The Imperative of Type 2 Diabetes Prevention in the United States

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The findings and conclusions in this presentation are those of the presenter and does not necessarily represent the official position of CDC.
The Prediabetes Risk Test

https://youtu.be/s020q-FE0H4
Our Public Health Challenge...

30.3 million Americans have diabetes, costing the U.S. $327 billion in 2017

84.1 million American adults have prediabetes

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

Projection of the future diabetes burden in the United States through 2060
Translating the Diabetes Prevention Program into the Community: The DEPLOY Study

Prevention of type 2 diabetes by lifestyle intervention: a Japanese trial in IGT males

Kinori Kosaka, Mitsuhiro Noda, Takeshi Kuzuya
# TYPE 2 DIABETES PREVENTION EVIDENCE SUMMARY

## Randomized Clinical Control Trials:

## Subsequent Translation Studies

<table>
<thead>
<tr>
<th>Evidence-based Recommendations</th>
<th>Date</th>
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<tr>
<td>USPSTF Obesity Intensive Behavioral Counseling</td>
<td>July 2012</td>
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<td>Community Guide Review</td>
<td>July 2014</td>
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<tr>
<td>USPSTF CVD Risk Reduction Intensive Behavioral Counseling</td>
<td>August 2014</td>
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<tr>
<td>USPSTF Type 2 Diabetes and Abnormal Glucose Screening</td>
<td>October 2015</td>
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<tr>
<td>ICER Evidence Report on Type 2 Diabetes Prevention Programs</td>
<td>July 2016</td>
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National Diabetes Prevention Program

Largest national effort to mobilize and bring an effective lifestyle change program to communities across the country!
Overview of the National Diabetes Prevention Program

The National DPP relies upon a variety of public-private partnerships with community organizations, private and public insurers, employers, health care organizations, faith-based organizations, government agencies, and others working together 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

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.

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

**Sessions facilitated by a trained lifestyle coach**

**PARTICIPANT GOAL:** Lose 5 – 7% of body weight.
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
CDC Cooperative Agreements

• Funded 6 national organizations to increase the number of CDC-recognized organizations offering the program via multi-state networks, and expand employer/insurer coverage (2012-2017)

• Funded all 50 states and D.C. to raise awareness of prediabetes, increase referrals, and work with State Employee Benefit Plans and Medicaid to support coverage (2013-2018)

• Funded 17 states and 4 large cities to build on and expand work started by previous cooperative agreements and enroll high risk populations in the program (2014-2018)

• Funds 10 national organizations to scale the National DPP for priority populations in underserved areas (2017-2022)

• Funds all states and D.C. to support work to improve access to, retention in, and coverage for the National DPP lifestyle change program for people with prediabetes, with emphasis on high burden populations (2018-2023)

• Funds 20 state/local governments with a pop. of ≥ 900,000 to design, test, and evaluate innovative approaches to improve access to and retention in the program with emphasis on high burden populations (2018-2023)
Increase the supply of quality programs
Increase the Supply of Quality Programs

There are 1,603 CDC-recognized organizations in the DPRP as of February 4, 2019.
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 intervention

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
National DPP Strategic Goals

Increase demand for the National DPP 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

310,249 individuals have enrolled in the National DPP as of February 4, 2019

1. CDC Diabetes Prevention Recognition Program
Puppies – A Perfect Way to Spend a Minute

So is taking a one-minute prediabetes risk test.

1 IN 3 ADULTS HAS PREDIABETES. COULD BE YOU, YOUR CO-PILOT, YOUR CO-PILOT’S CO-PILOT.

DoIHavePrediabetes.org
Strategies to Increase Participant Engagement and Retention

- **Developing electronic referral systems to enable bi-directional communication between programs and providers**
- **Using behavioral “nudges” to increase enrollment**
  - Promotion of social referrals through program champions
  - Optimization of pre-program information/motivation sessions (i.e., Session Zero)
  - Implementation of novel online tools to spur participant retention
- **Implementing robust marketing strategies to meet underserved people where they are**
  - Using multiple social media platforms to reach younger African American women
  - Engaging key opinion leaders for populations at high risk who are in the National DPP and address barriers to increase enrollment
- **Identifying and evaluating recruitment and retention strategies that have already demonstrated success and translating into best practices**
National DPP Strategic Goals

Increase referrals from healthcare providers
Increase Referrals from Health Care Providers

CDC works with numerous partners to help identify and refer at-risk individuals to CDC-recognized organizations.
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/
Increase coverage among public and private payers
All-Payer Model

Working with all public and private payers and employers to eliminate cost barriers for participants and sustain program delivery organizations long-term

**Partners**

<table>
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<tr>
<th>Private Sector</th>
<th>Public Sector: State/Local</th>
<th>Public Sector: Federal</th>
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<tr>
<td>• Self Insured Employers</td>
<td>• State/Public Employee Benefit Plans</td>
<td>• CMS: Medicare &amp; Medicaid</td>
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<tr>
<td>• Health Plans</td>
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Commercial Insurance Plan Coverage

Many commercial health plans provide some coverage for the National DPP. Examples include:

- AmeriHealth Caritas
- Anthem
- BCBS Florida
- BS California
- BCBS Louisiana
- Cigna
- 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
Coverage for Public Employees

Over **3.4 million** public employees and dependents in **19 states** have the National DPP lifestyle change program as a covered benefit.

**States with Coverage for State/Public Employees**
- California
- Colorado
- Connecticut (DOT workers)
- Delaware
- Georgia (Kaiser members)
- Indiana
- Kentucky
- Louisiana
- Maine
- Maryland (partial payment)
- Minnesota
- New Hampshire
- New York
- Oregon (educators/local government)
- Rhode Island
- Tennessee
- Texas
- Vermont
- Washington

*Demonstrations ongoing in North Dakota, Pennsylvania, South Dakota, and Utah*
Medicare Diabetes Prevention Program

**Problem**

- 25% of Americans 65 years and older are living with type 2 diabetes, which negatively impacts health outcomes.
- Care for older Americans (65+ years) with diabetes costs Medicare $104 billion annually, and is growing.

**Medicare Implementation**

- DPP model test with Y-USA
  - 7,800 beneficiaries
- Rulemaking to expand coverage to beneficiaries & establish MDPP supplier type

**Impact**

- Promotes healthier behaviors for eligible Medicare beneficiaries at risk for type 2 diabetes
- Decreases Medicare costs associated with diabetes
Working to Provide Sustainable Medicaid Coverage

- Remove cost barriers and reduce diabetes health-related disparities for high-risk/burden populations

- State Health Departments
  - Funded health departments in all states and DC to partner with Medicaid sister agencies to make the case for coverage
  - 9 states have full or partial coverage through Medicaid authorities, demonstrations, or pilots

- Managed Care Organizations
  - Funded comprehensive demonstration projects in 2 states with a focus on implementation and uptake

National DPP Coverage Toolkit: https://coveragetoolkit.org
National DPP Customer Service Center
NationalDPPCSC.cdc.gov

**Purpose:** Provide a hub for resources, training, and technical assistance for CDC-recognized program delivery 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
What You Can Do…

01/ RAISE AWARENESS of prediabetes and the National DPP
• www.cdc.gov/diabetes/prevention/prediabetes-type2

02/ REFER PEOPLE at risk to a CDC-recognized lifestyle change program
• www.cdc.gov/DDT_DPRP/Programs.aspx

03/ OFFER THE PROGRAM by becoming a CDC-recognized organization
• www.cdc.gov/diabetes/prevention/lifestyle-program
Thank you!

Email: pdn2@cdc.gov

For more information, contact CDC
1-800-CDC-INFO (232-4636)

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Start Spreadin’ the News…..You’ll Want to Be a Part of It!
Chronic Disease in New York State

• Nearly 40% of adults in NYS live with a chronic disease
Diabetes in New York State

• About 1.6 million people, or 10.5% of adults, report being diagnosed with type 2 diabetes

• Diabetes is the 7th leading cause of death
Pre-Diabetes in New York State

Another 1.3 million New Yorkers, or 9.9% of adults, report being diagnosed prediabetes.
Cost of Diabetes

• In New York State about 8% of NYS Medicaid members had diabetes, which drove 20% of spending
  – In 2011, this totaled about $9.9 billion

• Nationally diabetes costs about $245 billion (2012)
The Evolution of DPP in NYS
• Diagnosing prediabetes
• Using EHR клинические workflows
• DPP referral protocols
• Non-professional staff for “enabling services”
• Bi-directional communication
• HIE/RHIO functionality and population health measures
Clinical-Community Linkages
Realizing the Triple Aim
Media and Marketing

https://youtu.be/PEO1R_reJSw
Thank you!

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