

The National Diabetes Prevention Program

Meet Mike

City of
Vancouver
Employee

Lost 50
pounds

A1C
now in healthy
range at 5.1



Clark & Cowlitz Counties

Diabetes Prevention Program

WASHINGTON STATE UNIVERSITY
EXTENSION

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Food Safety & Nutrition Faculty
WSU Clark County Extension

Working Together to Prevent Type 2 Diabetes



The National Diabetes Prevention Program is a partnership of public and private organizations working to prevent or delay type 2 diabetes. Partners make it easier for people at risk for type 2 diabetes to participate in evidence-based lifestyle change programs to reduce their risk of type 2 diabetes.



**ABOUT THE
NATIONAL DPP**



**TOOLS AND
RESOURCES**



WHAT'S NEW?



**COULD YOU HAVE PREDIABETES?
TAKE THE TEST**

People at Risk for Type 2 Diabetes



MORE >

Health Care Professionals



MORE >

Lifestyle Change Program Providers



MORE >

Employers and Insurers



MORE >

Diabetes & Prediabetes in the United States

DIABETES

30.3
MILLION

30.3 million
people have
diabetes



That's about 1 out of every 10 people



don't know
they have
diabetes

PREDIABETES

84.1 **MILLION**
adults have
prediabetes



9 **OUT**
OF **10**

people with prediabetes
don't know they have it

Problem

By 2050, diabetes prevalence is projected to increase 2 to 3 fold if current trends continue.



25% of Americans 65 or older have type 2 diabetes, and almost half have pre-diabetes.



Health care costs are ~\$104 billion annually, and growing.

The cost of diabetes per person is 2 to 3 times higher for people 65 years of age or older.

Average Annual Cost of Diabetes Per Person in Washington

Statewide	\$8,527
Age in years^a	
<45	\$4,785
45-64	\$6,094
≥65	\$12,842
Years since diabetes diagnosis^a	
≤5	\$6,380
6-15	\$9,613
≥16	\$14,412

Source: Sources: American Diabetes Association diabetes cost estimates applied to Washington population counts.

a - An average of the costs by group may not equal the statewide average due to the different sizes of each age group and adjustments made for Washington-specific costs.

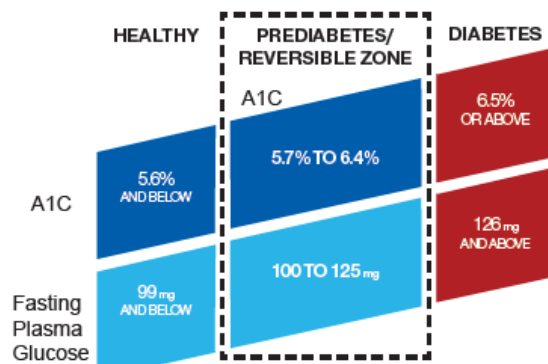
Diabetes cannot be cured.
But prediabetes can be reversed to
prevent or delay type 2 diabetes.



1. Lose 5-7% of bodyweight
2. Track food & calories
3. Get 150 minutes physical activity per week.

Blood Glucose Tests

A blood glucose test can help determine if you qualify to participate in the Diabetes Prevention Program. To participate in the program your blood value must fall in the PREDIABETES/REVERSIBLE ZONE. Or you can also qualify by scoring 5 or higher on the Risk Quiz.



A1C TEST

The A1C is a test to find out if you have prediabetes. A1C shows the average amount of glucose (sugar) in the blood over the past 3-4 months.

FASTING PLASMA GLUCOSE TEST

The fasting plasma glucose test measures the amount of glucose in your bloodstream at a point in time after you have not eaten any food.

If you don't know your blood glucose test number:

- Call your doctor. Your doctor may have a recent blood test number for you. You can qualify for the program if you have a blood test taken in the past year.
- Set up an appointment to have a blood glucose test taken.

Do you have prediabetes?

Take the risk quiz. If you score 5 or higher, enroll today!

- How old are you?
Less than 40 years (0 points)
40—49 years (1 point)
50—59 years (2 points)
60 years or older (3 points)
- Are you a man or a woman?
Man (1 point) Woman (0 points)
- If you are a woman, have you ever been diagnosed with gestational diabetes?
Yes (1 point) No (0 points)
- Do you have a mother, father, sister, or brother with diabetes?
Yes (1 point) No (0 points)
- Have you ever been diagnosed with high blood pressure?
Yes (1 point) No (0 points)
- Are you physically active?
Yes (0 points) No (1 point)
- What is your weight status?
(see chart at right)

Write your score in the box.

Add up your score.



Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+
	(1 Point)	(2 Points)	(3 Points)

You weigh less than the amount in the left column (0 points)

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009.

Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher:

You are likely to have prediabetes. Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Type 2 diabetes can be delayed or prevented through effective lifestyle change programs, like the Diabetes Prevention Program.

Talk to your doctor

Only your doctor can tell for sure if you do have prediabetes or type 2 diabetes. Talk to your doctor to see if additional testing is needed.

Diabetes Prevention Program (DPP)

- Evidence-based intervention targeted to individuals with pre-diabetes with the primary goal of weight loss & behavior change.
- Delivered in community and health care settings by Lifestyle Coaches - trained community health workers or health professionals.
- The Centers for Disease Control and Prevention (CDC) administers the formal recognition process of organizations who would like to participate in the DPP under the **Diabetes Prevention Recognition Program (DPRP)**
 - Details: www.cdc.gov/diabetes/prevention

Diabetes Prevention Program (DPP)

- 16 1-hour sessions, then 6 months of monthly sessions
- Small group classroom setting (8 to 15 participants) led by a live Lifestyle Coach.
- Focus on lifestyle management, weight loss and physical activity.

16 core 1-Hour Sessions over 6-months

- Welcome to the Lifestyle Balance Program
- Be Calorie Detective
- Healthy Eating
- Move Those Muscles
- Tip the Calorie Balance
- Take Charge of What's Around You
- Problem Solving
- Step Up Your Physical Activity Plan
- Managing Slips and Self-Defeating Thoughts
- Four Keys to Healthy Eating Out
- Make Social Cues Work for You
- Ways to Stay Motivated
- Strengthen Your Physical Activity Plan
- Take Charge of Your Lifestyle
- Mindful Eating, Mindful Movement
- Manage your Stress

6 1-Hour support sessions for next 6 months.

- Sit Less For Your Health
- More Volume, Fewer Calories
- Stay Active
- Balance Your Thoughts
- Heart Health
- Look Back and Look Forward

January 1, 2018: Authorization to expand DPP as a Medicare Part B benefit. (MDPP)



CDC-approved
DPP curriculum



12 month
Core Benefit



Maintenance
Sessions

- Minimum of 16 core sessions
- First 6 months

- Monthly maintenance sessions
- Second 6 months

AFTER 1st YEAR: monthly maintenance sessions IF patient achieves & maintains minimum weight loss

- **Must meet Body Mass Index (BMI) Criteria:**

- ≥ 25 (≥ 23 for Asian beneficiaries)



- **Must have Blood Test Results:**

Have within the 12 months prior to the first core session:

- Hemoglobin A1c of 5.7-6.4%; or
- Fasting plasma glucose of 110-125 mg/dL; or
- Two-hour plasma glucose of 140–199 mg/dL

- **No previous diagnosis of diabetes (gestational diabetes is allowable) or End-Stage Renal Disease (ESRD).**

Return on investment

Diagnosed **diabetics** incur about **\$13,700** on average in annual medical expenditures; **\$7,900** attributed directly to **diabetes**.

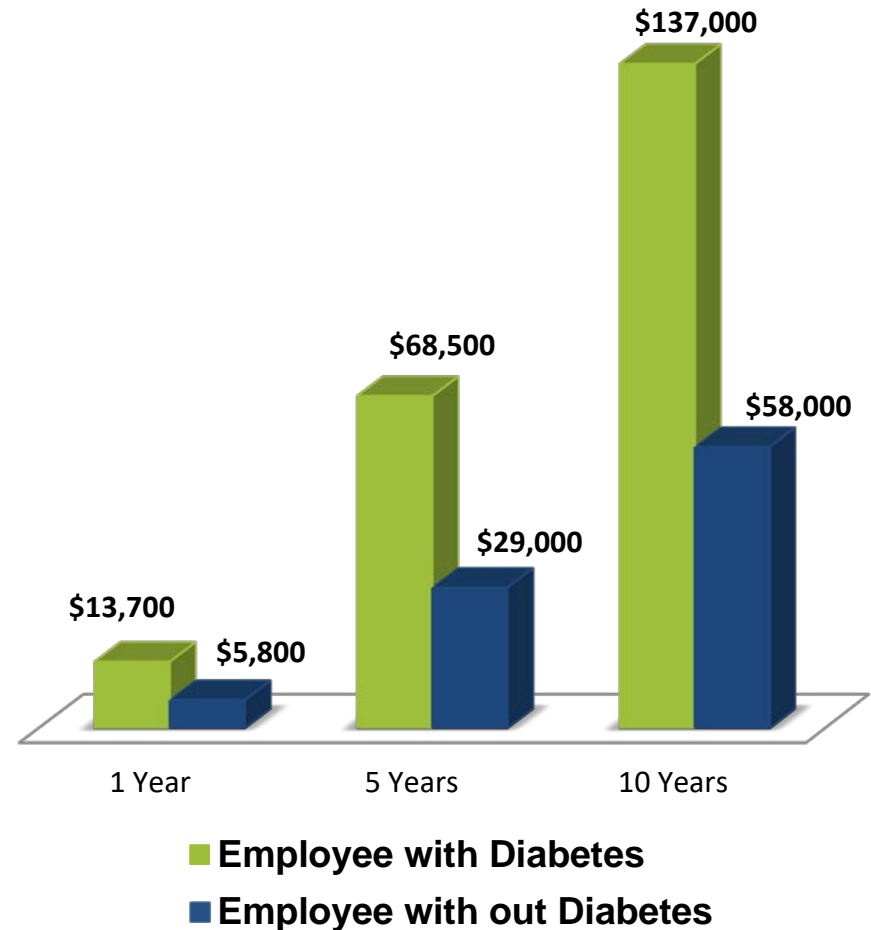
Diagnosed **diabetics**, on average, have medical expenditures approximately **2.3** times higher.

Return on Investment:

Year 1	\$7,471
Year 5	\$39,071
Year 10	\$78,571

Employee cost of Diabetes:

Year 1	\$7,900
Year 5	\$39,500
Year 10	\$79,000





DPP COST SAVING CALCULATOR

Your organization type

Public Health Entity



Your insured population size
(age 18-64)

72280

Your cost of program [?]
per participant

\$

500

Prevalence of prediabetes [?]

50 %

Your anticipated enrollment [?]

Low range

10 %

High range

50 %

Your anticipated completion [?]

Low range

40 %

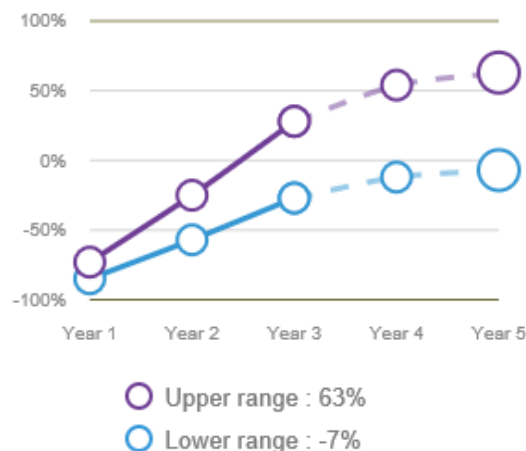
High range

70 %

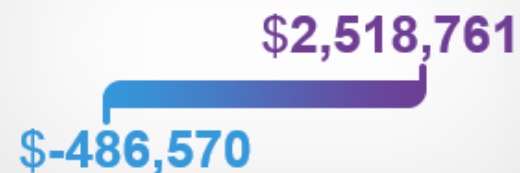
RESET VALUES

CALCULATE

Your potential 3 yr ROI



Your potential 3 yr net savings



For your population:

Potential individuals with
prediabetes in your
population **36,140**

Potential enrollment in DPP

Lower **3,614** **18,070** Upper

Potential completion of DPP

Lower **1,446** **12,649** Upper

Potential number of diabetes cases
prevented by DPP over 3 years [?]

Lower **210** **1,834** Upper

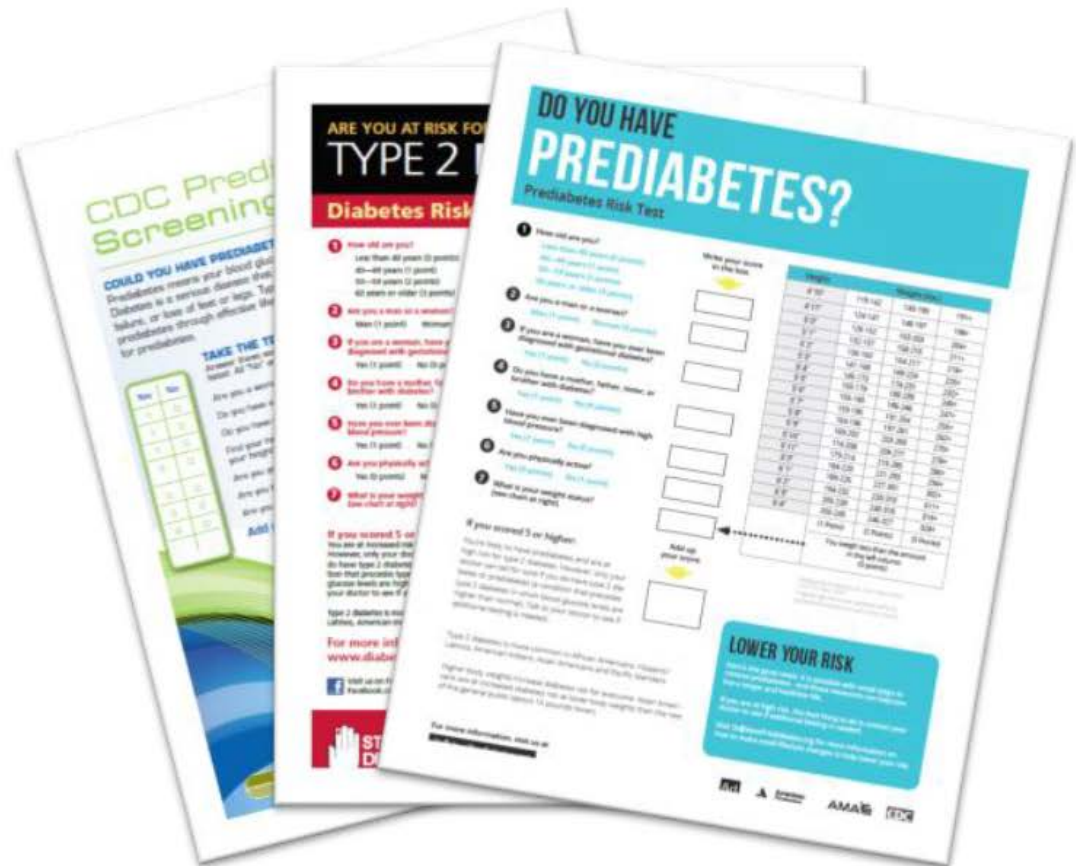
SEE HOW TO IMPROVE YOUR ROI

DOWNLOAD YOUR RESULTS

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Supporting Prevention

- Encourage **prediabetes screening** by sharing these questionnaires with your community



Currently there are only 2 organizations providing
MDPP in Clark County.



Clark & Cowlitz Counties

Diabetes Prevention Program

WASHINGTON STATE UNIVERSITY
EXTENSION

(CDC Recognized, working on MDPP status)

WSU Extension Clark County has Medicaid Transformation funding to expand DPP coverage to Medicaid patients.



- Strengthening screening and referral for DPP
- Increases capacity by providing Lifestyle Coach Training