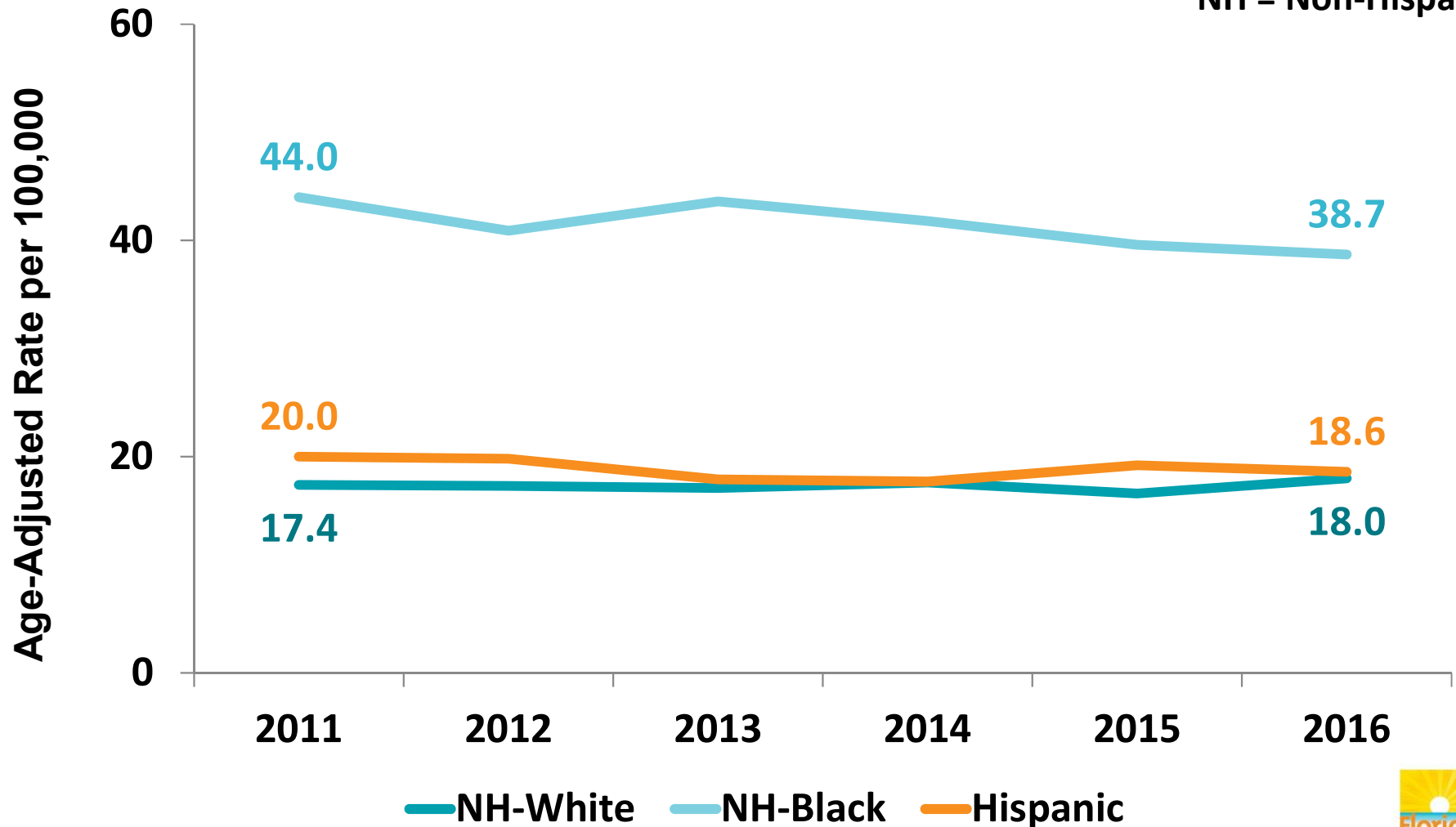
Source: Behavioral Risk Factor Surveillance System



Diabetes Age-Adjusted Mortality Rate per 100,000 Population by Race/Ethnicity, 2011-2016

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NH = Non-Hispanic



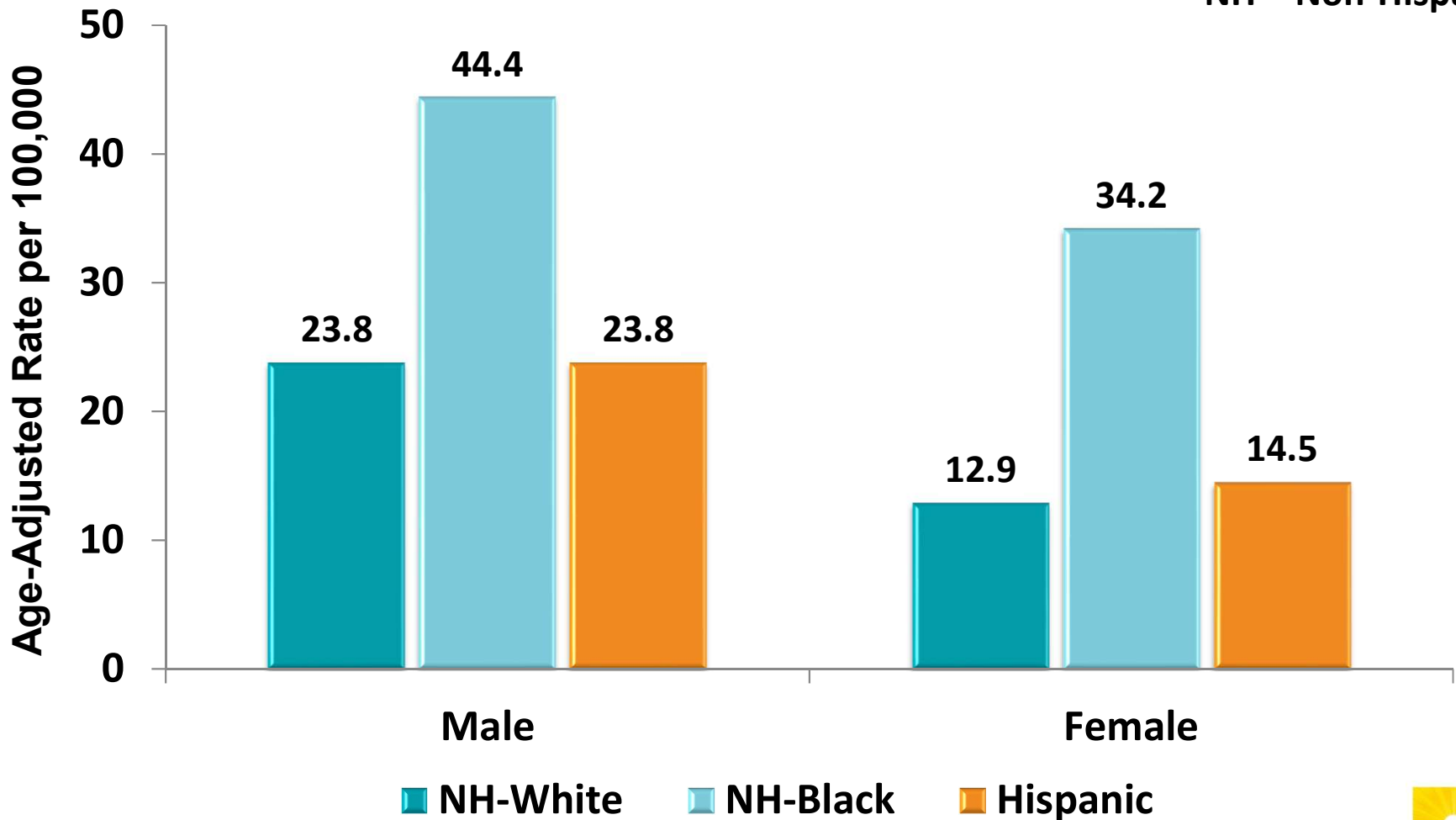
Source: Florida Department of Health, Bureau of Vital Statistics, ICD-10 Code(s): E10-E14



Diabetes Age-Adjusted Mortality Rate per 100,000 Population by Gender by Race/Ethnicity, 2016

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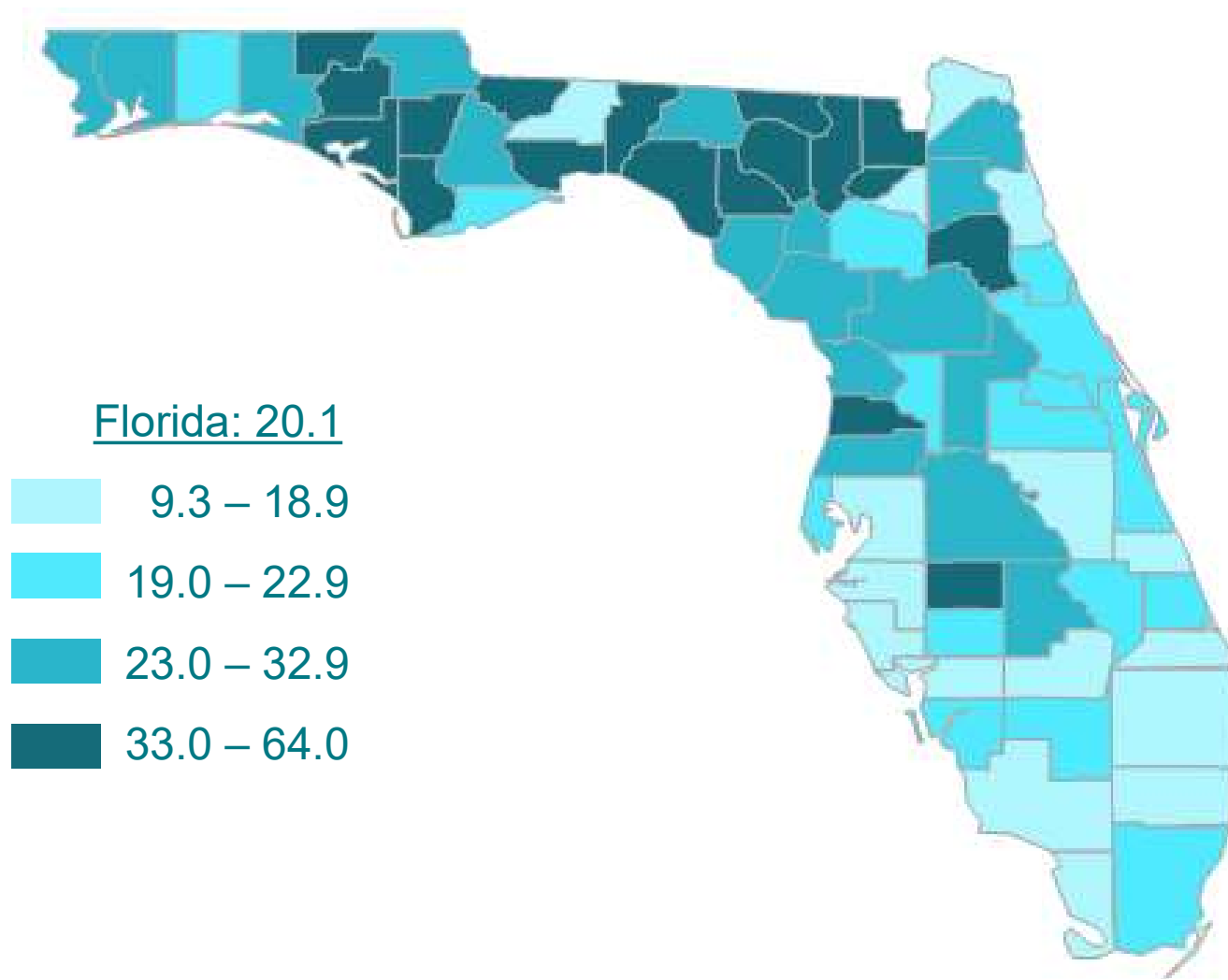


Source: Florida Department of Health, Bureau of Vital Statistics, ICD-10 Code(s): E10-E14



Diabetes Age-Adjusted Mortality Rate per 100,000 Population by County, 2016

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Source: Florida Department of Health, Bureau of Vital Statistics, ICD-10 Code(s): E10-E14



Current Initiatives and Successes



Current Diabetes Initiatives

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- ❑ 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

Key Partners



NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS

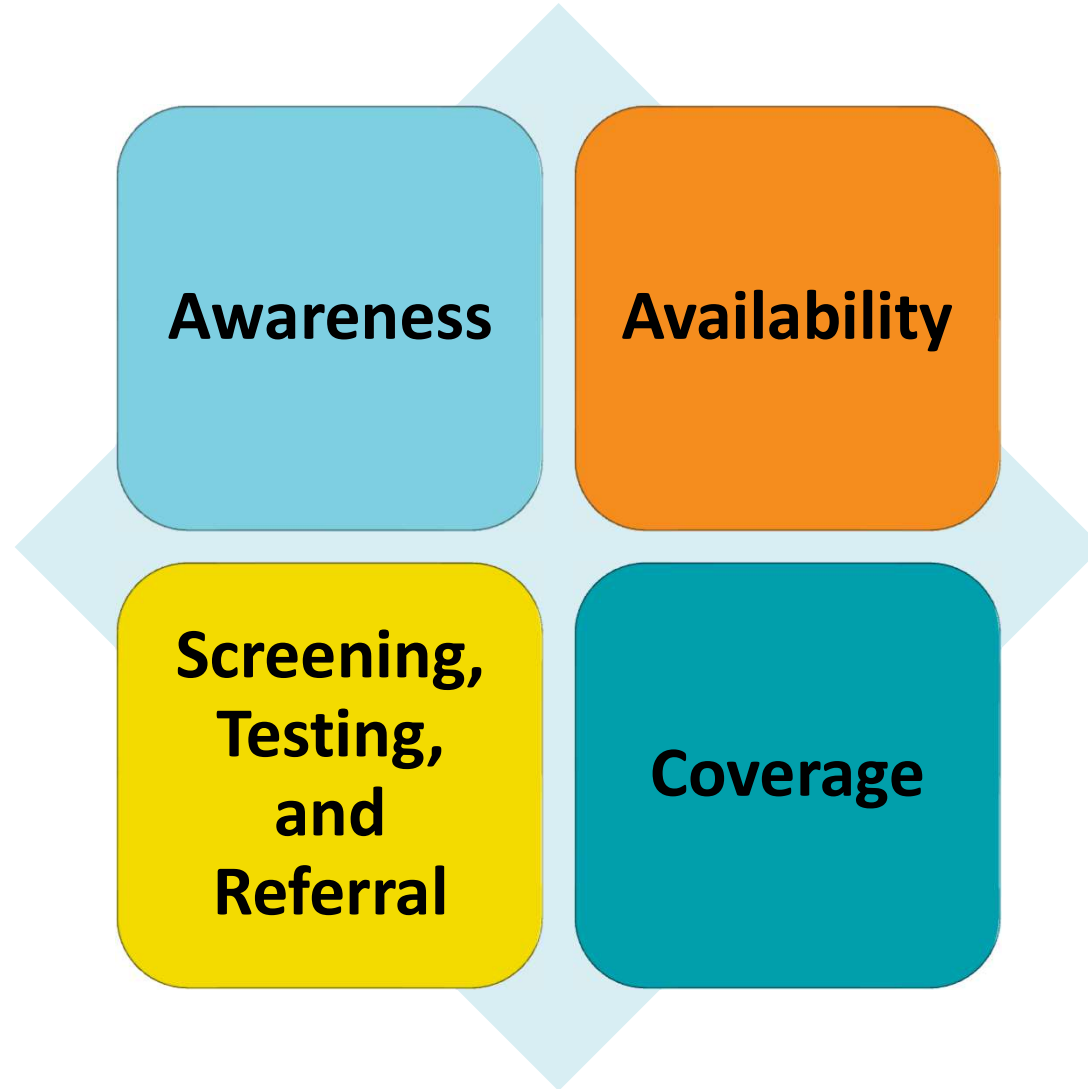
Promoting Health. Preventing Disease.

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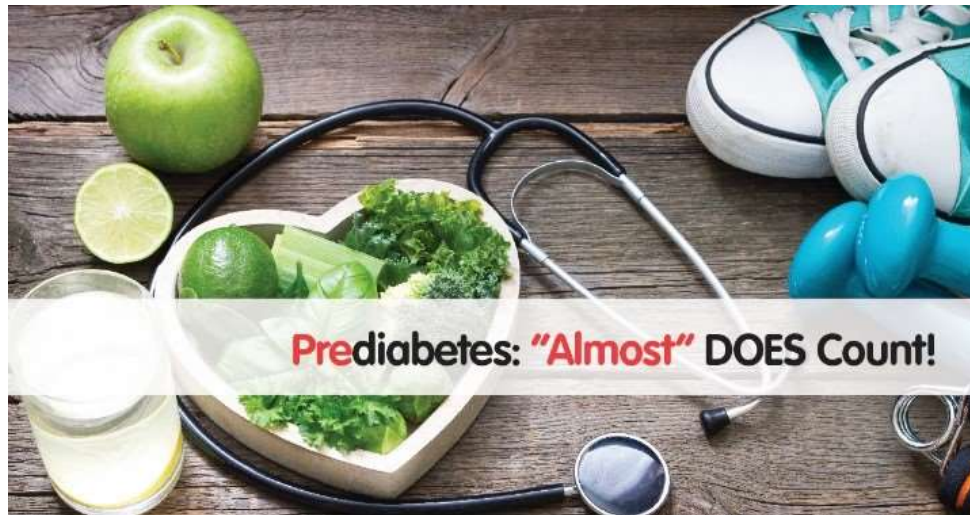
Four Drivers

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Awareness

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Prediabetes: "Almost" DOES Count!

HealthiestWeight

HeartHealth+

Awareness



**FLORIDA
DIABETES
PREVENTION
PROGRAM**

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

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



Awareness



Florida Agency for Health Care Administration June 2015



Medicaid Quality Issue Brief

Healthy Behaviors

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

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 Change for Life".

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

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 58 percent in people at high risk for the disease.
- Ten years later those who had participated in the lifestyle change interventions had a 34 percent lower rate of type 2 diabetes.



Healthy behaviors programs may be designed by the Medicaid managed care plan or be offered through a partnership with community organizations providing health-related services.

Florida Agency for Health Care Administration • Bureau of Medicaid Quality June 2015

Everyone can play a part in preventing type 2 diabetes:



RAISE AWARENESS of pre-diabetes



SHARE INFORMATION about the National DPP



ENCOURAGE PARTICIPATION in a local lifestyle change program



PROMOTE the National DPP as a covered health benefit

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 nationally. [Click here](#) to find CDC-recognized weight loss and diabetes prevention programs in Florida.
<https://www.cdc.gov/ODD/OPB/State.aspx?STATE=FL>

AMA-CDC Toolkit: "Preventing Type 2 Diabetes: A guide to refer your patients with pre-diabetes to an evidence-based diabetes prevention program"
http://www.diabetes.org/downloads/0215/AMA_CDC_National_DPP_Flyer.pdf

Read more about behavior interventions and how they can improve quality outcomes.
http://www.cdc.gov/diabetes/prevention/pdf/doris_standards_09-02-2011.pdf

Awareness



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- ❑ **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

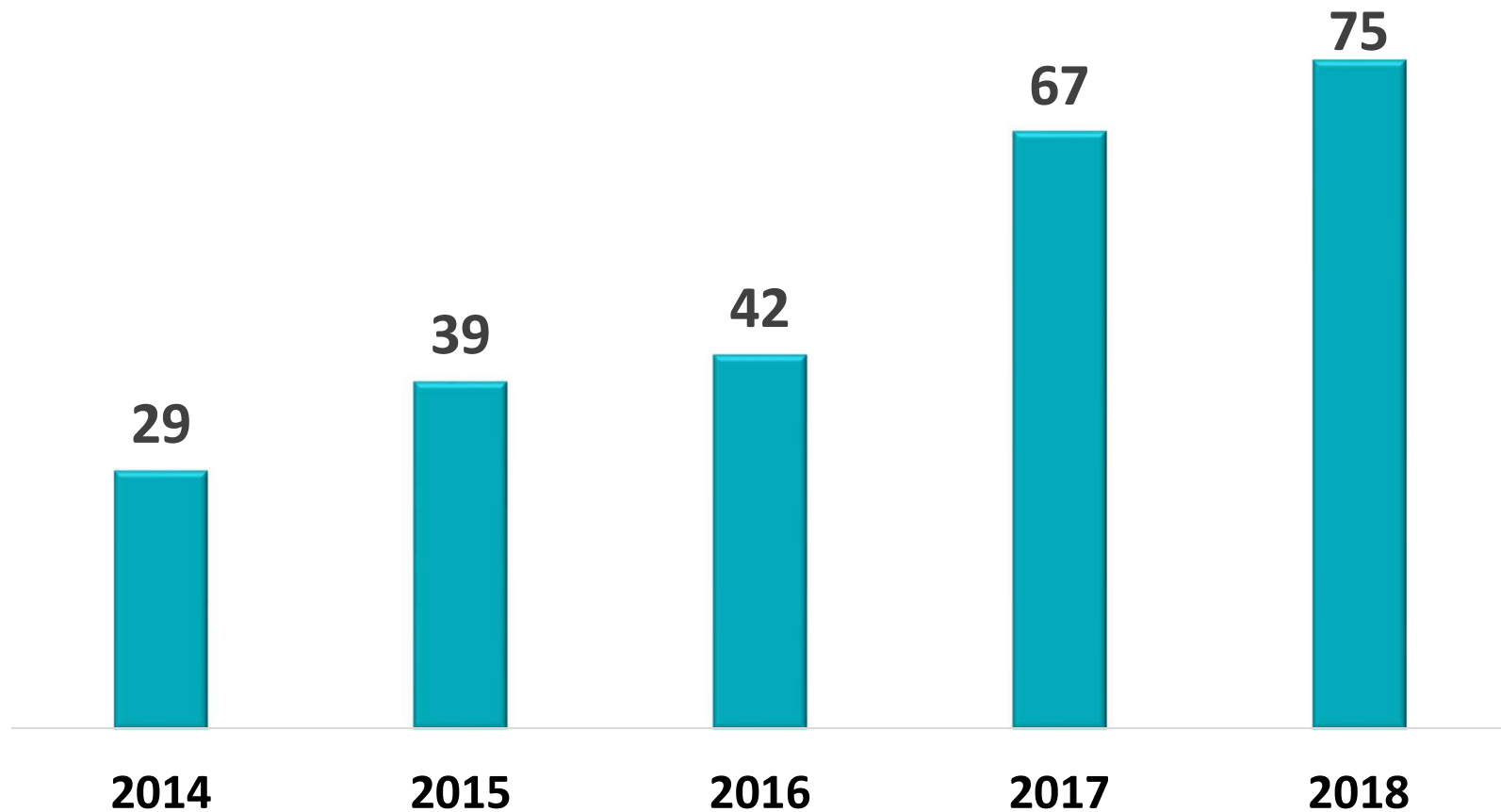


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- Funding provided to 43 entities
- Nearly 1,000 health care practices contacted
 - ▣ 517 implemented a procedure to refer
 - ▣ 107 implemented a referral policy
- 7 new DPPs on the CDC registry last year

Average Number of CDC Recognized DPPs in Florida, 2014-2018

25

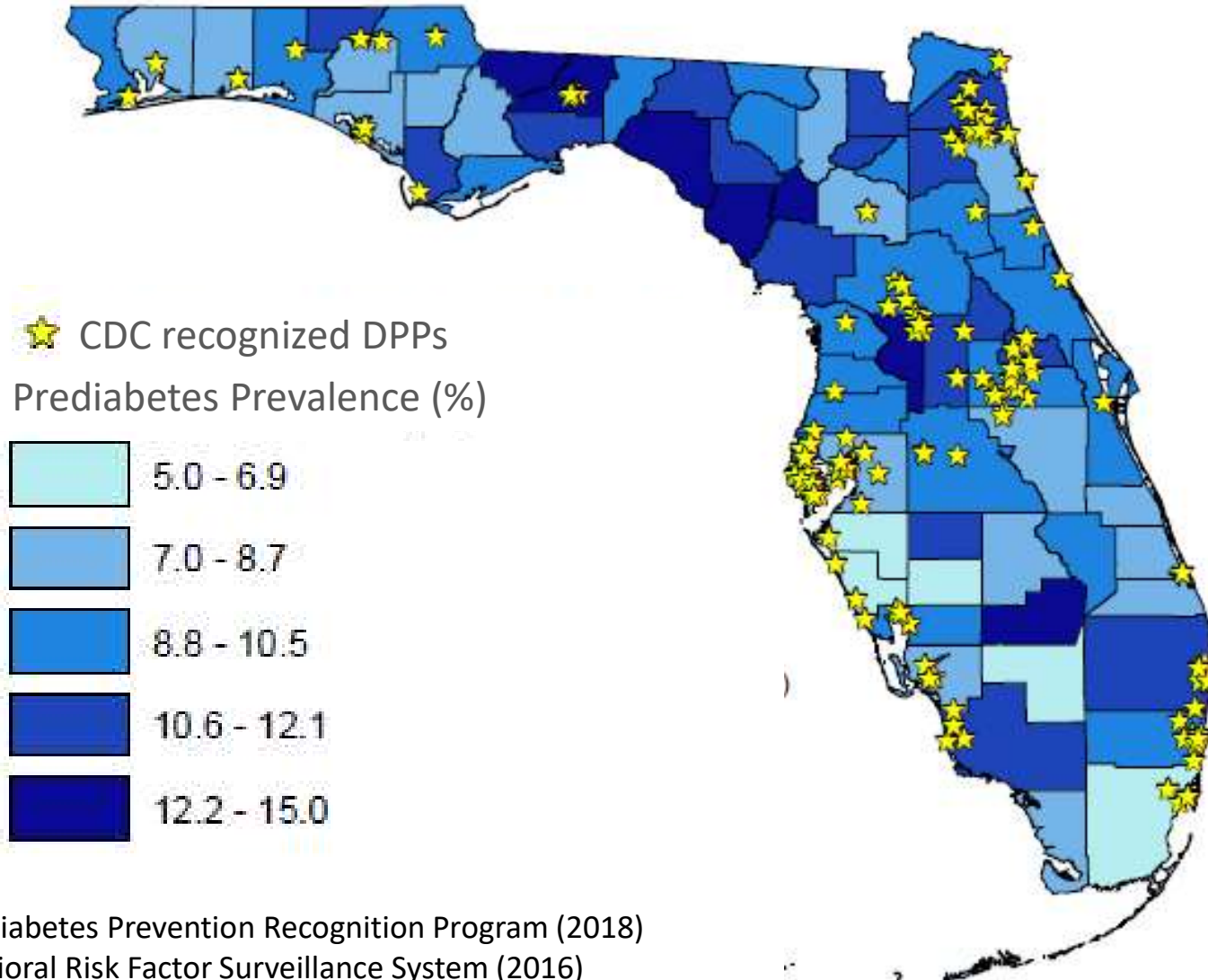


Source: CDC Diabetes Prevention Recognition Program



DPPs and Diabetes Prevalence, 2016

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Sources: CDC Diabetes Prevention Recognition Program (2018)
Behavioral Risk Factor Surveillance System (2016)

Availability

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- ❑ 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

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HealthiestWeight

HeartHealth+



Screening, Testing, and Referral

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Coverage



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, 2013), there are approximately 1,090,660 adults, or 7.2% of the population, with prediabetes in Florida. This includes 9.6% of Floridians age 65+, 7.9% of Floridians age 45-64 and 4.7% of the population age 18-44. However, these figures only include those clinically diagnosed with prediabetes; many more people have this serious condition without knowing about it.

THE RETURN ON INVESTMENT FOR A COMPANY THAT OFFERS ITS ELIGIBLE EMPLOYEES A DPP PROGRAM IS APPROXIMATELY \$55,000 OVER 10 YEARS FOR EACH EMPLOYEE WITH PREDIABETES WHO DOES NOT DEVELOP DIABETES.

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 \$13,700, 2.3 times higher than an employee without diabetes.

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

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 is good for improving employees' health and workplace performance.

BUSINESS NEED AND CURRENT SITUATION

The DPP is a program developed out of a major clinical research study led by the CDC. The DPP study proved that a 5-7% weight loss paired with increased physical activity could prevent or delay the progression of type 2 diabetes by 58%.

The DPP is a 16-week program for people

with prediabetes that moves proven research into communities. Moving that research into communities, the program's success relies on trained lifestyle coaches who assist participants in losing 5-7% of their body weight and increasing their physical activity. This 16-week program that includes monthly follow-up for

THE BUSINESS CASE FOR INCLUSION

Coverage



Florida Agency for Health Care Administration June 2015



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Florida Agency for Health Care Administration • Bureau of Medicaid Quality June 2015

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- RAISE AWARENESS of pre-diabetes
- SHARE INFORMATION about the National DPP
- ENCOURAGE PARTICIPATION in a local lifestyle change program
- PROMOTE the National DPP as a covered health benefit

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Diabetes Advisory Council Legislative Report

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Florida Diabetes Advisory Council
Created by statute & appointed by the Governor of Florida

2017

Florida Diabetes Report

Diabetes Advisory Council

Department of Health

Department of Management Services

Agency for Health Care Administration

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

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- ❑ 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

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<http://www.floridahealth.gov/about-the-department-of-health/about-us/state-and-community-health-assessment/ship-process/index.html>

Key Partners



NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS

Promoting Health. Preventing Disease.

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Florida Alliance for
Diabetes Prevention & Care



Contact Information

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CDPrevention@flhealth.gov

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4052 Bald Cypress Way
Tallahassee, FL 32399-1744
850-245-4330

