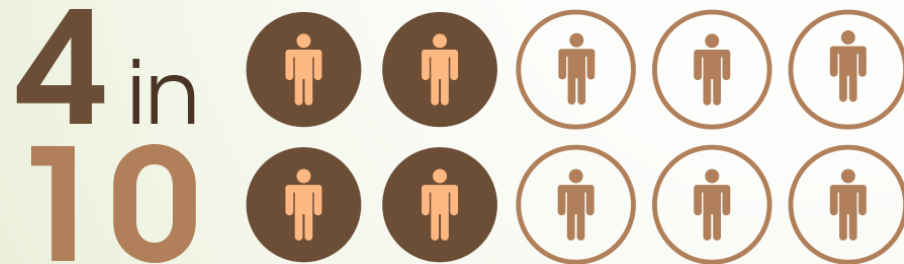


Working in Wisconsin to Prevent Diabetes and Its Complications



The Alliance
February 13, 2018



Objectives

1

Define science, theory, and fidelity assurance behind the National Diabetes Prevention Program

2

Describe State of Wisconsin Department of Health Services work around diabetes prevention strategies

3

Identify opportunities for employers to become involved with the National Diabetes Prevention Program

Now

► Prediabetes in Wisconsin



Future

- ▶ 2 out of 5 Wisconsin adults will develop type 2 diabetes in their lifetime





Partners

- ▶ healthTIDE
- ▶ MetaStar
- ▶ WI Collaborative for Healthcare Quality (WCHQ)
- ▶ WI Primary Health Care Association (WPHCA)
- ▶ WI Nurses Association (WNA)
- ▶ Pharmacy Society of WI
- ▶ UW Population Health Institute
- ▶ WI Academy of Nutrition and Dietetics
- ▶ WI Medical Society (WMS)
- ▶ WI Institute for Healthy Aging
- ▶ United Voices
- ▶ WI Department of Corrections
- ▶ WI Department of Instruction
- ▶ WI Community Health Fund
- ▶ WI Lions Foundation
- ▶ Local Health Departments
- ▶ And many more . . .

National Diabetes Prevention Program (DPP)

- **Structure:** year-long, highly evidence-based lifestyle change program
- **Goal:** weight loss of 5%-7% from starting weight
- **Eligibility:** Age ≥ 18 and BMI ≥ 24 plus medical diagnosis of prediabetes, history of gestational diabetes, or positive screen on CDC Prediabetes Screening Test
- **Evidence:** reduced risk for developing type 2 diabetes by 58% (71% for age 60 or older)
- **Fidelity:** CDC's Diabetes Prevention Recognition Program (DPRP) assures program quality, develops and maintains a registry, provides technical assistance





Health Impact

According to numerous studies, for every 100 high-risk adults (age 50) completing the program:

- Prevents 15 new cases of type 2 diabetes¹
- Prevents 162 missed work days²
- Avoids need for blood pressure or cholesterol medications in 11 people³
- Adds equivalent of 20 years of perfect health⁴
- Avoids \$91,400 in health care costs⁵

¹ DPP Research Group. N Engl J Med. 2002 Feb 7;346(6):393-403

² DPP Research Group. Diabetes Care. 2003 Sep;26(9):2693-4

³ Ratner, et al. 2005 Diabetes Care 28 (4), pp. 888-894

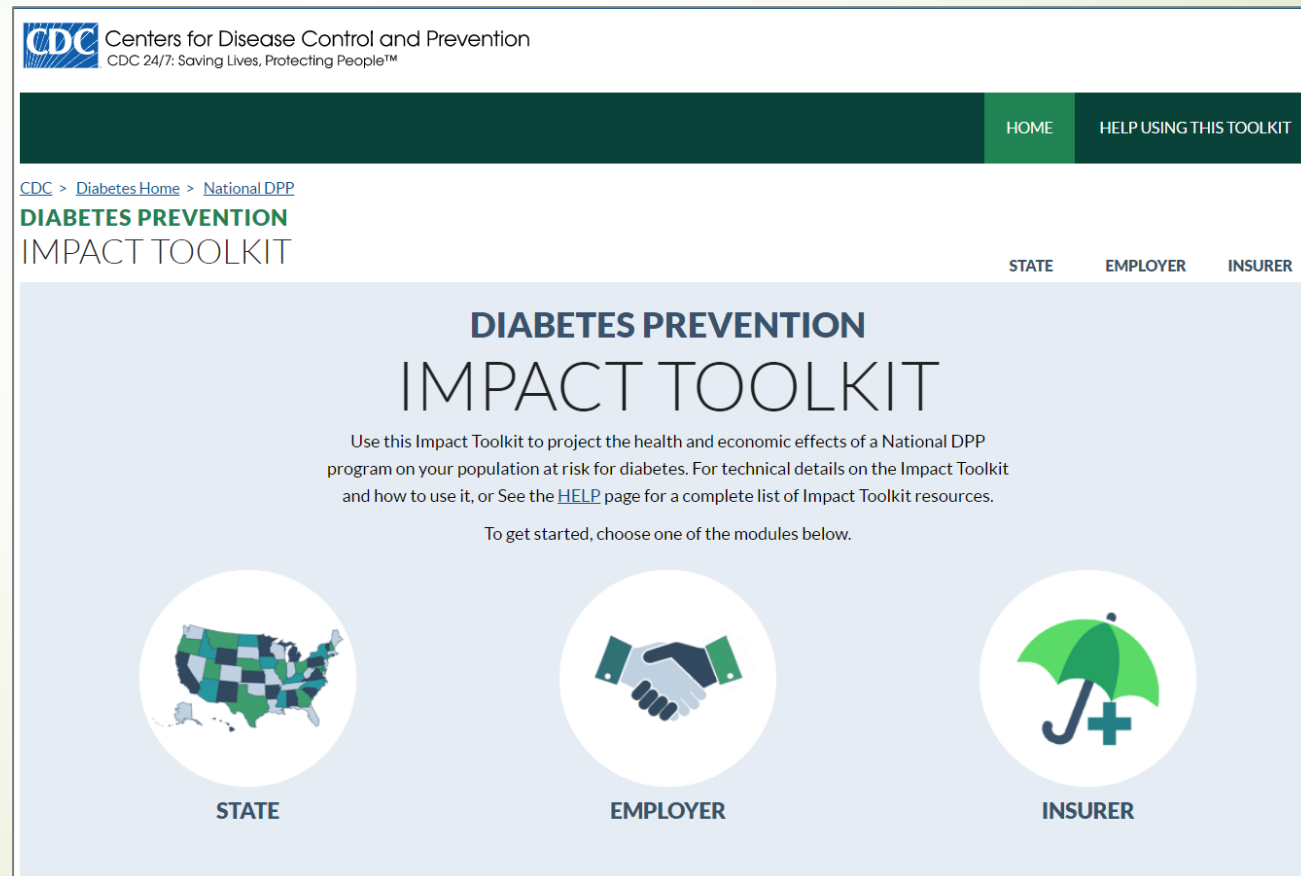
⁴ Herman, et al. 2005 Ann Intern Med 142 (5), pp. 323-32

⁵ Ackermann, et al. 2008 Am J Prev Med 35 (4), pp. 357-363; estimates scaled to 2008 \$US

CDC's Diabetes Prevention Impact Toolkit

Project the health and economic impact of the National DPP on your employee population:

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



The screenshot shows the CDC Diabetes Prevention Impact Toolkit website. At the top left is the CDC logo with the text "Centers for Disease Control and Prevention" and "CDC 24/7: Saving Lives, Protecting People™". To the right of the logo is a dark green navigation bar with "HOME" and "HELP USING THIS TOOLKIT" in white. Below the navigation bar is a breadcrumb trail: "CDC > Diabetes Home > National DPP". The main heading is "DIABETES PREVENTION IMPACT TOOLKIT" in green and black. To the right of the heading are three tabs: "STATE", "EMPLOYER", and "INSURER". The main content area has a light blue background and features the title "DIABETES PREVENTION IMPACT TOOLKIT" in large, bold, black letters. Below the title is a paragraph: "Use this Impact Toolkit to project the health and economic effects of a National DPP program on your population at risk for diabetes. For technical details on the Impact Toolkit and how to use it, or See the [HELP](#) page for a complete list of Impact Toolkit resources." Below this paragraph is the text: "To get started, choose one of the modules below." At the bottom, there are three circular icons: a map of the United States labeled "STATE", two hands shaking labeled "EMPLOYER", and a green umbrella with a blue cross labeled "INSURER".



Increasing awareness of prediabetes and enrollment in National DPP

Increasing screening and testing of people with prediabetes and referrals to National DPP

Increasing public (Medicaid, state employees) and private coverage for National DPP

Increasing availability of National DPPs in Wisconsin

**WI-DHS
Support for
National DPP**

WI-DHS Support for National DPP

Increasing awareness of prediabetes and enrollment in National DPP

- WI-DHS provides resources to statewide partner networks to help them educate about prediabetes
- WI-DHS is currently partnering with the American Medical Association (AMA) on projects with four health systems, and one employer/health system to educate providers about prediabetes and the National DPP

Activity

WI-DHS Support for National DPP

Increasing screening and testing of people with prediabetes and referrals to National DPP

- WI-DHS provides 1:1 technical assistance to health systems and community-based organizations
- WI-DHS is currently partnering with the American Medical Association (AMA) on projects with four health systems, and one employer/health system to create screening-testing-referral processes for the National DPP

Activity

WI-DHS Support for National DPP

Increasing public (Medicaid, state employees) and private coverage for National DPP

- Wisconsin Chronic Disease Quality Improvement Project (insurers)
- WI-DHS hosted National DPP Coverage Toolkit Workshop in June 2017 for insurers
- WI-DHS provides 1:1 technical assistance to insurers interested in reimbursing for National DPP
- Medicare coverage begins April 1, 2018

Activity

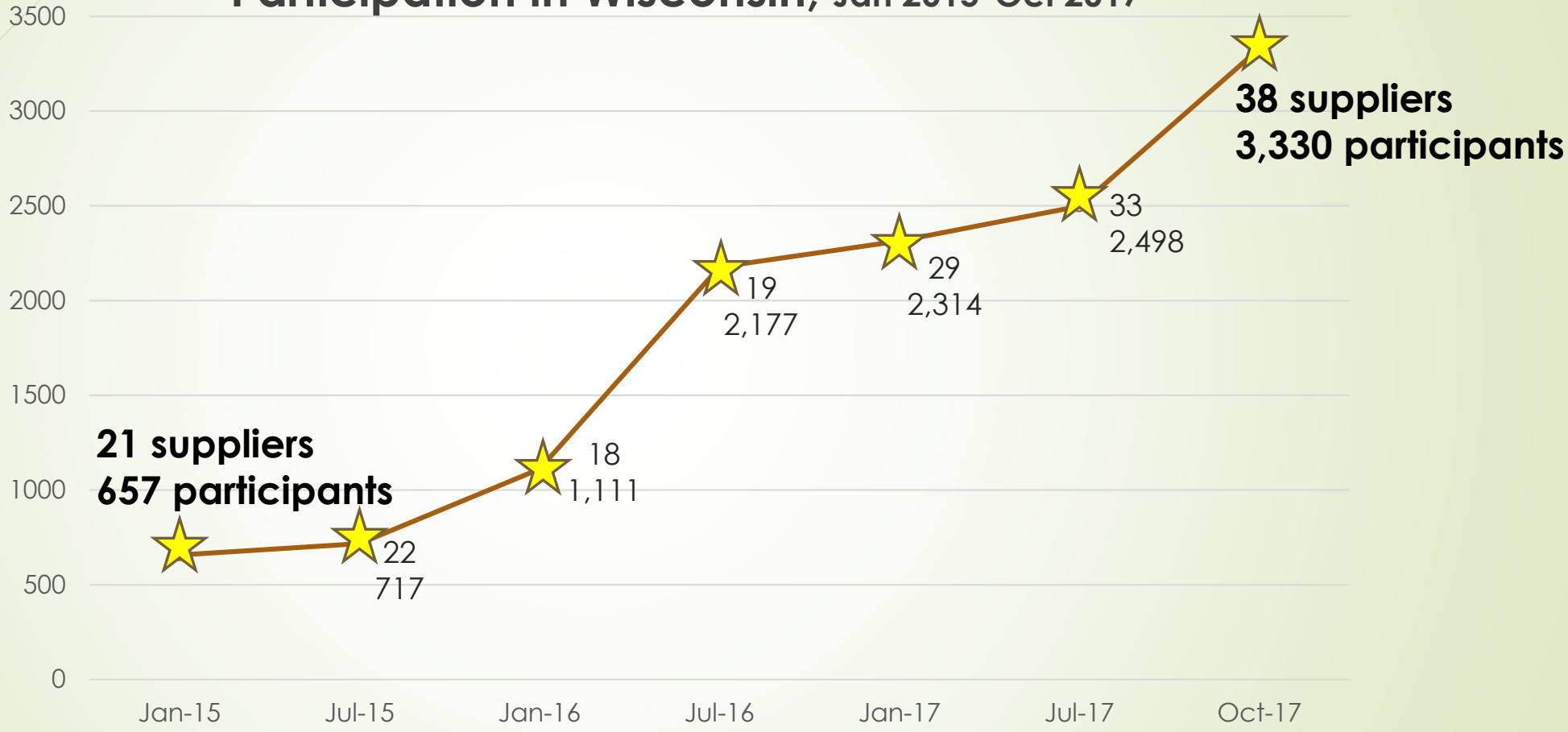
WI-DHS Support for National DPP

Increasing availability of National DPPs in Wisconsin

- WI-DHS provides 1:1 technical assistance to CDC-recognized organizations as well as organizations interested in applying for CDC recognition
- WI-DHS sponsors Lifestyle Coach Trainings in spring and fall, so that financial commitment from organizations is limited to staff time and travel

Activity

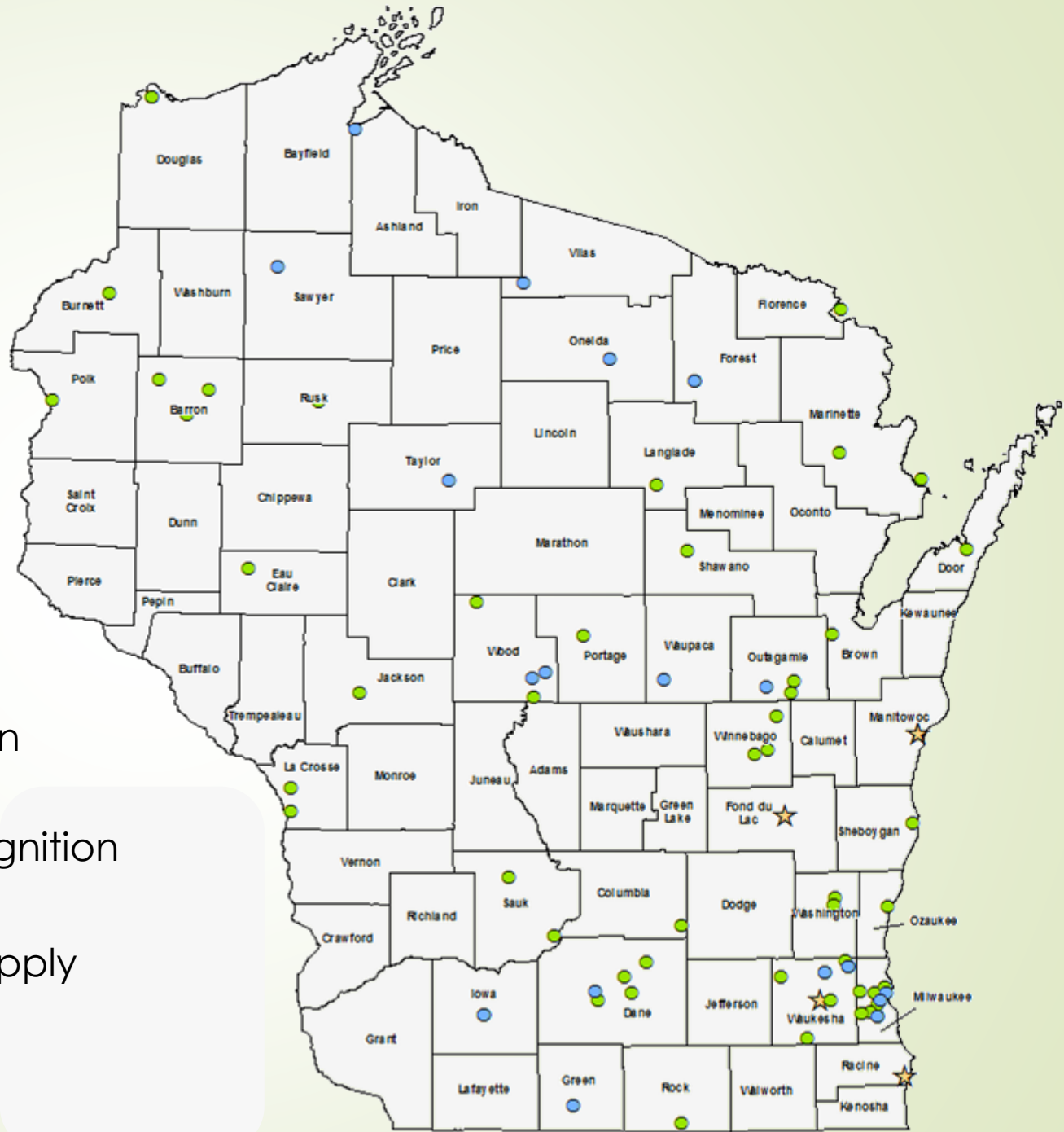
Growth of Diabetes Prevention Program Participation in Wisconsin, Jan 2015-Oct 2017



Wisconsin Diabetes Prevention Program Providers by CDC Recognition Status

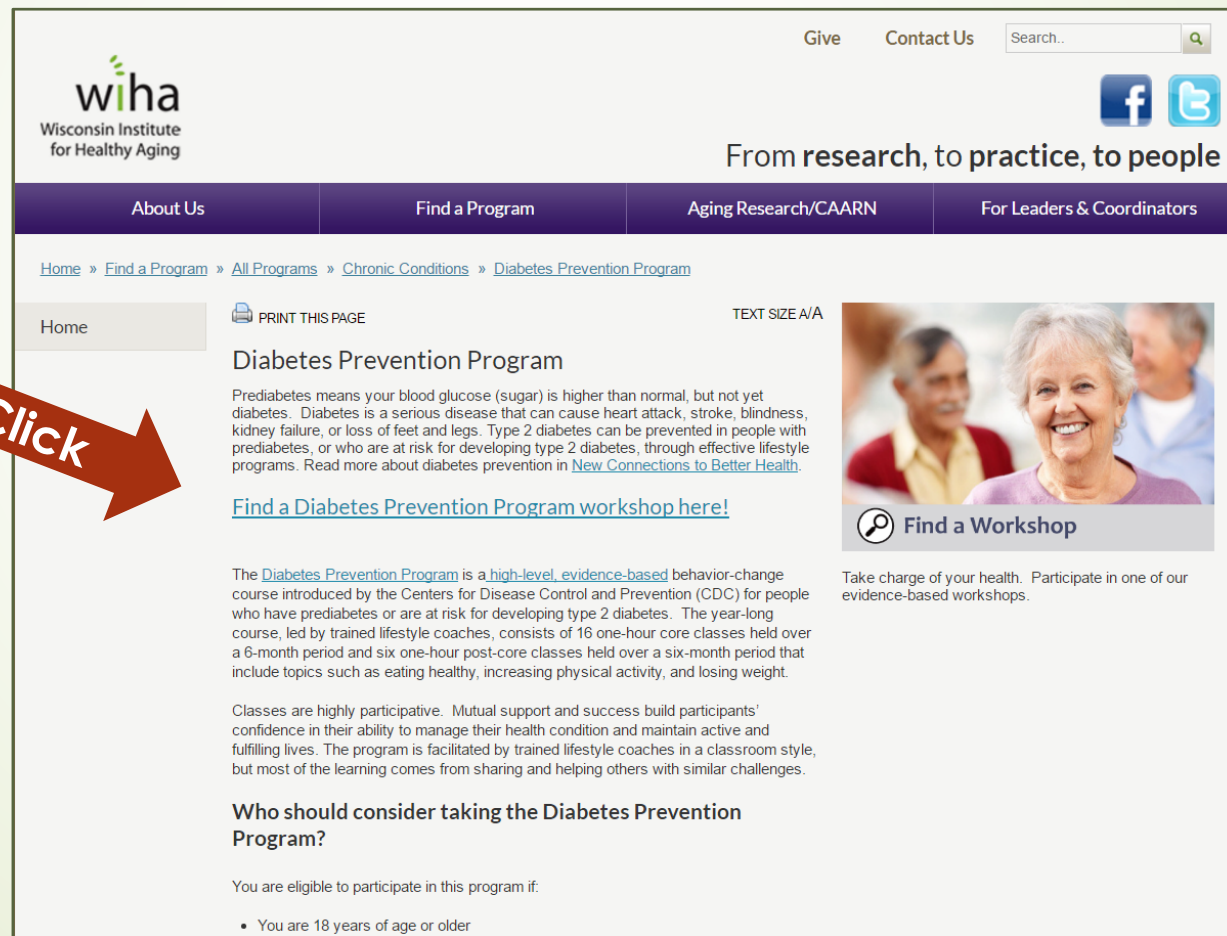
January 26, 2018

-  Full Recognition
-  Pending Recognition
-  Preparing to Apply



One-Stop Shop

➔ www.PreventDiabetesWI.org



The screenshot shows the website for the Wisconsin Institute for Healthy Aging (wiha). The header includes the logo, navigation links for 'Give' and 'Contact Us', a search bar, and social media icons for Facebook and Twitter. The main navigation bar has four categories: 'About Us', 'Find a Program', 'Aging Research/CAARN', and 'For Leaders & Coordinators'. The breadcrumb trail reads: Home » Find a Program » All Programs » Chronic Conditions » Diabetes Prevention Program. The page title is 'Diabetes Prevention Program'. A red arrow labeled 'Click' points to the link 'Find a Diabetes Prevention Program workshop here!'. The page content includes a description of prediabetes, a link to 'New Connections to Better Health', and a 'Find a Workshop' button. The text below the button reads: 'Take charge of your health. Participate in one of our evidence-based workshops.'

Give Contact Us Search..

wiha
Wisconsin Institute
for Healthy Aging

From research, to practice, to people

About Us Find a Program Aging Research/CAARN For Leaders & Coordinators

Home » Find a Program » All Programs » Chronic Conditions » Diabetes Prevention Program

Home PRINT THIS PAGE TEXT SIZE A/A

Diabetes Prevention Program

Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Diabetes is a serious disease that can cause heart attack, stroke, blindness, kidney failure, or loss of feet and legs. Type 2 diabetes can be prevented in people with prediabetes, or who are at risk for developing type 2 diabetes, through effective lifestyle programs. Read more about diabetes prevention in [New Connections to Better Health](#).

[Find a Diabetes Prevention Program workshop here!](#)

The [Diabetes Prevention Program](#) is a [high-level, evidence-based](#) behavior-change course introduced by the Centers for Disease Control and Prevention (CDC) for people who have prediabetes or are at risk for developing type 2 diabetes. The year-long course, led by trained lifestyle coaches, consists of 16 one-hour core classes held over a 6-month period and six one-hour post-core classes held over a six-month period that include topics such as eating healthy, increasing physical activity, and losing weight.

Classes are highly participative. Mutual support and success build participants' confidence in their ability to manage their health condition and maintain active and fulfilling lives. The program is facilitated by trained lifestyle coaches in a classroom style, but most of the learning comes from sharing and helping others with similar challenges.

Who should consider taking the Diabetes Prevention Program?

You are eligible to participate in this program if:

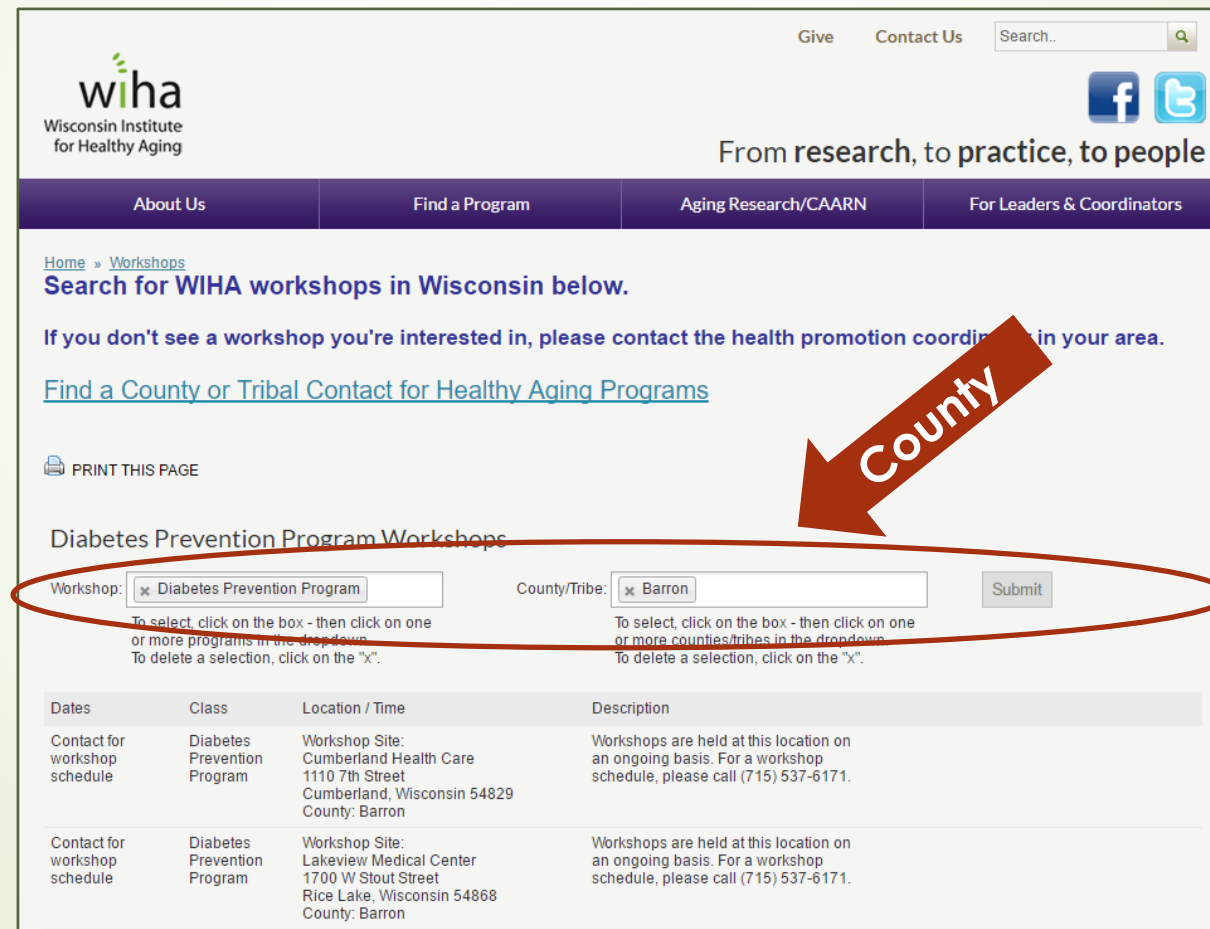
- You are 18 years of age or older

Find a Workshop

Take charge of your health. Participate in one of our evidence-based workshops.

One-Stop Shop

➔ www.PreventDiabetesWI.org



The screenshot shows the WIHA website interface. At the top, there is a navigation bar with links for 'Give', 'Contact Us', and a search box. The WIHA logo and tagline 'Wisconsin Institute for Healthy Aging' are on the left, and social media icons for Facebook and Twitter are on the right. Below the navigation bar is a purple header with menu items: 'About Us', 'Find a Program', 'Aging Research/CAARN', and 'For Leaders & Coordinators'. The main content area features a search for workshops in Wisconsin, with a link to 'Find a County or Tribal Contact for Healthy Aging Programs'. A red arrow points to the 'County/Tribe' dropdown menu in the search form, which is set to 'Barron'. Below the search form is a table of Diabetes Prevention Program Workshops.

Diabetes Prevention Program Workshops

Workshop: County/Tribe:

To select, click on the box - then click on one or more programs in the drop-down. To delete a selection, click on the "X".

Dates	Class	Location / Time	Description
Contact for workshop schedule	Diabetes Prevention Program	Workshop Site: Cumberland Health Care 1110 7th Street Cumberland, Wisconsin 54829 County: Barron	Workshops are held at this location on an ongoing basis. For a workshop schedule, please call (715) 537-6171.
Contact for workshop schedule	Diabetes Prevention Program	Workshop Site: Lakeview Medical Center 1700 W Stout Street Rice Lake, Wisconsin 54868 County: Barron	Workshops are held at this location on an ongoing basis. For a workshop schedule, please call (715) 537-6171.

```
graph TD; A[educate employees about prediabetes and the National DPP] --> B[develop policy for reimbursement and referral]; B --> C[reimburse for participation in National DPP]; C --> D[provide on-site National DPP classes]; D --> E[become CDC-recognized supplier of National DPP];
```

educate employees about prediabetes and the National DPP

develop policy for reimbursement and referral

reimburse for participation in National DPP

provide on-site National DPP classes

become CDC-recognized supplier of National DPP

**Employer
Role**

QUESTIONS?



For More Information

Pamela Geis, BA

Health Promotion Specialist *(contracted)*

Chronic Disease Prevention Program

State of Wisconsin, Division of Public Health

www.dhs.wisconsin.gov/disease/chronic-disease.htm

(262) 573-3983

Geis.Pamela@gmail.com

Thank You!

