



NATIONAL ASSOCIATION OF

Community Health Centers



America's Voice for Community Health Care



Making Type 2 Diabetes Prevention a Reality— The National Diabetes Prevention Program

Ann Albright, PhD, RD

Director, Division of Diabetes Translation



Our Public Health Challenge...

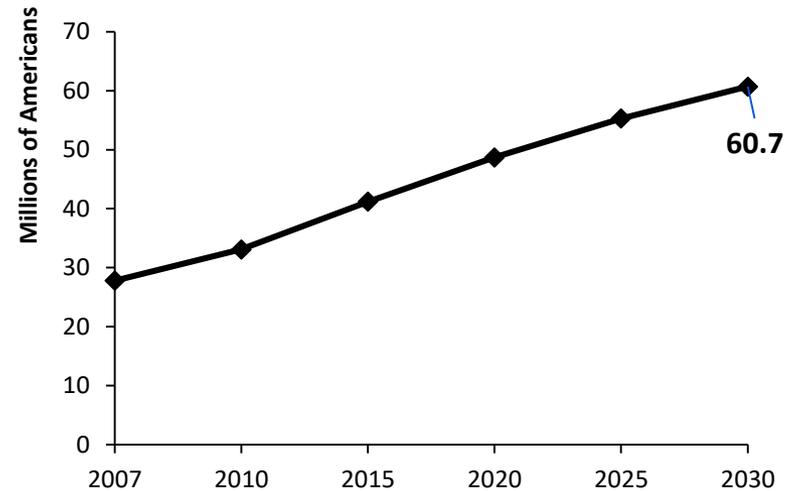


*29 million Americans
have diabetes*

*86 million Americans
have prediabetes*

*9 out of 10 adults with
prediabetes don't know they
have it*

Current Projections of U.S. Cases of Diabetes by 2030³



1: Centers for Disease Control and Prevention. National diabetes statistics report: estimates of diabetes and its burden in the United States, 2014. Atlanta, GA; US Department of Health and Human Services, Centers for Disease Control and Prevention, 2014; 2: <https://www.cdc.gov/diabetes/prevention/prediabetes-type2/index.html>; 3: Zhang X, Gregg EW, Williamson DF, et al. A1C level and future risk of diabetes: a systematic review. Diabetes Care 2010;33(7):1665-73.

Overview of the National Diabetes Prevention Program

- 1 The core of the National Diabetes Prevention Program (National DPP) is a CDC-recognized, year-long lifestyle change program that offers participants:



- 2 To successfully implement these lifestyle change programs, the National DPP relies upon a variety of public-private partnerships including: community organizations, public and private insurers, employers, health care organizations, faith-based organizations, and government agencies. Together, these organizations work 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



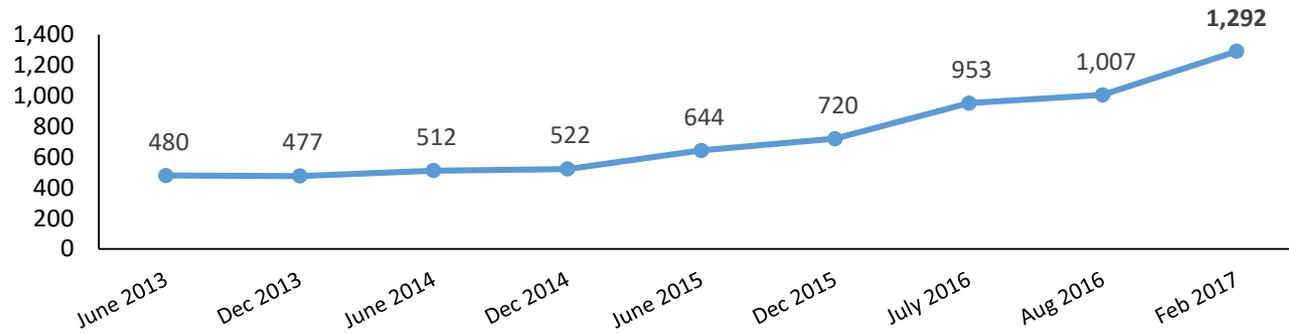
Increase referrals to and participation in the lifestyle change program



Increase the Supply of Quality Programs

The number of CDC-recognized programs has increased substantially since the program's inception.

CDC-Recognized Diabetes Prevention Programs Across the U.S.



Growth As of **February 2017**



Increase Coverage & Reimbursement for Participants

Many public and private insurers are offering the National DPP as a covered benefit.



Commercial Insurers

Over 65 commercial health plans provide some coverage for the National DPP, including:

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



State Coverage

3 million public employees/dependents in the following 11 states have the National DPP as a covered benefit:

- Colorado
- Kentucky
- Louisiana
- Maine
- Minnesota
- New Hampshire
- New York
- Rhode Island
- Washington
- Oregon (Educators)
- California

The following states have coverage for Medicaid beneficiaries:

- Minnesota
- Montana

Increase Referrals from Health Care Providers

CDC is working with partners to help identify and refer at-risk individuals to CDC-recognized diabetes prevention programs. A few of these include:



American College of
Preventive Medicine

American College of Preventive Medicine

Partnership with the ACPM to increase health care provider screening/testing/referrals through training, developing local champions, and testing and evaluating approaches in the field.



American Medical Association

Partnership with AMA to increase health care provider screening/testing/referrals by engaging and activating state medical societies.



State Grantees

Partnership with state health departments to work with local health care organizations to develop referral protocols/policies/systems.



Y-USA

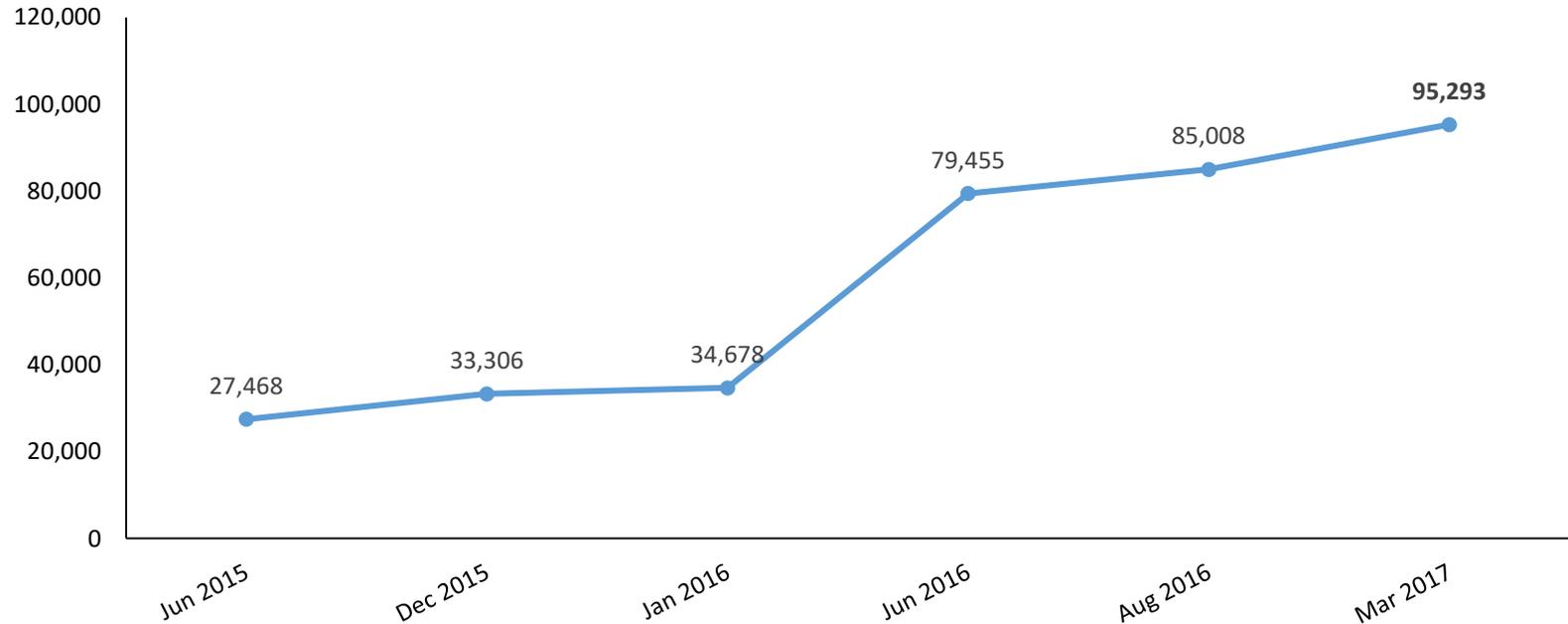
Partnership with the Y-USA to explore bi-directional e-referral models for use by health care systems and CDC-recognized diabetes prevention programs to screen and refer people at high risk for type 2 diabetes (retrospectively or at the point of contact).

Increase Demand for the Program Among Participants

The number of eligible participants enrolled in CDC-recognized organizations has grown rapidly.



Cumulative Number of Individuals Enrolled in the National DPP¹



95,293 individuals have enrolled in the National DPP as of March 2017¹



Medicare Diabetes Prevention Program

CMS has proposed coverage for eligible Medicare beneficiaries, effective January 2018.



CMMI Authorization to Evaluate Innovative Payment Techniques

- Section 115A of the Social Security Act established the Center for Medicare and Medicaid Innovation (CMMI) to test innovative payment techniques for service delivery models
- Per Section 115A, the Secretary of Health may expand models:
 - that reduce spending without reducing quality, or improve quality without increasing cost
 - where the CMS Chief Actuary certifies that the expansion will reduce net program spending



Evaluation of Y-DPP Model

- CMMI conducted a 15-month test of Medicare participants in the Y-DPP and found that participation saved \$2,650 per enrollee over the course of the test.
- CDC DPRP data and data from commercial health plan participating in the National DPP were also used for actuarial certification.



Status of Rule-Making Process

- First [final rule](#) was published in November, 2016
- Second proposed rule will tentatively be available for public comment, spring 2017

<https://innovation.cms.gov/initiatives/medicare-diabetes-prevention-program/index.html>

New FOA to Scale and Sustain the National DPP for Underserved Areas (1705)

Applicants Must

- Be a national or U.S. regional organization with affiliate sites in **at least three states**.
- Have experience offering either the National DPP lifestyle change program or another evidence-based behavior change program offered in a group setting.
- Have the **capacity to enroll at least 1000 participants** from both general and priority populations in underserved areas in year 1 - with continued growth of sites and participants in years 2-5.
- Have experience either directly or through established partnerships working with **priority populations including Medicare beneficiaries and at least one of the following:**

Priority Populations

- Medicare beneficiaries
- Men
- African-Americans
- Asian-Americans
- Hispanics
- American Indians/Alaska Natives
- Pacific Islanders
- People with visual impairments or physical disabilities

1705 FOA Websites and E-mail Box



Grants.gov Website

All completed applications must be submitted through Grants.gov.

<https://www.grants.gov/web/grants/view-opportunity.html?oppld=290159>

Find Here:

- Application instructions and forms
 - Application submission
 - Application due date - June 12
-



CDC FOA Mailbox & Website

All questions should be sent to this mailbox; answers will be posted weekly to the CDC FOA website

FOA Mailbox: NationalDPP1705FOA@cdc.gov

CDC FOA Website: <https://www.cdc.gov/diabetes/programs/national-dpp-foa/index.html>

Resources for States & Partners: Diabetes Burden Toolkit

CDC A-Z INDEX ▾

Diabetes State Burden Toolkit

CDC



CONTACT | TECHNICAL DOCUMENTATION

Select State (USA)

Health Burden

Economic Burden

Mortality

DIABETES STATE BURDEN TOOLKIT

Use this tool to report the health, economic, and mortality burden of diabetes in your state. To get started, select your state from the drop down list or the map below and then choose one of the modules.

Location

National



Module



HEALTH BURDEN



ECONOMIC BURDEN



MORTALITY

<https://nccd.cdc.gov/Toolkit/Diabetesburden>

Resources for States & Partners: Diabetes Prevention Impact Toolkit



HOME ABOUT THE TOOLKIT HELP

DIABETES PREVENTION IMPACT TOOLKIT

STATE EMPLOYER INSURER

DIABETES PREVENTION IMPACT TOOLKIT

Use this Impact Toolkit to project the health and economic effects of a National DPP or similar program on your population at risk for diabetes. For more details on the Impact Toolkit and how to use it, download the [Technical Report](#) or [User Manual](#). See the [HELP](#) page for a complete list of Impact Toolkit resources.

To get started, choose one of the modules below.



STATE



EMPLOYER



INSURER

<https://nccd.ct/dc.gov/Toolkit/Diabetesimpact>

Thank You!





National Diabetes Prevention Program Medicaid Demonstration Project

Planning Year 1 : July 2015 – June 2016
Year 2: July 2016 – June 2017
Year 3: July 2017 – June 2018

Kelly McCracken, RD, CDE
Public Health Consultant

NACHC Presentation
April 28, 2017



NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS
Promoting Health. Preventing Disease.

EXPERT PANEL MEMBERS

- Alliance of Community Health Plans
- America's Health Insurance Plans
- American Diabetes Association
- American Medical Association
- Association for Community Affiliated Plans
- Centers for Disease Control and Prevention
- Centers for Medicaid and Medicare Services
- Health Management Associates
- Health Plan Alliance
- Medicaid Health Plans of America
- National Association of Chronic Disease Directors
- **National Association of Community Health Centers**
- National Association of Medicaid Directors
- National Association of State Health Policy
- National Business Coalition on Health





National Diabetes Prevention Program Medicaid Demonstration Project

Year 1 : July 2015 – June 2016

Demonstration Year 2: July 2016 – June 2017

Year 3: July 2017 – June 2018



**NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS**

Promoting Health. Preventing Disease.



Maryland's Delivery Model

- Four **Managed Care Organizations (MCO)** are contracting with community-based and virtual CDC-recognized organizations

MCO	ENROLLMENT UPDATES (as of 3.16.2017)
Amerigroup	30
Jai Medical Systems	18
MedStar Family Choice	59
Priority Partners	First class scheduled for April 26th

- Coding and Billing
 - Incorporated a Pay-for-Performance model
 - Established billing framework w/CPT codes plus modifier & ICD-10
 - Onboarded CDC-recognized organizations new to coding and billing

Oregon's Delivery Model:

- Three participating **Coordinated Care Organizations (CCO)** are contracting with community-based and virtual CDC-recognized organizations
 - **Health Share** - 25 enrolled as of 4/7/17
 - **FamilyCare** – 25 enrolled as of 4/7/17
 - **Trillium** – enrollment to start by the end of April 2017
- CCOs are collaborating with local public health and other community partners to identify and recruit participants
- CCOs are operationalizing:
 - Billing and reimbursement models
 - Eligibility requirements (focus on health equity)
 - Design of closed-loop referral pathways

EVALUATION

- Evaluate the **process** for Medicaid coverage of the National DPP
- Analyze the **cost** of the different delivery models
- Evaluate **enrollment, engagement and retention** strategies and participant outcomes for Medicaid beneficiaries in the National DPP



DISSEMINATION

National DPP Coverage Toolkit

- Online resource
- Available June 2017

Quarterly Virtual Learning Collaborative

- Started March 2017
- Includes Medicaid and Public Health representatives from 11 states



The ultimate goal of this demonstration is to achieve sustainable coverage of the National DPP lifestyle change program for Medicaid beneficiaries under current Medicaid authorities



**NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS**
Promoting Health, Preventing Disease.

Online resource to support Medicaid, Medicare Advantage, and commercial health plans who are considering covering or implementing the National DPP.



[Home](#) [The National DPP](#) [Medicaid Agencies](#) [Medicaid MCOs](#) [Commercial Plans](#) [Medicare Advantage](#)



Help make our site better with this short survey!

National Diabetes Prevention Program Coverage Toolkit

Launch: June 22, 2017 <http://nationaldppcoveragetoolkit.org/>

- Developed in partnership with the National Association of Chronic Disease Directors (NACDD) and the Centers for Disease Control and Prevention (CDC)

Field Interviews

- Medicaid, Medicare Advantage, and commercial health plans
- National DPP providers, integrators, and TPAs

Type 2 diabetes is preventable

Developed to provide information to payers and other stakeholders interested in covering the National DPP lifestyle change program.



The National DPP

Resources and information on the National DPP

[Learn More](#)



Medicaid Agencies

Resources and information for state Medicaid agencies

[Learn More](#)



Medicaid MCOs

Resources and information for Medicaid MCOs

[Learn More](#)



Commercial Plans

Resources for commercial health plans and employers

[Learn More](#)



Medicare Advantage

Resources and information for Medicare Advantage plans

[Learn More](#)

The National Diabetes Prevention Program: Resources and information on the National DPP



Timeline



National DPP Overview



Market Players



Evidence



Quality Metrics



Economic Impact



Stakeholder and Community Support

Type 2 diabetes is preventable

Developed to provide information to payers and other stakeholders interested in covering the National DPP lifestyle change program.



The National DPP

Resources and information on the National DPP

[Learn More](#)



Medicaid Agencies

Resources and information for state Medicaid agencies

[Learn More](#)



Medicaid MCOs

Resources and information for Medicaid MCOs

[Learn More](#)



Commercial Plans

Resources for commercial health plans and employers

[Learn More](#)



Medicare Advantage

Resources and information for Medicare Advantage plans

[Learn More](#)



Contracting

- Contract Amendments
- Cost, Reimbursement and Rate Setting Information
- Statistics on Adoption



Delivery Options

- Delivery Options
- Identification, Recruitment, Screening & Referral
- Enrollment and Retention
- Network Management



Coding & Billing

- Coding
- Billing
- Eligibility Requirements, Registration, and Tracking Participation



Data & Reporting

- Data
- Reporting
- Compliance Issues and Standards



Contracting

- Contract Amendments
- Cost, Reimbursement and Rate Setting Information
- Statistics on Adoption



Delivery Options

- Delivery Options
- Identification, Recruitment, Screening & Referral
- Enrollment and Retention
- Network Management



Coding & Billing

- Coding
- Billing
- Eligibility Requirements, Registration, and Tracking Participation



Data & Reporting

- Data
- Reporting
- Compliance Issues and Standards

→ **Delivery**



**National DPP Lifestyle Change Program
Delivery Options**



Identification



Recruitment



Screening & Referral



Enrollment & Retention



Network Management

→ Delivery → Becoming a CDC-Recognized Organization

Standards for CDC recognition include:

- Use of a CDC-approved curriculum.
- Ability to begin offering the lifestyle program within 6 months of receiving approval from CDC.
- Capacity and commitment to deliver the program over at least 1 year, including at least 16 sessions during the first 6 months and at least 6 sessions during the last 6 months.
- Ability to submit data on participants' progress—including attendance, weight loss, and physical activity—every 12 months.
- Using trained lifestyle coaches who can help build participants' skills and confidence to make lasting lifestyle changes.
- Having a designated individual(s) to serve as the diabetes prevention program coordinator.



**Becoming a CDC
Recognized Organization**



Contracting

- Contract Amendments
- Cost, Reimbursement and Rate Setting Information
- Statistics on Adoption



Delivery Options

- Delivery Options
- Identification, Recruitment, Screening & Referral
- Enrollment and Retention
- Network Management



Coding & Billing

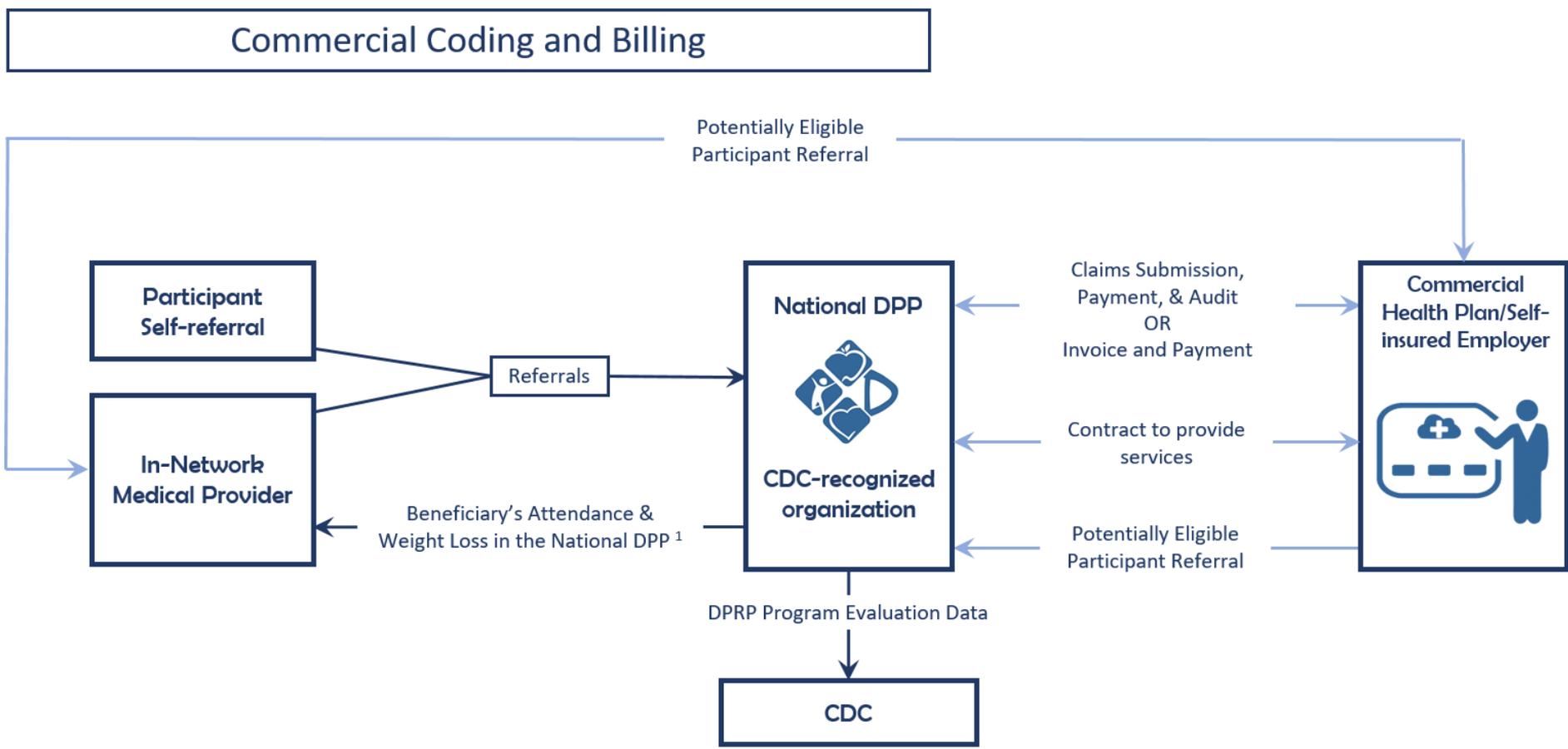
- Coding
- Billing
- Eligibility Requirements, Registration, and Tracking Participation



Data & Reporting

- Data
- Reporting
- Compliance Issues and Standards

→ Coding and Billing



1. Experience has shown that provider referrals and sharing National DPP lifestyle change program results with a participant’s primary care provider can increase program enrollment and retention.

Contact Us

Please contact the National Association of Chronic Disease Directors (NACDD) with any questions or suggestions about this site or its content.

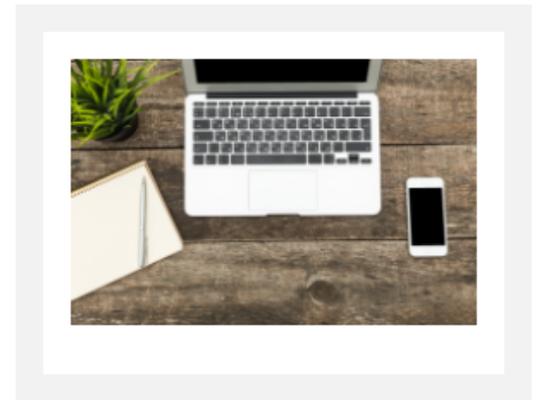
Do you have a success story related to delivery of the National DPP lifestyle change program? Please share your experience below.

We greatly appreciate your feedback. Feedback will be received and evaluated by a Public Health Consultant with the National Association of Chronic Disease Directors.

coveragetoolkit@chronicdisease.org

First Name	Last Name
Email	Phone
Comments	

Submit





Questions?



Contact information:

Luke Ertle, MPH

Program Associate

NACHC

lertle@nachc.org