MAKING THE CASE

DIABETES PREVENTION IN MICHIGAN
Welcome to Making the Case—Michigan Diabetes Prevention Conference. We wish to increase discussion on preventing diabetes and building a culture which supports healthy lifestyles in Michigan. We hope you will find more information about diabetes prevention and a case for addressing diabetes prevention in your daily work.

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OVERALL CONFERENCE LEARNER OBJECTIVES

- Identify burden of diabetes risk in Michigan
- Identify risk factors for diabetes and prediabetes
- Describe the influence diabetes prevention programs have on lowering risk
- Discuss effective communication techniques to reduce diabetes and prediabetes risk
- Describe the economic benefits of paying for prevention
- Discuss how to become promoters for reducing diabetes risk

CONFERENCE EXHIBITORS

- Diabetes Partners in Action Coalition
- University of Michigan
- Meijer
- Chelsea Wellness Center
- Michigan Partners on the PATH
- District Health Department #10
- Novo Nordisk
- Michigan State University Extension
- Presbyterian Villages of Michigan
- National Kidney Foundation of Michigan
- Takeda
- Northern Michigan Diabetes Initiative
- University of Michigan
- Chelsea Wellness Center
- District Health Department #10
- Michigan State University Extension
- National Kidney Foundation of Michigan
- Northern Michigan Diabetes Initiative

[8:30] WELCOME (Grand Ballroom)
Linda Scarpetta, MPH, Michigan Department of Community Health, Acting Director, Division of Chronic Disease and Injury Control

[8:45] THE PREVENTION OF TYPE 2 DIABETES: FROM THEORY TO PRACTICE (Grand Ballroom)
David Marrero, PhD, Indiana University
What is causing prediabetes to reach epidemic proportions? Hear how the latest science supports interventions which prevent or delay type 2 diabetes in persons with increased risk. Learn strategies for implementing diabetes prevention in communities.

[10:00] BREAK (Atrium Ballroom)

[10:15] LAYING THE FOUNDATION FOR PREVENTION—ACA AND BEYOND (Grand Ballroom)
Mary Ann Hodorowicz, RD, MBA, CEC, CDE
Learn more about how the Affordable Care Act can help promote diabetes and obesity prevention and encourage payment of prevention and lifestyle interventions. Hear about national and local evidence-based programs which address self-care behaviors for diabetes prevention and how clinical targets can be achieved.

[11:00] HEROIC HEALTH AND WELLNESS—HOW TO TURN BAD NEWS INTO BEST PRACTICES AND BOUNCE BACK FROM THE HEALTH CARE CRISIS (Grand Ballroom)
Scott Foster, President, Welco
Engage employees and demonstrate leadership for better health and wellness results. Learn how to take a systematic approach to engage businesses and worksites to address health and wellness. Using eye-opening intellectual and emotional tools, experience the latest health and wellness innovations.

[NOON] LUNCH (Grand Ballroom)

[1:00] BREAKOUT SESSIONS

Session A: Listen First—YMCA’s Strategy to Encourage Change (Harvest Room)
Rachel Berglund, YMCA of Marquette County
Learn and practice a set of simple communication strategies that provide the fundamentals for developing and sustaining relationships with participants. The lifestyle changes necessary to prevent diabetes seldom occur all at once and collaborative relationships built with “Listen First” skills allow a chance to offer support through the process.

Session B: Medicare’s Intensive Behavioral Counseling for Obesity Benefit: Get Reimbursed Now! (Directors Room)
Mary Ann Hodorowicz, RD, MBA, CEC, CDE
Learn how primary care and other community providers can deliver obesity-related services and receive payment for services. This session will introduce tools which will help the attendees map a plan for delivering and receiving payment for obesity-related services.

In an effort to go green, all presentations can be found at: www.midiabetesprevention.org/conference2013
Session C: From the Practice to the Community: Evidence from Recent Intervention Studies (Ann Arbor Room)

Gretchen Piatt (University of Michigan), Jodi Holtrop (University of Colorado) and Jeffrey Kullgren (University of Michigan)

This session will include evidence from recent intervention studies that were conducted in the community and in primary care. The focus will include lifestyle intervention efforts, care management, and patient and provider decision-making regarding obesity and prediabetes.

Speaker 1: Effectiveness of Lifestyle Intervention Modalities in the Community: An Exploration of Intervention Modalities, Disparities, and the Use of Peer Leaders in Primary Prevention
Gretchen Piatt, MPH, PhD, University of Michigan

This presentation will highlight the effectiveness of multiple modalities of lifestyle intervention in rural communities, including a traditional face-to-face format, lifestyle intervention via the Internet and lifestyle intervention via DVDs. The presentation will also explore the effectiveness and utility of peer leaders for lifestyle intervention.

Speaker 2: Care Management and Opportunity for Diabetes Prevention in Primary Care
Jodi Holtrop, PhD, MCHES, University of Colorado

Primary care providers play a pivotal role in prevention. Learn about research with primary care providers and how care management can be an effective strategy for diabetes prevention.

Speaker 3: Financial Incentives for Weight Loss and Physical Activity: Can They Enhance Diabetes Prevention?
Jeffrey Kullgren, MD, MS, MPH, University of Michigan

Employers are increasingly offering financial incentives for employees to lose weight and be physically active. We will examine key opportunities and challenges in such financial incentive programs and consider ways in which incentives could advance efforts to prevent diabetes in Michigan.

Session D: Successes from the Field—Diabetes Prevention Programs in Action (Varsity Room)

Speaker 1: Lessons Learned from YMCA’s Diabetes Prevention Program
Mamta Gakhar, MPH, YMCA of the USA

This session will provide an overview of YMCA’s Diabetes Prevention Program, plans for scaling the program, and opportunities/challenges related to program implementation.

Speaker 2: Translating NDPP in Vulnerable Populations
Art Franke, PhD, National Kidney Foundation of Michigan

Community-based lifestyle interventions are being used to reach vulnerable populations as a strategy for reducing diabetes risk factors in those with high risk. While culturally appropriate approaches in accessible settings are utilized to reach low socio-economic populations, further work is needed on how best to translate NDPP into diverse community settings.

Speaker 3: Medicaid Reimbursement for the Diabetes Prevention Program in Montana
Sarah Brokaw, MPH, Montana Health Department

This session will identify the state health department’s role in increasing access and reimbursement for lifestyle change programs to prevent type 2 diabetes. It will focus on the process of securing Medicaid reimbursement of the Diabetes Prevention Program in Montana so that Medicaid members have access to this evidence-based lifestyle program as a covered benefit.

[2:30] NETWORKING BREAK (Atrium Ballroom)

[2:45] MICHIGAN—LEADING DIABETES PREVENTION THROUGH STRATEGIC PARTNERING (Grand Ballroom)
Kristi Pier, MHS, MCHES, Michigan Department of Community Health

The Michigan Diabetes Prevention and Control Program worked strategically to address diabetes prevention for over 8 years. Learn more about the partnerships developed and current efforts in the state to reduce risk of type 2 diabetes.

[3:15] THE IMPORTANCE AND BENEFIT OF COLLABORATION TO PREVENT TYPE 2 DIABETES (Grand Ballroom)
Marti Macchi, MEd, MPH, National Association of Chronic Disease Directors

This session will highlight national-level strategies to scale and sustain Diabetes Prevention Programs and provide program participants with information about their role in this effort, as well as the benefits and value of statewide collaboration for scaling and sustaining diabetes prevention efforts in Michigan.

[4:00] CLOSE AND FINAL THOUGHTS

Thank you for attending the Making the Case—Michigan Diabetes Prevention Conference. We look forward to hearing your action steps and the plans you have to help prevent diabetes in your community and Michigan.

In an effort to go green, please provide feedback on the conference and complete the online survey: www.surveymonkey.com/s/DiabetesPrevention2013!

For those seeking continuing education credits, completing the survey is mandatory.

In an effort to go green, all presentations can be found at: www.midiabetesprevention.org/conference2013
Diabetes Prevention Conference

Presenters Biographical Summaries

David G. Marrero, Ph.D.
Dr. Marrero received a B.A. (1974), M.A. (1978) and Ph.D. (1982) in Social Ecology from the University of California, Irvine. He joined the Indiana University School of Medicine in 1984 and became the J.O. Ritchey Professor of Medicine in 2004. He was a member of the Diabetes Research and Training Center and served as Director of the Diabetes Prevention and Control Division. He is currently the Director of the Diabetes Translational Research Center.

Dr. Marrero is an expert in the field of clinical trials in diabetes and translational research which moves scientific advances obtained in clinical trials into the public health sector. He helped design the Diabetes Prevention Program and the TRIAD study, which investigated the ways in which managed care structure and organization impact the delivery of health services and the outcomes for diabetes. His research interests include strategies for promoting diabetes prevention, care settings, improving diabetes care practices used by primary care providers, and the use of technology to facilitate care and education.

Dr. Marrero was twice awarded the Allene Von Son Award for Diabetes Patient Education Tools by the American Association of Diabetes Educators, nominated to Who’s Who in Medicine and Health Care in 2000, served as Associate Editor for Diabetes Care (1997-2002) and is currently the Associate Editor for Diabetes Forecast. He was selected as Alumni of the Year for the University of California, Irvine in 2006 and the Outstanding Educator in Diabetes in 2008 by the American Diabetes Association. He is currently the Vice-President, Health Care & Education, of the American Diabetes Association.

Mary Ann Hodorowicz, RD, MBA, CEC, CDE
Mary Ann Hodorowicz is a Licensed, Registered Dietitian/Nutritionist and Certified Diabetes Educator and earned her MBA with a focus on marketing. She is also a Certified Endocrinology Coder and owns a private practice in Palos Heights, IL, specializing in business clients. She is a consultant, professional speaker, trainer and author for the health, food and pharmaceutical industries in nutrition, wellness, diabetes and Medicare and private insurance reimbursement. Her clients include healthcare entities, professional membership associations, pharmacies, medical CEU education/training firms, government, food and pharmaceutical companies, academia and employer groups. She is on the faculty of several train-the-trainer programs, including the Johnson and Johnson Diabetes Institute, Pesi Healthcare, a pharmacy program for training on diabetes self-management training (DSMT) accreditation by the American Association of Diabetes Educators (AADE), Present Diabetes e-Learning Systems, Balancing Life’s Issues, and is on the speaker’s bureau of Novartis/Nestle Nutrition, Inc.

Mary Ann has given over 300 professional presentations and webinars for several healthcare organizations and business entities. She has authored several resources, articles and tool kits for the Academy of Nutrition and Dietetics and the AADE, has served on the editorial advisory board for AADE in Practice, and has continually served on president-elect committees of the Academy. Mary Ann is currently on the Board of Directors for AADE. She has developed award-winning, results-oriented strategies to fix wellness programs and measurably improve organizational health costs and conditions. Scott is Chairman of the Michigan Wellness Council, consultant to the State of Michigan and a columnist for Corp Magazine. Scott and Welco are recent award winners of: Michigan 50 Companies to Watch, Best of Michigan Business, Michigan’s Economic Bright Spots and Entrepreneurs of Distinction.

Scott Foster, President, Welco
Scott Foster is President of Welco, based in Michigan. Scott is a frequently invited expert and speaker regarding wellness return on investment and making sense of new health care strategies. Scott has developed award-winning, results-oriented strategies to fix wellness programs and measurably improve organizational health costs and conditions. Scott is a certified Health Promotion Director from the world-renowned Cooper Clinic and a certified Lipid Clinic facilitator from Chicago’s Midwest Heart Specialists. He has served as Chairperson of the Michigan Cardiovascular Business Alliance. Scott is a former hospital cardiology manager and health educator. Scott is happily married to Laura and has 2 sons, Micah and Luke. He lives near Detroit.
Rachel Berglund
Rachel Berglund is native to the Upper Peninsula and has been with the YMCA of Marquette County for 11 years, working in a variety of capacities to help people make healthier choices and to support those choices. She has completed programs in lay ministry, massage therapy, and cancer fitness, and has also attained a number of group exercise and lifestyle coaching certifications including the Michigan Diabetes Prevention Program and the YMCA Diabetes Prevention Program. She loves leading staff trainings, community workshops, group exercise classes and youth programs. She also does the majority of the YMCA staff trainings with CPR, First Aid and Listen First being required of all YMCA staff.

Sarah Brokaw, M.P.H.
Sarah Brokaw is the Program Manager for the Montana Diabetes Project within the Montana Department of Public Health & Human Services. Ms. Brokaw is responsible for planning, developing, implementing and evaluating public health programs to prevent or delay diabetes and its complications in Montana. She plays a role in expanding access to type 2 diabetes prevention programs and quality diabetes self-management education and support. Sarah is currently implementing the Montana Cardiovascular Disease and Diabetes Prevention Program (DPP), including a Center for Medicare and Medicaid Innovation demonstration project to increase access of MedicaId members to evidence-based lifestyle intervention by offering the DPP as a covered benefit. Sarah received her Master of Public Health in Health Behavior and Health Education and a Certificate in Public Health Genetics from the University of Michigan School of Public Health.

Art Franke, Ph.D.
Arthur Franke is Senior Vice President at the National Kidney Foundation of Michigan. He works with staff to provide evidence-based programs to prevent diabetes, hypertension, and kidney disease. He is also an experienced lifestyle coach in the National Diabetes Prevention Program. In partnership with MDCH, the prevention team at NKFM works with community partners in at-risk populations across Michigan to promote healthy lifestyle change, disease self-management training, and physical activity opportunities. Art received his PhD from the University of Michigan in Ann Arbor.

Mamta Gakhar, M.P.H.
Mamta Gakhar works at the YMCA of the USA as Project Manager for Program Delivery and Technical Assistance, where she manages a team of Technical Advisors supporting implementation of the YMCA’s Diabetes Prevention Program via training, technical assistance, site audits, input on program integration, resource development, and other strategic counsel. Prior to joining YMCA of the USA, Mamta worked as Program Manager for Respiratory Health Association of Metropolitan Chicago (RHAMC). At RHAMC, Mamta helped to develop multiple clinic-based and community-based initiatives geared toward tobacco control and lung health disease management and targeted to local vulnerable populations. Working with advisory teams composed of respiratory health experts, Mamta managed various phases of program implementation, focusing initially on planning and design and later quality improvement and evaluation to better position the programming at RHAMC for replication and sustainability. Mamta earned her Master of Public Health degree from the University of North Carolina at Chapel Hill.

Jodi Holtrop, Ph.D., MCHES
Dr. Jodi Summers Holtrop is an Associate Professor in the Department of Family Medicine at the University of Colorado Denver, School of Medicine. She has a PhD in health promotion and a background in community and public health. A health educator and master certified health education specialist for over 20 years, she has extensive experience in developing and testing health behavior change interventions in community and primary care settings. Dr. Holtrop is co-director of SNOCAP! Colorado’s consortium of practice-based research networks (PBRNs) and was previously co-director of GRIN, Michigan’s PBRN. Methodologically, her focus is qualitative and mixed methods research with an emphasis on implementation and translational research. Her research interests center on how health care settings can support patient’s healthy behaviors. She has authored over 40 peer-reviewed research papers and has been the principal or co-investigator on over 20 funded research projects.
Jeffrey Kullgren, M.D., M.S., M.P.H.

Dr. Jeff Kullgren is a Research Scientist in the Center for Clinical Management Research at the VA Ann Arbor Healthcare System and an Assistant Professor in the Department of Internal Medicine at the University of Michigan Medical School. Dr. Kullgren holds undergraduate and medical degrees from Michigan State University and a master of public health degree from the University of Michigan. He completed his residency at Brigham and Women’s Hospital in Boston and was a Robert Wood Johnson Foundation Clinical Scholar at the University of Pennsylvania. The main focus of Dr. Kullgren’s research is identifying innovative and scalable approaches to improve patient engagement in preventive behaviors. Most recently, this work has involved randomized controlled trials of behavioral economic interventions, like financial and social incentives, to promote weight loss, physical activity, and cancer screening. A secondary focus of his research is understanding how consumer-directed health plans and health care price transparency affect patient decisions about use of health care services.

Marti Macchi, M.Ed, M.P.H.

As the Senior Consultant for Diabetes with the National Association of Chronic Disease Directors (NACDD) Marti oversees all diabetes-related projects and initiatives. Prior to joining NACDD, Ms. Macchi served as the Director of Special Studies for the Kansas Department of Health and Environment where she was responsible for state initiatives involving policy, systems and environmental change approaches aimed at diabetes prevention and control, heart disease and stroke prevention, arthritis, physical activity, nutrition and obesity prevention. Additionally, Ms. Macchi’s career experience has focused on disease prevention, health promotion and community wellness initiatives in both the clinical and community settings. She has supervised a large staff of clinicians focusing on obesity treatment, cardiac and stroke rehabilitation, diabetes management, physical and occupational therapy and various other health promotion programs. Marti, a California native, currently resides in Scottsdale, AZ, and holds a Masters of Education in Exercise Science from Wichita State University and a Masters of Public Health from the University of North Carolina-Chapel Hill.

Kristi Pier, M.H.S., MCHES

Ms. Pier is the Diabetes Prevention Coordinator with the Diabetes Prevention and Control Program at MDCH, and oversees the NACDD Diabetes Prevention State grant program. Ms. Pier established the Michigan Diabetes Prevention Network and builds partnerships to address diabetes prevention in Michigan. Ms. Pier is the coordinator of the 2013 Michigan Diabetes Prevention Conference. She has over 18 years of experience in public health. Much of her experience has been in chronic disease programming at the state and federal level, and her specific public health interests are outcome-based programming, utilizing data for effective programming and healthy lifestyle behavior change. Kristi holds a Masters of Health Science degree from The Johns Hopkins University Bloomberg School of Public Health.

Gretchen Piatt, M.P.H., Ph.D.

Dr. Gretchen Piatt is currently an Assistant Professor in the Departments of Medical Education and Health Behavior and Health Education at the University of Pittsburgh in chronic disease epidemiology with a focus on diabetes translation. Her work consisted of research focused on redesigning the health system through implementation of the Chronic Care Model in the community. Dr. Piatt continues to work on these issues, along with other diabetes translation issues, including translation of the Diabetes Prevention Program into community settings. Dr. Piatt has contributed to numerous diabetes research studies and authored a number of diabetes publications. She routinely presents her research at national and international diabetes conferences and serves on local, state, national, and international diabetes committees.

Linda Scarpetta, MPH

Since June 2013, Linda Scarpetta has been the Acting Director of the Division of Chronic Disease and Injury Control at the Michigan Department of Community Health. The Division is responsible for providing leadership, innovation and coordination to prevent and control chronic diseases, injuries and violence, and promote wellness and quality of life for people living in Michigan. The Division is home to more than 30 programs and consists of six sections that address cancer prevention and control; diabetes and other chronic diseases; tobacco; cardiovascular health, physical activity and nutrition; HIV/AIDS prevention and intervention; and injury and violence prevention. Prior to becoming the Acting Division Director, Ms. Scarpetta served as the Manager of the Injury and Violence Prevention Section at MDCH overseeing several programs, including childhood injury prevention, sexual violence prevention, youth suicide prevention, and the National Violent Death Reporting System.
Thank you for attending the Making the Case—Michigan Diabetes Prevention Conference. We look forward to hearing your action steps and the plans you have to help prevent diabetes in your community and Michigan.

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MAKING THE CASE

DIABETES PREVENTION IN MICHIGAN

10-22-13 • ANN ARBOR

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