

Diabetes Prevention Program 

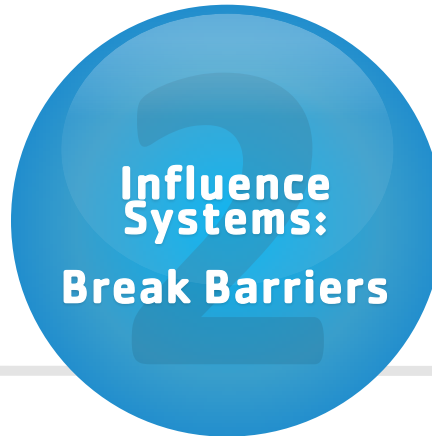


Marshalltown YMCA-YWCA

Partnerships & DPP



WHY? Importance of partnerships & engagement



...the process of working collaboratively with & through groups of people affiliated by geographic proximity, special interest, or similar situations to address issues affecting the well-being of those people. It is a powerful vehicle for bringing about environmental and behavioral changes that will improve the health of the community and its members. It often involves partnerships and coalitions that help mobilize resources and influence systems, change relationships among partners, and serve as a catalyst for changing policies, programs and practices.

(CDC, 1997, p9)



Mobilize Resources: Partners

The Diabetes Prevention Program has proven results, but for the program to work you need successful partnerships.

DPP in Marshalltown (early stages)

2011 Pilot Class—Staff outreach to hospital & physician clinics & Public Health

2012 Community Transformation Grant—Spanish class at Iowa Valley Community College's Education & Training Center (community partner)

Creation of a DPP Community Advisory Committee—engage stakeholders

Organizational leadership & support needed—'a marathon'

PARTNERSHIP DEVELOPMENT: WHO?

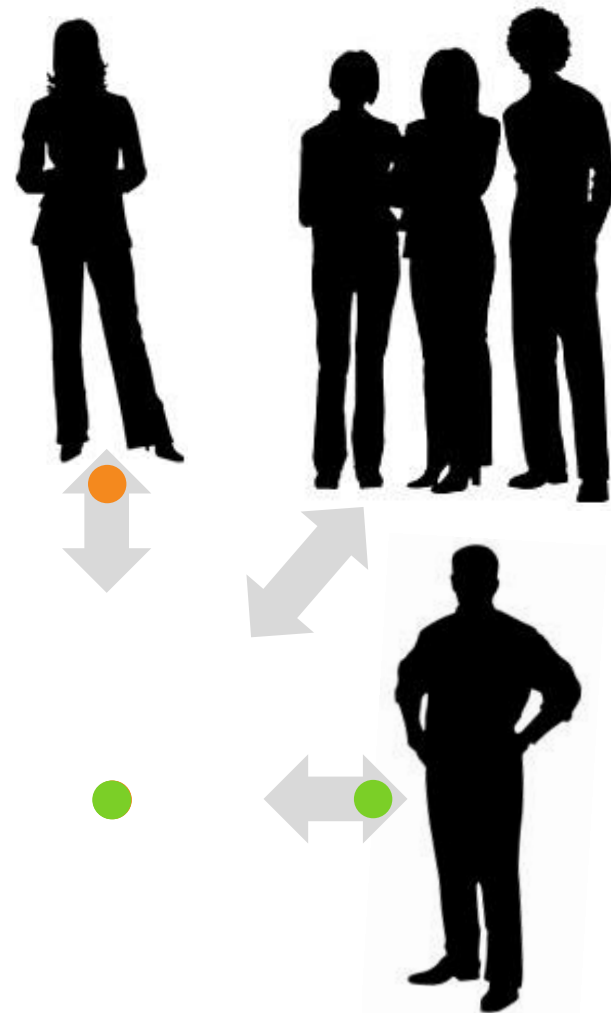
Engaging partners in a community health initiative: Identify Partners

Community

- Community-based organizations
- Faith-Based
- Senior Centers
- Public Health

Healthcare

- Healthcare systems
- Clinics
- Hospitals
- Medical associations
- Community Health Coalitions



Marshalltown Y DPP Advisory Committee

- **Chair: Retired physician, interest in population health**
- **Hospital leadership (CEO, executive level staff)**
- **Physician clinic leadership**
- **Public Health representative**
- **Corporate/major employer representative**
- **Dietician/diabetes educator**
- **Y Board member**
- **Y CEO**
- **Community volunteer with a passion for health**
- **Health & Wellness Director**
- **DPP Coordinator**



Influence Systems: Breakdown Barriers

What keeps DPP participants from engaging & being successful? 



REFERRAL MECHANISMS (via YMCA of the USA)

Paper referral forms –where healthcare provider (HCP) provides patient with a referral to bring to the Y or patient provides consent for HCP to share their information with the Y (via paper form)

- Point of Care (POC) Referrals–referred at office visit

Electronic referrals –where patient provides consent for HCP to share their information with the Y (electronically) via the Electronic Medical Record system –HCP is prompted in the EMR to fill out a referral any time a patient’s blood value falls into prediabetes range

Website portals –website includes a link for you to enter secure patient referrals via physician or healthcare provider or self referral

*Utilize this method to increase program enrollment and begin to set up sustainability.

REFERRAL MECHANISMS (via YMCA of the USA)

- Healthcare providers flag eligible participants
- Retrospective letters –query, letter sent to identified patients
- Prompts or Standing orders –staff in the clinical setting are prompted to screen/refer individuals with certain risk factors for prediabetes–done at Point of Care (POC)
- Paper referral
- Electronic Referral

*May be based on who you are working with and what they are capable of, start with where they are at.

REFERRAL MECHANISMS (via YMCA of the USA)

ESTABLISHING ONGOING REFERRALS

- Set up HIPAA secure e-referral system
- Your partners view you as a trusted source of care, so you must be responsive to referrals they send you.
- Make available multiple resources to support program promotion: patient referrals, brochures, flyers, etc. (although a little goes a long way)
- Referral systems can be built from the healthcare provider to your organization, that can also ensure HIPAA compliance
- Provide progress reports on your participating participants, at various points throughout the program (to physicians & Community Advisory Committee)

Partners that can help with integration:

- Hospital/Clinic Community Outreach Staff
- Pharmacists and/or Pharmaceutical Representatives
- Clinic Office Managers

Challenges

- Sustainability—need 3rd party payers (insurance, employer, etc.)
- Finding a model that motivates self-pay
- Community demographics
- Changing leadership—organizational & partners

Successes

- Grant funding
- Moving toward third-party payer system and Medicare reimbursement
- Seen as leader in community health



Change Relationships: Outcomes

Marshalltown Y DPP is a CDC recognized program & part of integrated healthcare.

Marshalltown Y DPP

YMCA's Diabetes Prevention Program is a year-long program that challenges participants to reduce total body weight by 7% and increase physical activity to 150 minutes/week.

*Originally offered in 2011, there are currently two classes running and two classes recently completed at the Marshalltown Y.

*The Diabetes Prevention Recognition Program (DPRP) sets high standards diabetes prevention programs must reach to obtain CDC recognition. Program areas tracked by DPRP include: percentage participants with a pre-diabetes blood value, sessions with body weight recorded, session with physical activity minutes recorded, number of session attended in the first 6 months of the program, average percentage weight loss at 6 months, number of sessions attended in months 7-12, and average percentage weight loss at 12 months. CDC recognition is required for Medicare reimbursement.



Marshalltown Y DPP

Class Name	Start Date	Program Stage
Thurs 5:30pm	10/19/2017	Session 24
Thurs 12pm	10/4/2018	Session 0

PROGRAM ELIGIBILITY REQUIREMENT	DOCUMENTATION OF BODY WEIGHT	DOCUMENTATION OF PHYSICAL ACTIVITY MINUTES
% Blood 63%✓ <small>Goal: 50%</small>	% Sessions w/ Weight 100%✓ <small>Goal: 80%</small>	% of Sessions w/ Physical Activity 71%✓ <small>Goal: 60%</small>
SESSION ATTENDANCE DURING MONTHS 1-6	WEIGHT LOSS ACHIEVED @ 6 MONTHS	
Avg Sessions 1-6 17.3✓ <small>Goal: 9</small>	Avg % WL at 6 Months 6.9%✓ <small>Goal: 5%</small>	
SESSION ATTENDANCE DURING MONTHS 7-12	WEIGHT LOSS ACHIEVED @ 12 MONTHS	
Avg Sessions 7-12 3.1✓ <small>Goal: 3</small>	Avg % WL at 12 Months 8.7%✓ <small>Goal: 5%</small>	



Marshalltown Y DPP

Testimonials are important!

Story #1 is from a current Marshalltown Y DPP participant—

“When I signed up for this program I was very pessimistic on what it would provide me. I knew all the right foods and special amounts to eat, as we all think. As the first class started I found out that I didn't really know all that much. I didn't know the average intake of fats should only be 50 grams. With that said I dropped weight that first few weeks like crazy. I also meet a group of people who are dealing with the same problems of incorrect information or frustration with their bodies and themselves. In every meeting I am reassured that I am not the only one going through this and that this life style change is hard across all age ranges. The support that I get from the members of this group and the leaders of the program is amazing. As I said, when I started I was pessimistic and now I can't imagine trying to gather all of this information or trying to apply it on my own. Thanks for letting me create a healthier me.”

Marshalltown Y DPP

Testimonials are important!

Story #2 is from a Des Moines participant (through a shared-service agreement with the Des Moines Y)—

“My A1C results have went from 6.4 three months ago to a 5.2 as of yesterday. The doctor said all of my numbers look great and at this point she says I’m not even considered pre-diabetic. Thank you for all you do—I really enjoy the class and you have helped make this an easy transition. Still a ways to go on my goals but one less worry for the time being.””



Marshalltown Y DPP 2017 Data

Class Name	Start Date	Program Stage
Tue 5:30pm	7/18/2017	Session 9
Wed. 5:30pm	3/1/2017	Session 21
Tue. 12pm	10/4/2016	Completed 9/5/2017
Tue. 5:30pm	10/4/2016	Completed 9/19/2017

RETENTION

100 %

Participants Attend 1 Encounter go on to Attend 4+

83 %

Participants Attend 4 Encounter go on to Attend 9+

OUTCOMES

16.8

Avg. Sessions Attended

300.2

Avg. Physical Activity (Mins)

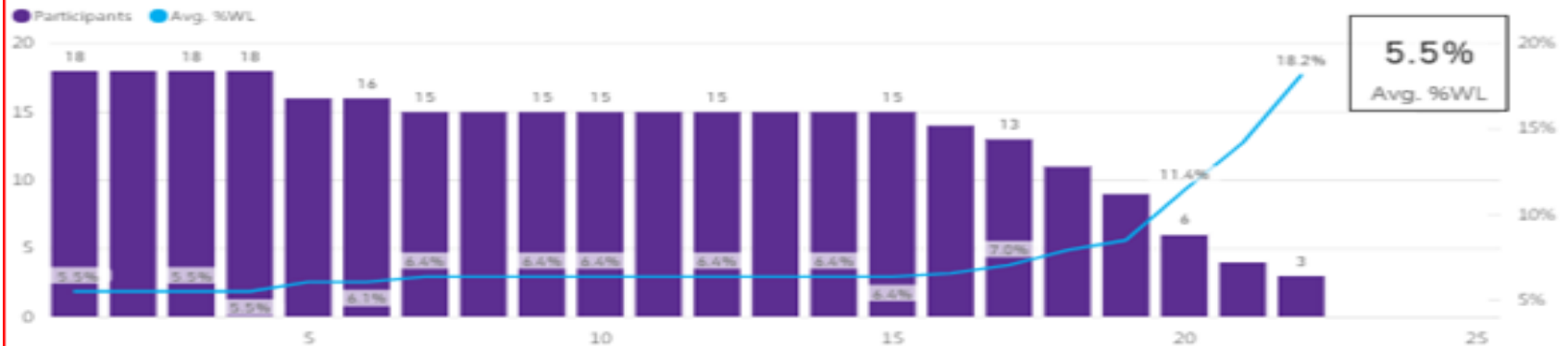
39 %

% Hitting 5% WL

33 %

% Hitting 7% WL

Participants and Average % Weight Loss by Total Number of Encounters



Marshalltown Y DPP



eliminating racism
empowering women
ywca

PREVENTION SUPPORT YMCA's Diabetes Prevention Program MARSHALLTOWN YMCA-YWCA

If you are at risk for developing Type 2 Diabetes, and are ready to make small changes towards a healthier lifestyle - **SIGN UP TODAY!**

HOW IT WORKS

This year-long program consists of one hour sessions in a small group setting held at the Marshalltown YMCA-YWCA. Each class is led by a trained Lifestyle Coach. Throughout the year you will learn strategies needed to reduce your risk of developing Type 2 Diabetes and live a happier, healthier life.

DO YOU QUALIFY?

To participate in the program, you must be:

- 18 years or older,
- Overweight (BMI ≥ 25), and
- Diagnosed with prediabetes via one of three blood test (A1C, Fasting Plasma Glucose, or 2-Hour Plasma Glucose) or a previous diagnosis of gestational diabetes.

If you don't have a blood test result, you must qualify via risk score.

SPECIAL FUNDING AVAILABLE!

Grant funding is currently available to offset a portion of participant cost for the September 2018 class. Funding is limited to the first fifteen participants.

HOW TO ENROLL

Contact Keisha Lockhart at 641.752.8658.

NEW CLASS STARTING SOON

THURSDAYS
12:00-1:00PM

STARTING
September 27th





QUESTIONS?

Marshalltown Y Diabetes Prevention Program