

Executive Briefing The National DPP: Managing the Risk of Prediabetes

Division of Diabetes Translation

National Center for Chronic Disease Prevention and Health Promotion

Centers for Disease Control and Prevention

Miriam T. Bell, MPH, Team Lead, National DPP

July 14, 2021

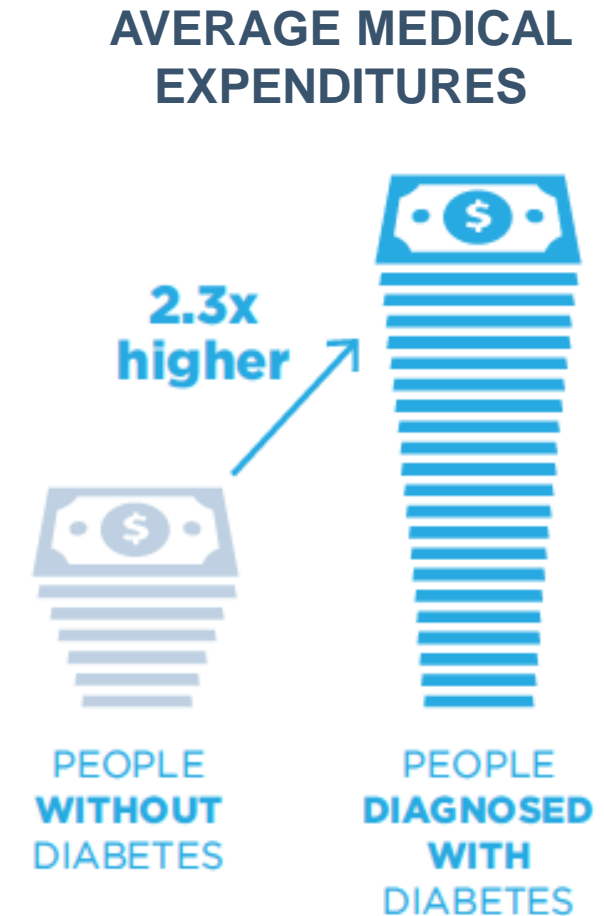


Diabetes is the **COSTLIEST** disease in the U.S. at **\$327 BILLION** in 2017 and contributes to **reduced productivity and absenteeism**.

Cost of care for people with diabetes is **2.3 times more** than for those without diabetes.

Annual medical expenditures in 2017 were **\$16,750 per person** diagnosed with diabetes.

Estimate costs and benefits for your workplace using CDC's return on investment (ROI) calculator:
<https://nccd.cdc.gov/Toolkit/DiabetesImpact>



PREDIABETES

COULD IT BE YOU?

**88
MILLION**

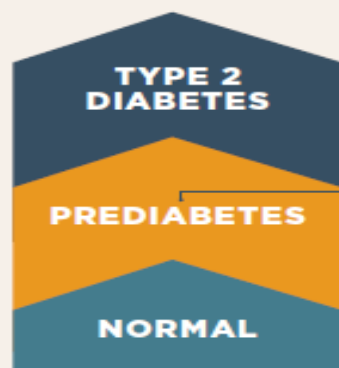
88 million American adults — more than 1 in 3 — have prediabetes

1 IN 3



MORE THAN 8 IN 10

adults with prediabetes don't know they have it



With prediabetes, your blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes

Prediabetes increases your risk of:



**TYPE 2
DIABETES**

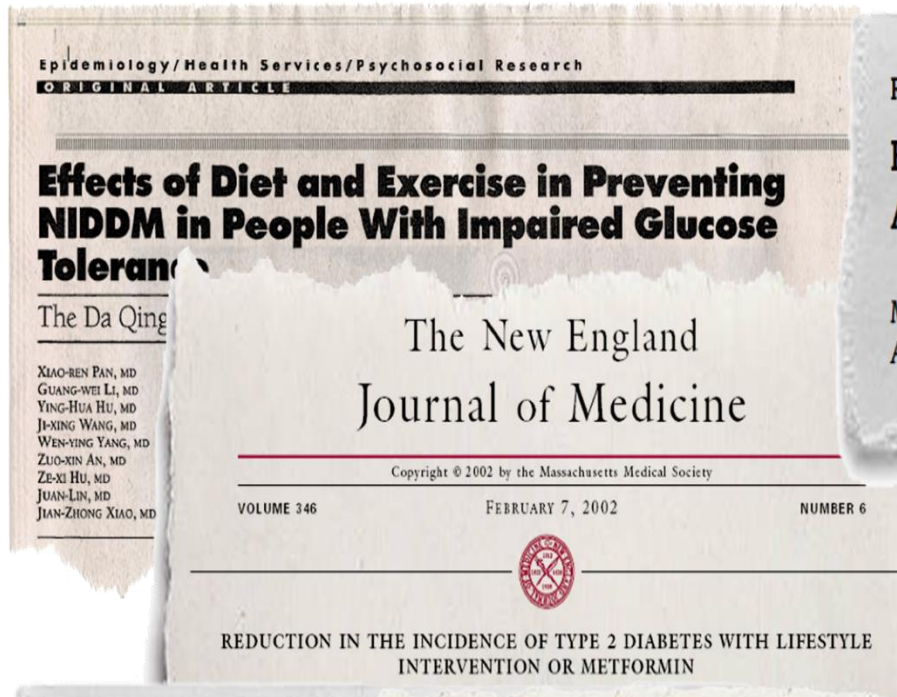


**HEART
DISEASE**



STROKE

Evidence-based Intervention



Review article

Behavioral strategies in diabetes prevention programs: A systematic review of randomized controlled trials

Michael K. Robor^{a,*} Kylvie Simpson^b Bradley Lloyd^b
Adri

The New England Journal of Medicine

Copyright © 2001 by the Massachusetts Medical Society

VOLUME 344

MAY 3, 2001

NUMBER

PREVENTION OF TYPE 2 DIABETES MELLITUS BY CHANGES IN LIFESTYLE AMONG SUBJECTS WITH IMPAIRED GLUCOSE TOLERANCE

Diabetologia (2006) 49: 289–297
DOI 10.1007/s00125-005-0097-z

ARTICLE

A. Ramachandran · C. Snehalatha · S. Mary ·
B. Mukesh · A. D. Bhaskar · V. Vijay ·
Indian Diabetes Prevention Programme (IDPP)

The Indian Diabetes Prevention Programme shows that lifestyle modification and metformin prevent type 2 diabetes in Asian Indian subjects with impaired glucose tolerance (IDPP-1)

Received: 20 August 2005 / Accepted: 18 October 2005 / Published online: 18 October 2005
© Springer-Verlag 2006

Translating the Diabetes Prevention Program into the Community The DEPLOY Program

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

Kinori Kosaka^a, Mitsuihiko Noda^{a,*}, Takeshi Kuzuya^b

The long-term effect of lifestyle interventions to prevent diabetes in the China Da Qing Diabetes Prevention Study: a 20-year follow-up study

Guangwei Li, Ping Zhang, Jingjing Wang, Edward W Gregg, Wenyang Yang, Qihong Gong, Hui Li, Hongliang Li, Yajuan Jiang, Yali An, Ying Shui, Bo Zhang, Jingjing Zhang, Theodore J Thompson, Robert B Gerzoff, Gajja Raglic, Yinghua Hu, Peter H Bennett

Summary

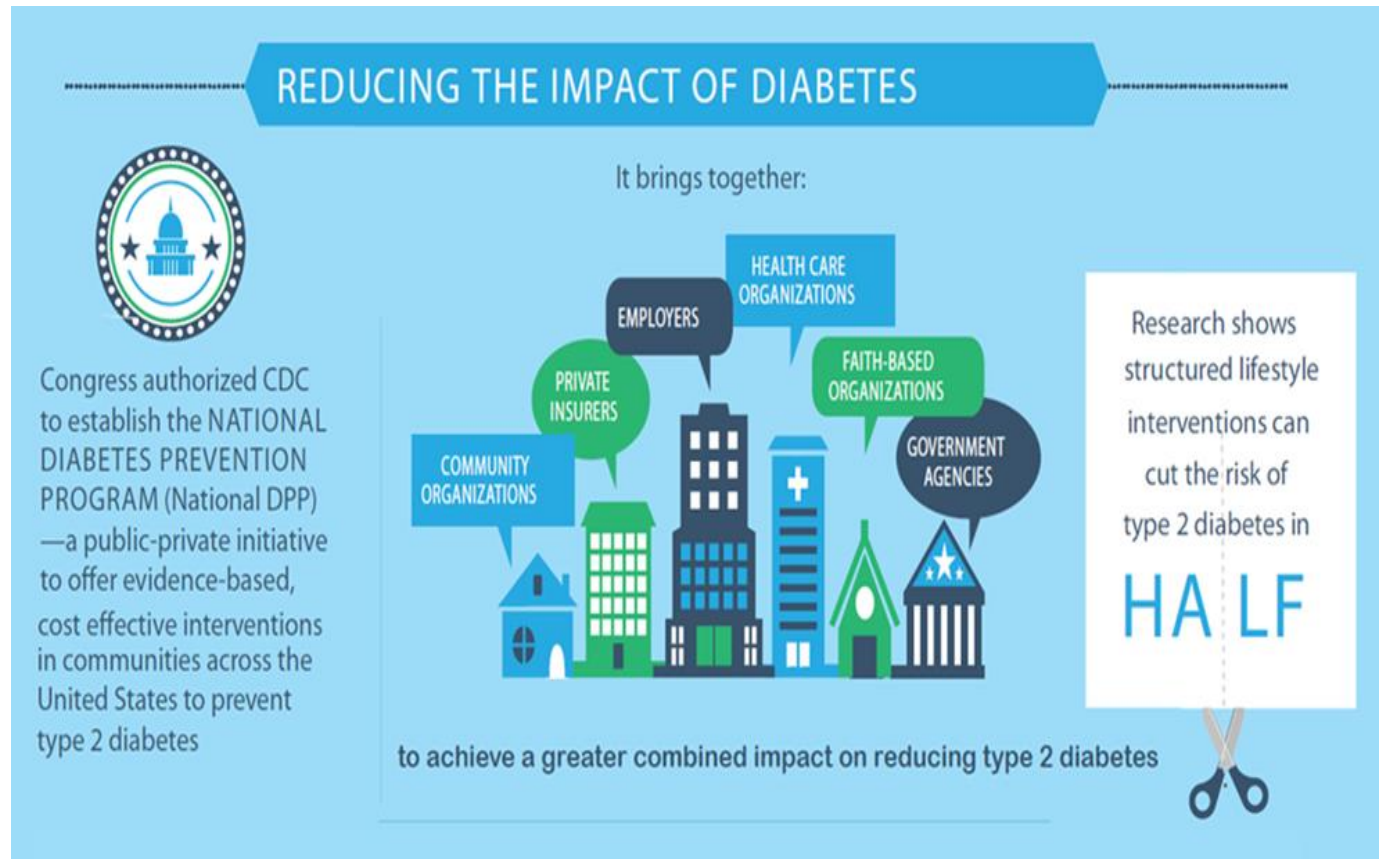
Background Intensive lifestyle interventions can reduce the incidence of type 2 diabetes in people with impaired glucose tolerance, but how long these benefits extend beyond the period of active intervention, and whether such interventions reduce the risk of cardiovascular disease (CVD) and mortality, is unclear. We aimed to assess whether intensive lifestyle interventions have a long-term effect on the risk of diabetes, diabetes-related macrovascular and microvascular complications, and mortality.

Keywords Diabetes · Lifestyle · Prevention · Mortality · Cardiovascular disease · Microvascular complications

LINDSTRÖM, M.S., JOHAN G. ERIKSSON, M.D., PH.D., TIMO T. VALLI
ILANNE-PARIKKA, M.D., SIRKKA KEINÄNEN-KIUKAANNIEMI, M.D., P
HERANTA, M.S., MERJA RASTAS, M.S., VIRPI SALMINEN, M.S.,
PH.D., FOR THE FINNISH DIABETES PREVENTION STUDY GROUP

National Diabetes Prevention Program

Largest national effort to mobilize and bring an evidence-based 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

<https://www.cdc.gov/diabetes/prevention/index.html>

National DPP Strategic Goals



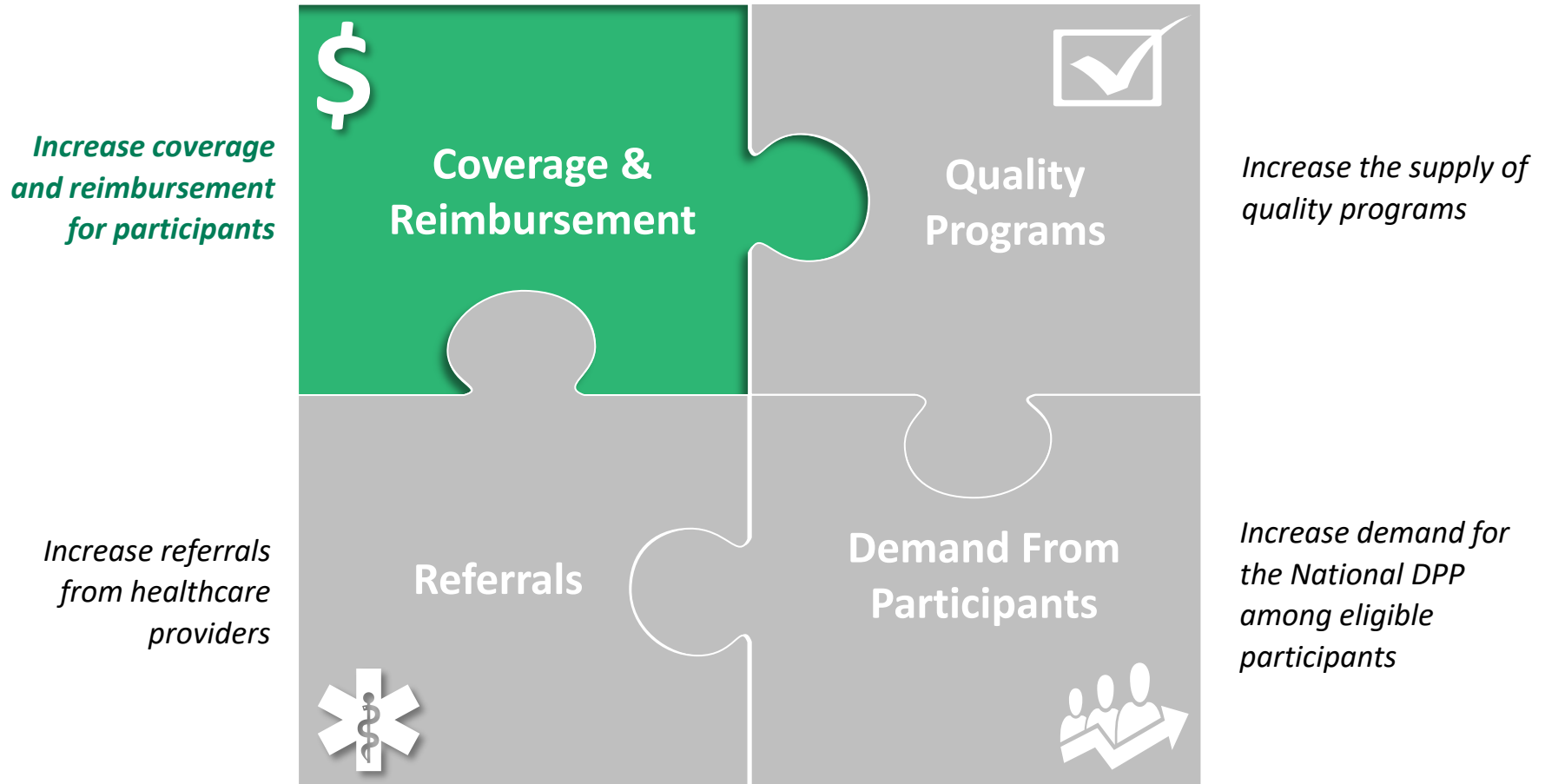
National DPP Strategic Goals

There are four strategic goals around scaling and sustaining the National DPP



National DPP Strategic Goals

Increasing the number of people who receive the National DPP lifestyle change program as a covered benefit is a pivotal part of scaling the program



Current Coverage Channels

There are many different coverage efforts occurring in both the private and public sector



PRIVATE

Commercial Insurers

Private insurers offer coverage for the National DPP to their members through certain health plans



FEDERAL /STATE

CDC Cooperative Agreements

Various CDC Cooperative Agreements (1212, 1305, 1422, and 1705) have funded various organizations, states, and cities with the goal of expanding the program and improving program coverage

Coverage for State Employees

State employees in 19 states have the National DPP lifestyle change program included as a benefit.

Coverage via Medicaid

Medicaid beneficiaries across various states have coverage for the National DPP lifestyle change program.

Medicare Diabetes Prevention Program

Beginning in 2018, the National DPP lifestyle change program will be covered for Medicare beneficiaries through the Medicare Diabetes Prevention Program.

Commercial Insurers

The pool of insurers providing coverage for the National DPP is large and growing



Over 70 commercial health plans provide some coverage for the National DPP

Some of these health plans include:

- AmeriHealth Caritas
- Anthem
- BCBS Florida
- BS California
- BCBS Louisiana
- Denver Health Managed Care: *Medicaid, Medicare, Public Employees*
- Emblem Health: *NY*
- GEHA
- Humana
- Kaiser: *CO & GA*
- LA Care: *Medicaid*
- MVP's Medicare Advantage
- Priority Health: *MI*
- United Health Care: *National, State, Local, Private, and Public Employees*

CDC Cooperative Agreements



CDC has funded organizations via cooperative agreements to both expand coverage of the program and increase the number of organizations delivering the program

1212

Funded 6 national organizations to increase the number of CDC-recognized organizations offering lifestyle change programs via multi-state networks and expand coverage through relationships with employers and insurers that lead to benefit coverage and reimbursement for delivery organizations

1305

Funded all 50 states & D.C. to raise awareness of prediabetes, increase referrals to CDC-recognized programs, and work with State Employee Benefit Plans and Medicaid to support coverage

1422

Funded 17 states and 4 cities to expand on work started by 1212 and 1305 and enroll vulnerable, high-risk populations in the program

1705

Five year agreement to fund 10 national organizations to scale the National DPP for priority populations in underserved areas. Began on October 1, 2017.

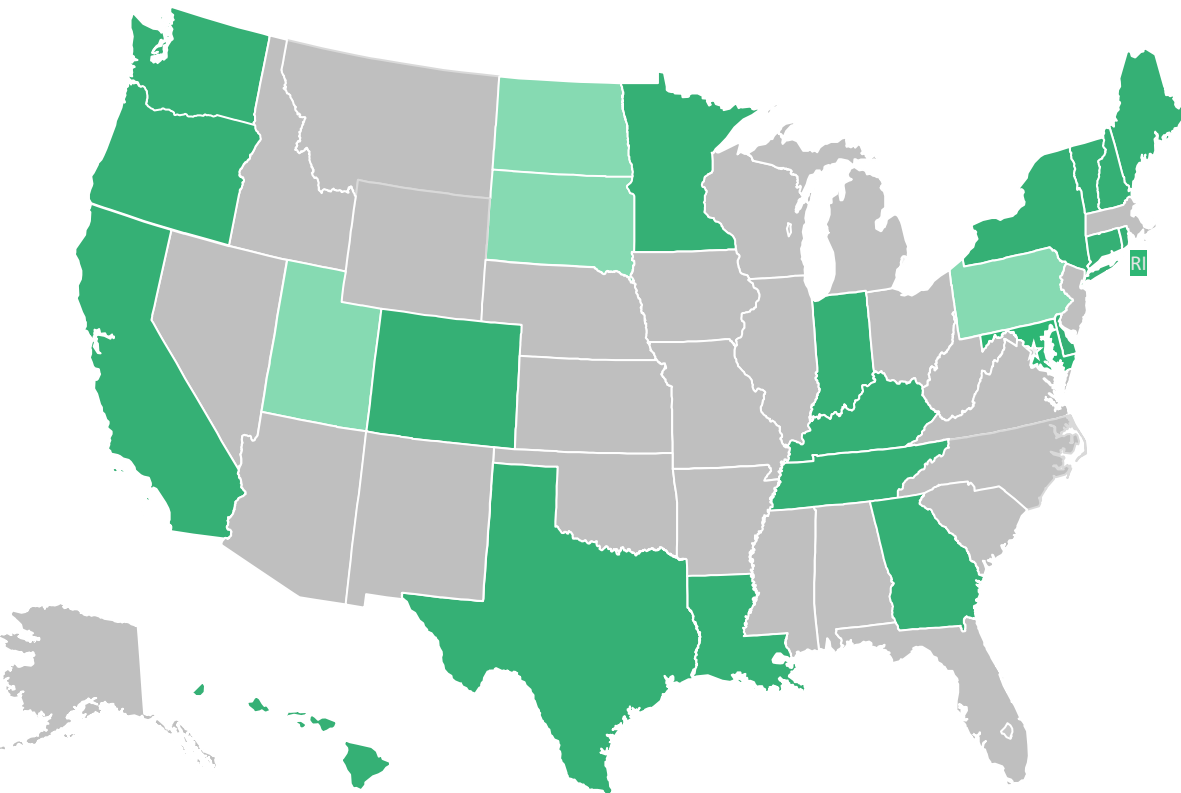
1815

Continuation of 1305.

National DPP Coverage for Public Employees



Public employees and dependents in 26 states have the National DPP lifestyle change program as a covered benefit



States with Coverage for State/Public Employees

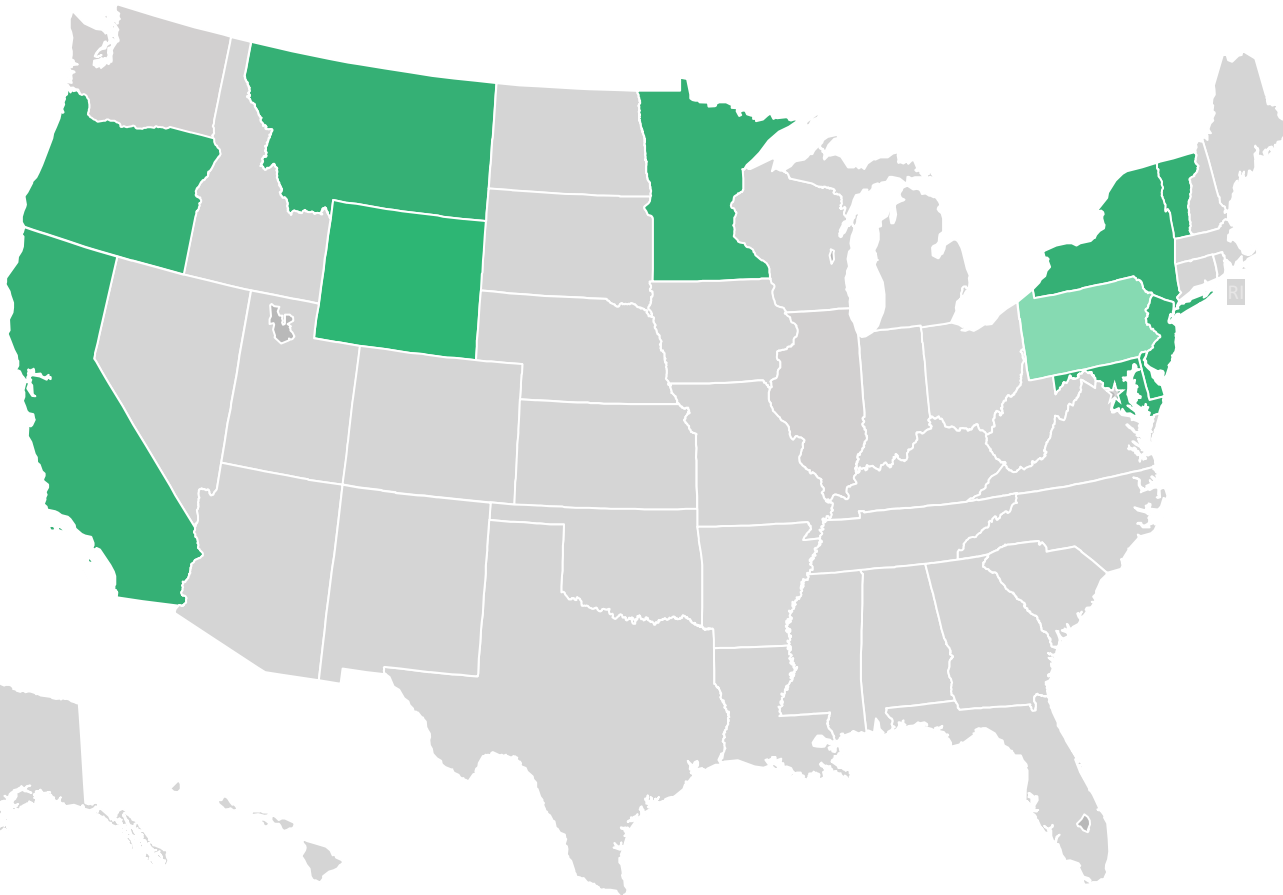
- California
- Colorado
- Connecticut
- Delaware
- Georgia (Kaiser members)
- Hawaii
- Indiana
- Kentucky
- Louisiana
- Maine
- Maryland (partial payment)
- Minnesota
- New Hampshire
- New York
- Oregon (educators/local government)
- Pennsylvania
- Rhode Island
- Tennessee
- Texas
- Utah
- Vermont
- Washington

Demonstrations ongoing in North and South Dakota

National DPP Coverage for Medicaid Beneficiaries



17 states have approved Medicaid coverage for the National DPP lifestyle change program



States with Medicaid Coverage

- Colorado
- Connecticut
- California
- Delaware
- Idaho
- Illinois
- Maryland
- Massachusetts
- Minnesota
- Missouri
- Montana
- New Jersey
- New York
- Oregon
- Rhode Island
- Vermont
- Wyoming

Medicaid (Low Income) Coverage



Goal: Achieve sustainable coverage of the National DPP lifestyle change program for Medicaid beneficiaries
Result: Remove cost barriers and reduce diabetes health-related disparities for high-risk/burden populations



Work with State Health Departments - Funded health departments in all states and DC to partner with their Medicaid sister agencies to make the case for coverage

9 states have full or partial coverage through Medicaid authorities, demonstrations, or pilots

Work with National Organizations - Funded 10 national organizations to establish new programs through affiliate sites in underserved areas to reach priority populations

Work with Managed Care Organizations (MCOs) - Funded a comprehensive Demonstration Project in 2 states with a focus on implementation and uptake

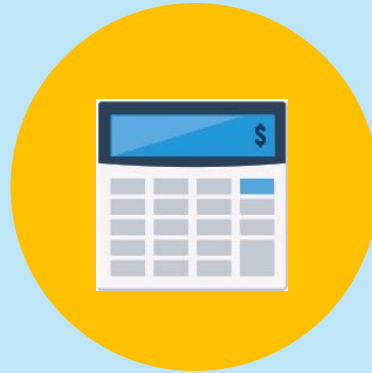
Products/Outcomes

- Virtual Learning Collaborative with 20 States
- National DPP Coverage Toolkit: <https://coveragetoolkit.org/>
- Final Demonstration Project Evaluation Report – October 2018
- New Tools and Resources for the National DPP Customer Service Center <https://nationaldppcsc.cdc.gov>

WHAT CAN YOU DO?



Talk to your insurer about including CDC-approved lifestyle change programs like ours as a **covered health benefit** and offer it to your employees.



Estimate Return on Investment with CDC's cost calculator at <https://nccd.cdc.gov/Toolkit/DiabetesImpact>.



Consider offering the program at your worksite with help from one of our trained lifestyle coaches.



Work with the National Diabetes Prevention Program to **promote the program** by including information in **emails** and your **newsletter**, **on your website**, and by placing **fact sheets** and **posters** in common areas.

Next steps...

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 organization

- www.cdc.gov/diabetes/prevention/lifestyle-program

03/

OFFER THE PROGRAM by becoming a CDC-recognized organization

- www.cdc.gov/diabetes/prevention/lifestyle-program

04/

INCLUDE THE PROGRAM AS A COVERED BENEFIT for your employees, plan members, or beneficiaries

- www.coveragetoolkit.org

Thank You!

Division of Diabetes Translation
National Center for Chronic Disease Prevention and
Health Promotion
Centers for Disease Control and Prevention
www.cdc.gov/diabetes

For more information, contact CDC
1-800-CDC-INFO (232-4636)
TTY: 1-888-232-6348 www.cdc.gov

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

