

Diabetes Awareness Month

HealthInsight Tackling Disparities in Type 2 Diabetes Care and Self-Management Education through Unique Partnerships

According to Centers for Disease Control and Prevention (CDC), [more than 30 million Americans have been diagnosed with diabetes, and an estimated 1 in 3 adults \(84 million\) have prediabetes](#). CDC recognized structured lifestyle change programs can help those with prediabetes reduce their risk for developing the Type 2 diabetes, whereas self-management is key for people recently diagnosed with Type 2 diabetes or who have poorly controlled diabetes.

HealthInsight is helping to spread diabetes prevention and self-management education programs to underserved areas and populations through two different initiatives: [Everyone with Diabetes Counts](#), part of the QIN-QIO work for CMS, and [Scaling the National Diabetes Prevention Program](#) in underserved areas of New Mexico, Oregon and Utah through a cooperative agreement with CDC.

Everyone with Diabetes Counts

For the past five years, HealthInsight has been working with health systems, clinics, state and local departments of health and community-based organizations to increase access to evidence-based group diabetes self-management education programs for underserved populations, with the ultimate goal of increasing access to evidence-based self-management education in underserved communities and empowering patients to manage their diabetes.

CMS tasked the QIN-QIOs to focus on “out-of-the-box” partnerships in this work. Each HealthInsight state responded with a unique approach. For example:

- **Nevada:** Department of Corrections, Lions Club, church groups and the Moapa Tribe
- **New Mexico:** Lions Club, Tribes
- **Oregon:** Department of Corrections, church groups, Tribes, and coordinated care organizations (Medicaid). Have also partnered with the End-Stage Renal Disease (ESRD) Networks to bring diabetes workshops to people undergoing dialysis.
- **Utah:** Central Utah Public Health Department, Utah American Indian Tribes and community health organizations

To date, HealthInsight has offered a total of 410 workshops across the four states, with a total of 2,044 graduates from underserved communities.

Katrina Seipp, project manager for Oregon, said that building long-term relationships and coalitions has been key in establishing sustainable programs that do not rely solely on grant funds. It is important that these programs continue to be a resource for patients.



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National Diabetes Prevention Program (NDPP)

HealthInsight recently completed the first year of a five-year cooperative agreement with CDC to scale the National Diabetes Prevention Program in underserved areas of New Mexico, Oregon and Utah.

HealthInsight's work is focused on building capacity in underserved communities to increase access to and engagement in CDC-recognized lifestyle change programs, also known as National Diabetes Prevention Programs. Diabetes prevention programs are proven to [reduce the risk of developing type 2 diabetes by 58 percent among at-risk adults \(71 percent among adults 60 and older\)](#). Participants work with a trained lifestyle coach in small groups focused on making lifestyle changes to lose weight, adopt healthy habits and reduce their risk for developing type 2 diabetes. Some NDPP programs meet weekly in-person, while others take place entirely online.

In Year 1, HealthInsight worked closely with a diverse set of organizations across the three states to establish program capacity in counties without any current infrastructure for the NDPP. In Year 2, HealthInsight will continue to work with partners to scale program access, reach and retention, improve provider screening and referral and engage health plans and employers in offering the program as a benefit.

Tracy Carver, program director, said, "Type 2 Diabetes is a growing public health crisis. Without intervention, a typical primary care practice could be facing an overwhelming increase in diabetes among their patient population over the next five to ten years. To help curb this tide, HealthInsight, along with nine other grantees nationwide, is working with CDC, state and local partners to make access to and engagement in proven lifestyle change programs the norm."

For more information about HealthInsight's diabetes programs, please see our website or contact:

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