

Innovative Approaches to Implementing the National Diabetes Prevention Program

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Program Graduate lost 52lbs in 12 months

Diabetes Prevention Program (DPP)

Delivered via Local Health Coach

Lifestyle Management and Weight Loss

People diagnosed with prediabetes can slow and even prevent the onset of type 2 diabetes through weight loss and lifestyle management. Participants are guided in small group sessions by specially-trained health coaches.

DPP Overview

- 16 1-hour small group Sessions, followed by monthly Sessions, for a total of one year
- Adult risk of developing type 2 diabetes reduced by nearly 60%; in adults aged 60+, the reduction is 70%
- Sustained weight loss in 40 % of participants at 10 year follow up
- Regular communication provided to physicians
- Program lifestyle changes proven to be more effective than medication
- Preventive benefit; no co-payment for participants
- Recognized by Centers for Disease Control and Prevention (CDC)



Diabetes Prevention Program (DPP)

Program Details

- Small group classroom setting (8 to 15 participants) led by a live Lifestyle Coach.
- Focus on lifestyle management, weight loss and physical activity.
- Classes available at employer worksite, ADA or other community locations

Curriculum Content Overview

16 Weekly 1-Hour Sessions

- Welcome to the Lifestyle Balance Program
- Be a Fat & Calorie Detective
- 3 Ways to Eat Less Fat & Fewer Calories
- Healthy Eating
- Move Those Muscles
- Being Active: A Way of Life
- Tip the Calorie Balance
- Take Charge of What's Around You
- Problem Solving
- Four Keys to Healthy Eating Out
- Talk Back to Negative Thoughts
- The Slippery Slope of Lifestyle Change
- Jump Start Your Activity Plan
- Make Social Cues Work for You
- You Can Manage Stress
- Ways to Stay Motivated

Monthly 1-Hour Sessions

- Food Prep & Recipe Modification
- Healthy Eating – Taking it 1 Meal At A Time
- Healthy Eating With Variety & Balance
- More Volume – Fewer Calories
- Staying on Top of Physical Activity
- Handling Holidays, Vacations and Special Events
- Stress & Time Management



Diabetes Prevention Recognition Program:

1. Use of a CDC-approved curriculum. You can use a curriculum developed by CDC, or you can develop your own or use that of another organization (with permission), as long as CDC approves it.
2. Ability to begin offering the lifestyle program within 6 months of receiving approval from CDC.
3. Capacity and commitment to deliver the program over at least 1 year, including at least 16 sessions during the first 6 months and at least 6 sessions during the last 6 months.



Diabetes Prevention Recognition Program:

4. Ability to submit data on participants' progress—including attendance, weight loss, and physical activity—every 12 months.
5. Trained lifestyle coaches who can help build participants' skills and confidence to make lasting lifestyle changes.
6. Designated individual(s) to serve as the diabetes prevention program coordinator.
7. In addition, the recognition program requires that at least 50% of participants be diagnosed with prediabetes through blood testing (or have a history of gestational diabetes).



Innovative Ways to reach high risk populations

- Address socioeconomic and cultural variables contributing to health disparities.
- Address health system barriers contributing to health disparities.
- Utilize cultural strengths in health promotion and disease prevention services.



Community Marketing - DRTV

Launched direct response Spanish translated television (DRTV) spots that aired on Telemundo and featured Community Health Champion, Julissa Soto.

Year	# of Ads	Dates	Calls	Enrolls
2014	129	9/2-9/22	189	113
2015	156	1/12-2/8	600	180
2016	74	1/4-1/16	560	196




ALTO A LA DIABETES
American Diabetes Association
 "Prevención de la Diabetes"
720-855-1102
 ext. 7032
 1-800-DIABETES
 Regístrate antes del 26 de Septiembre

El programa de prevención incluye:
 16 sesiones:
 - Comer saludable
 - Incrementar ejercicio
 - Técnicas de motivación





720-855-1102 EXT: 7032
1800-DIABETES




ALTO A LA DIABETES
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The Diabetes Prevention Program (DPP) is a CDC program designed to help you avoid or delay Type 2 Diabetes. It is a lifestyle change program that includes diet and exercise. It is not a cure for diabetes. For more information, visit www.diabetespreventionprogram.org. © 2011 American Diabetes Association. All rights reserved.

Community Marketing Outdoor Bench Advertising

Year	# of Ad Locations	Dates	Calls	Enrolls
2016	10	Oct-Mar	120	34



American Diabetes Association.

Current Payers & Sustainability

- There are many Third Party Administrators (TPA's) who are contracting with Insurance Companies to provide DPP to their Employer Group Health Insurance Plans (Solera, Anthem, Omada, DPCA), and they are contracting with DPP Provider Organizations to deliver the DPP to the eligible insured of those Employer Groups.
- Most sold DPP services to Insurance Companies are using a “Pay for Performance DPP Model”, where claims are based on attendance and weight loss achievements.
- Contracting directly with Insurance Companies is also possible, however significant resources are required to manage eligibility, claims/invoicing and reporting by Employer Group Policy.



Current Payers & Sustainability

- DPP Provider Organizations can also contract directly with Employers to deliver DPP classes.
- Medicare insured will have access to DPP as of 1/1/2018, and CMS is expected to issue final rules in November. The final rules will include the required process for DPP Provider Organizations to apply to CMS to be an approved Medicare DPP delivery Vendor.



Mil Gracias!

QUESTIONS?

