


NATIONAL  
**Diabetes**  
PREVENTION  
PROGRAM

Preventing Type 2 Diabetes in North Dakota

## Objectives


- About prediabetes and diabetes
- Reducing type 2 - the National Diabetes Prevention Program (DPP)
  - Prediabetes Risk Factors
  - Screening & Diagnosis
  - Program Eligibility
  - Program features
  - Results
  - Capacity in North Dakota
  - DPP reimbursement across the US
  - Next steps



## What's Happening Now

84.1 Million American Adults - Estimated to Have Prediabetes in 2015


- 34% of Adults > Age 18
- Nearly Half of Adults > Age 65



>1 in 3 ND adults have prediabetes (202,000 ND adults)

9 out of 10 people with prediabetes **do not** know they have it

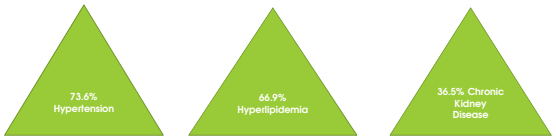
## Diabetes in North Dakota



15-30% of people with prediabetes will develop type 2 diabetes within five years

1 out of 11 North Dakotans have diabetes


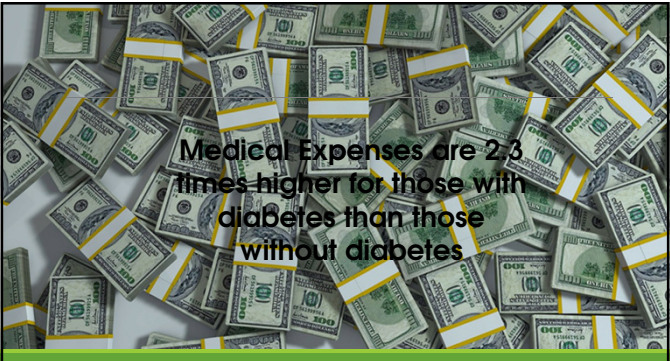
## Co-existing Conditions - Diabetes



73.4% Hypertension

66.9% Hyperlipidemia

36.5% Chronic Kidney Disease

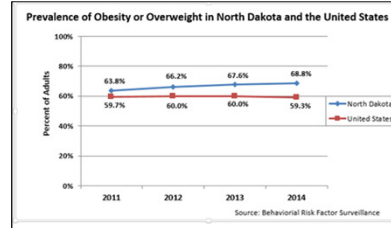
Medical Expenses are 2.3 times higher for those with diabetes than those without diabetes

## Risk Factors for Prediabetes

- Obesity
- Physical inactivity
- First degree relative with diabetes
- High risk race/ethnicity
- Women diagnosed with gestational diabetes
- History of cardiovascular disease, hypertension or dyslipidemia
- Women with PCOS
- Acanthosis Nigricans



## Overweight and Obese – ND & US



## Risk Test

- Participants can self-refer or be referred by a provider
- Those at risk can also be found with paper/pencil screening form

Question	Yes	No
1. Do you or a family member have type 2 diabetes?	1	0
2. Do you have a family member with type 2 diabetes?	1	0
3. Do you weigh more than 100 pounds (45 kilograms) or more than the weight listed for your height on the chart?	1	0
4. Are you younger than 60 years of age and 60 years of age or older and over 60 years of age?	1	0

Height	Weight	Weight
4'7"	120	120
4'8"	130	130
4'9"	140	140
4'10"	150	150
4'11"	160	160
5'0"	170	170
5'1"	180	180
5'2"	190	190
5'3"	200	200
5'4"	210	210
5'5"	220	220
5'6"	230	230
5'7"	240	240
5'8"	250	250
5'9"	260	260
5'10"	270	270
5'11"	280	280
6'0"	290	290

## Know Your Score

- Those deemed high risk are referred to their provider for further evaluation

**IF YOUR SCORE IS 3 TO 0 POINTS**  
 This means your risk is probably low for having prediabetes risk. Keep your risk low if you're overweight, lose weight, do at least 30 minutes of moderate-intensity physical activity most days, and don't eat too many sugary drinks. If you have high cholesterol or high blood pressure, talk to your health care provider about your risk for type 2 diabetes.

**IF YOUR SCORE IS 0 OR MORE POINTS**  
 This means your risk is high for having prediabetes risk. Please make an appointment with your health care provider soon.

**HOW CAN I GET TESTED FOR PREDIABETES?**  
 Individual or group health insurance: See your health care provider. If you don't have a provider, ask your insurance company about providers who take your insurance. Uninsured and lower-income: See your health care provider. Medicaid: See your health care provider. Medicare: See your health care provider. Medicare will pay the cost of testing if the provider has a reason for testing. If you don't have a provider, contact your local health department. No insurance: Contact your local health department for more information about where you could be tested or call your local health clinic.



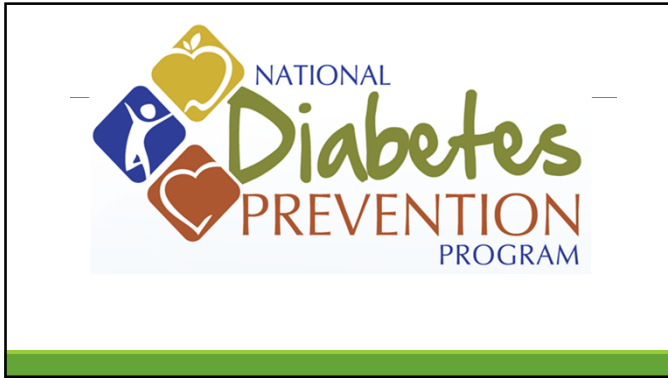
## Diagnosing Prediabetes

- A1c between 5.7 and 6.4
- Fasting blood glucose reading of 100-125 mg/dL
- 2 Hour glucose tolerance test reading of 140-199 mg/dL

## AKA - Prediabetes

- Hyperglycemia
- Impaired Fasting Glucose
- Glucose Intolerance






### Eligibility Criteria for the DPP Service

For people with prediabetes or at risk for type 2 diabetes:

- At least 18 years of age **and**
  - At a BMI of  $\geq 24$  or  $\geq 22$  if Asian **and**
  - Screened at 9 points or higher on the risk test **or**
- Diagnosed with prediabetes from a blood test
  - HbA1C: 5.7%-6.4%
  - Fasting plasma glucose: 100-125 mg/dL
  - 2-hour plasma glucose (after a 75 gm glucose load): 140-199 mg/dL **or**
- Previous diagnosis of gestational diabetes
- Not currently diagnosed with diabetes
- Not pregnant

### DPP - The Basics


- A year-long program focused on *long-term changes and lasting results*
- An evidence based program – with outcomes supported by NIH-led research
- Curriculum approved by the Centers for Disease Control and Prevention (CDC)
- Develops skills for long-term weight loss, physical activity & stress management
- Facilitated by trained lifestyle coaches – *mostly RDNs and RNs in North Dakota*
- Includes group support from other participants
- Weekly meetings for the first 6 months, then once a month for the second 6 months




### Program Topics

- Healthy eating habits
- Physical Activity
- Stress Management
- Problem Solving
- Ways to stay motivated
- Social situations

Mobile apps now also available that support the food/activity logging and make-up sessions



### National Diabetes Prevention Program



Year-long      5%-7% weight loss      150 minutes of physical activity per week      Stress management      Diabetes Prevention Recognition Program


### DPP Results

#### Efficacy of Lifestyle Intervention

NIH & partners (NIDDK, CDC, IHS, ADA) report:

**58% reduction in type 2 diabetes**

**For each 6.9 participants, 1 case of T2 -prevented (twice as effective as Metformin)**



## DPP Results

### Cost Saving

Medicare certification statement 3.14.16:

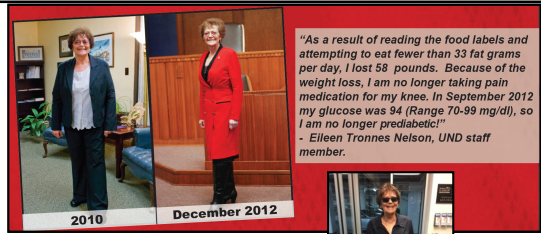
- savings of **\$2,650 in claims** per NDPP participant *during the intervention*
- reduction in hospitalizations

## DPP Results

From CDC: July 2017 Diabetes Prevention Recognition Program - State Level Evaluation Report

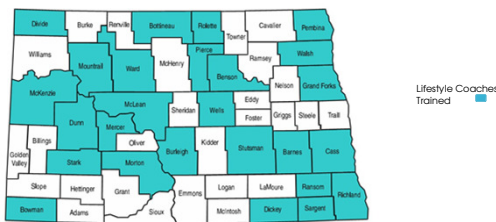
State	Average percent weight loss
Colorado	3.9%
Minnesota	5.1%
Montana	5.9%
South Dakota	6%
Wisconsin	5.1%
<b>North Dakota</b>	<b>6.9%</b>

## Success Stories



NORTH DAKOTA DEPARTMENT OF HEALTH

## DPP Capacity in North Dakota



## Health System DPPs

- Altru/YMCA - Grand Forks
- Coal Country Community Health - Beulah
- Essentia Health - Fargo, Wahpeton
- Heart of America Medical Center - Rugby
- Pembina County Memorial Hospital - Cavalier
- Sanford Health - Fargo, Wahpeton, Bismarck, Dickinson
- Three Affiliated Tribes Diabetes Program - Newtown
- Trinity Health - Minot

## Community Based DPPs

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- NDSU Extension: Cass, Grand Forks, McLean, Morton, Ransom, Richland, Sargent Counties
- Bismarck Burleigh County Public Health
- Barnes County On the Move (Essentia, Public Health, Extension)
- Dickey County Public Health
- Stutsman County DPP (Essentia, Public Health, Extension)
- Wells County Public Health



## Online Options

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- Selvera
- Omada
- Jenny Craig
- Weight Watchers
- More listed on [www.cdc.gov](http://www.cdc.gov)

## DPP Reimbursement

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### States with Public Employment Coverage of the DPP:

California • Colorado • Kentucky • Louisiana • Maine • Minnesota • New Hampshire • Oregon • Rhode Island • Washington

### Employers offering the DPP as a covered Health/Wellness Benefit:

Costco • General Dynamics • Bath Iron Works • Latham & Watkins • University of Michigan • New York City • University of Utah Health • The Ohio State University

## DPP Reimbursement

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### Health Plans Offering the DPP:

Aetna Better Health of Kentucky • AmeriHealth Caritas Partnership • Anthem Blue Cross (California) • Anthem Blue Cross Blue Shield (Colorado) • Blue Cross and Blue Shield of Louisiana • Blue Cross Blue Shield of Rhode Island • Denver Health Medical Plan, Inc. • Emblem Health • Florida Blue • GEHA • Geisinger Health Plan (Pennsylvania) • Health Partners (Pennsylvania) • Humana • Kaiser Permanente • L.A. Care • Medical Mutual of Ohio • Molina Healthcare • MVP Health Care • Priority Health • Providence Health Plan • UnitedHealthcare

## DPP Reimbursement

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### Medicare DPP

Scheduled to begin payment for the Medicare DPP in April 2018.

### Medicaid DPP

Montana, Minnesota and California

Texas – Medicaid Waiver Program

Medicaid Demonstration Program: Maryland and Oregon 7.1.16 – 6.30.18

## Tools

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Centers for Disease Prevention and Control <https://www.cdc.gov/diabetes/prevention/index.html>

Prevent Diabetes Stat – AMA/CDC/ADA Toolkit <https://preventdiabetesstat.org/toolkit.html>

