National and State Efforts on Scale and Sustainability of the National Diabetes Prevention Program

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Overview

- Brief overview of the American Association of Diabetes Educators (AADE)
- Review of AADE’s Diabetes Prevention Program (DPP)
- Snapshots of AADE’s DPP sites and work in Michigan
- Progress of AADE DPP to date, and work related to the four components of the National Diabetes Prevention Program (National DPP)
- Discussion about AADE’s sustainability efforts during Grant Year 3.
- AADE DPP Services and Offerings
Multi-disciplinary professional membership association dedicated to improving diabetes care through education and training

- 14,000 Professionals (RNs, RDs, RPh/Pharmacists, PhDs, etc.)
- Vast DSME network involved in the daily treatment of patients with diabetes and prediabetes

Mission: Empower healthcare professionals with the knowledge and skills to deliver exceptional diabetes education, management and support

- Certify and support CDEs through continuing education and training
- Diabetes Education Accreditation Program (DEAP)
- Many informational resources
- Continuing education opportunities
Why is AADE focused on Diabetes Prevention?

- In 2012: 78% of respondents to AADE’s 2015 NPS (National Practice Survey) reported to be working with people with prediabetes.

- In 2015: 80.5% of respondents to AADE’s NPS (National Practice Survey) reported to be working with people with prediabetes.
What is the AADE Diabetes Prevention Program?

- Through a cooperative agreement with Centers for Disease Control and Prevention (CDC), AADE developed the Diabetes Prevention Program to scale the National DPP and help create opportunities to curb the national epidemic.
- AADE works with the network of nationally certified Diabetes Self-Management Education (DSME) sites, Diabetes Educators, consultants and various stakeholders to address all four components of the National DPP.
- AADE is continually adapting its DPP to the changing DSME/S landscape and is developing new programs and initiatives to address diabetes prevention.
The AADE DPP Network:

- AADE has a network of 45 AADE DPP Sites in 16 states
- AADE DPP sites are nationally certified DSME programs
  - AADE “DEAP” (700+)
  - ADA “ERP” programs (1,700+)
- All AADE DPP Sites are provisionally or fully recognized through CDC’s DPRP program
- All AADE DPP sites deliver the National Diabetes Prevention program with trained Lifestyle Coaches and with oversight from a Certified Diabetes Educator
The AADE DPP Model:
Diabetes Prevention delivered through Nationally Certified DSME Programs

Nationally certified DSME programs guarantee:

- Large pool of eligible participants
- HIPAA compliance
- Oversight from a Diabetes Educator/CDE
- Educated DPP Lifestyle Coaches
- Third-party payment processing (NPI Number)
- Linkage with local primary care providers
- Strong background in diabetes
- Options for DSME for people who already have type 2 diabetes
- Linkages to other clinical services as needed
Building Capacity of AADE DPP Programs in Michigan

- There are 113 nationally-certified DSME sites in the state of Michigan (both DEAP and ERP)

- Each of the sites may have satellite sites and all have the capacity to become AADE DPP sites, delivering CDC’s Lifestyle Change Program.
AADE DPP Network in Michigan
AADE DPP Michigan At A Glance

Holland Hospital

- Located in Holland, MI
- Since March 2013, 7 DPP cohorts have successfully matriculated through this site.
  - In Grant Year 3, 3 cohorts completed the program.
- 97 participants have successfully enrolled/completed the program.
  - In Grant Year 3, 59 participants enrolled/completed the program.
- Number of Lifestyle Coaches at site: 2
- Number of Locations: 1

DPRP Site Averages

- 89.2% of participants qualified as determined by blood based test
- Average attendance, 94.5%
- 5.9% overall weight loss
MedNetOne Health Solutions

- Located in Rochester, MI
- Since March 2013, 4 DPP cohorts have successfully matriculated through this site.
  - In Grant Year 3, 1 cohorts completed the program.
- 35 participants have successfully enrolled/completed the program.
  - In Grant Year 3, 10 participants enrolled/completed the program.
- Number of Lifestyle Coaches at site: 3
- Number of Locations: 1

DPRP Site Averages

- 85% of participants qualified as determined by blood based test
- Average attendance, 70%
- 3.2% overall weight loss
Metro Health Hospital*

- Located in Wyoming, MI
- Since March 2013, 8 DPP cohorts have successfully matriculated through this site.
  - In Grant Year 3, 3 cohorts completed the program.
- 98 participants have successfully enrolled/completed the program.
  - In Grant Year 3, 42 participants enrolled/completed the program.
- Number of Lifestyle Coaches at site: 2
- Number of Locations: 3

*Achieved “Full CDC Recognition” status with Diabetes Prevention Recognition Program (DPRP)

DPRP Site Averages

- 60% of participants qualified as determined by blood based test
- Average attendance, 87%
- 5.0% overall weight loss
AADE DPP Michigan At A Glance

Spectrum Health*

- Located in Grand Rapids, MI
- Since March 2013, 7 DPP cohorts have successfully matriculated through this site.
  - In Grant Year 3, 1 cohorts completed the program.
- 77 participants have successfully enrolled/completed the program.
  - In Grant Year 3, 13 participants enrolled/completed the program.
- Number of Lifestyle Coaches at site: 2
- Number of Locations: 2

*Achieved “Full CDC Recognition” status with Diabetes Prevention Recognition Program (DPRP)

DPRP Site Averages

- 60% of participants qualified as determined by blood based test
- Average attendance, 87%
- 5.0% overall weight loss

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AADE DPP Regional Meeting - Michigan

- AADE convened a gathering of stakeholders to discuss opportunities and challenges related to sustainability:
  - Michigan Department of Health
  - AADE DPP Sites
- AADE hosted meeting with employers and insurers across the state to promote its business case for coverage of the National DPP as a covered medical/or wellness benefit.
- AADE’s takeaways from the meeting have helped to bolster its strategic planning goals and its own Action Plan to address scale and sustaining the program.
## AADE DPP Stats:

<table>
<thead>
<tr>
<th>AADE DPP Sites as of 2015:</th>
<th>CDC’s DPRP Guidelines:</th>
<th>AADE DPP Sites’ Averages from 24 mo DPRP Feedback:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of AADE DPP Sites</td>
<td>45</td>
<td>Proportion of participants program eligibility determined by a blood based test</td>
</tr>
<tr>
<td>Number of Classes:</td>
<td>&gt;200</td>
<td>Attendance during core for participants attending ≥4 sessions</td>
</tr>
<tr>
<td>Number of Participants:</td>
<td>&gt;2000</td>
<td>Mean body weight loss</td>
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</tbody>
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The Four Components of the National DPP

National Diabetes Prevention Program

**Components**

- **Training: Increase Workforce**
  
  Train the workforce that can implement the program cost effectively.

- **Recognition Program: Assure Quality**
  
  Implement a recognition program that will:
  - Assure quality.
  - Lead to reimbursement.
  - Allow CDC to develop a program registry.

- **Intervention Sites: Deliver Program**
  
  Develop intervention sites that will build infrastructure and provide the program.

- **Health Marketing: Support Program Uptake**
  
  Increase referrals to and use of the prevention program.
AADE DPP Progress to Date

- Number of DPP Locations: 63
- Number of DPP Classes implemented, since 2013: 209
  - In Grant Year 3, 84
- Number of Participants enrolled: 2589
  - In Grant Year 3, 1131
- Lifestyle Coach Trainings, held since 2013: 9
- Number of Lifestyle Coaches trained, since 2013: 234
  - Number of Lifestyle Coaches currently in Network: 189
- Number of Master Trainers in AADE DPP Network: 9
- Scheduled Lifestyle Coach Trainings for 2016: 2-3
ALL AADE DPP sites are DPRP pending/full recognized sites.

AADE DPP has 10 sites that have achieved “Full CDC Recognition” status (out of the 40 nationwide).

AADE provides continuous technical assistance to sites applying for and seeking DPRP recognition, assisting with data analysis and evaluating the completion of on-going program benchmarks.

AADE also offers other quality assurance measures beyond the CDC’s DPRP.
AADE DPP Progress to Date

- To date, AADE is delivering the National DPP in 16 States and 45 geographically diverse sites.
- AADE is conducting a comprehensive capacity assessment of existing DSME landscape, and working with its state partners to identify areas for improvement in capacity building of new DSME/DPP sites.
AADE DPP Progress to Date

AADE is working with its DPP sites to utilize existing and pending resources from the CDC, American Medical Association (AMA) and the National Association of Chronic Disease Directors (NACDD).

- Prevent Diabetes STAT toolkit
- STEPS Forward

AADE is building its own library of tools and resources available to its DPP sites as they advocate for program referrals and increased utilization.
AADE’s Focus on DPP Recruitment & Utilization

- Due to its increased work within the DSME landscape, existing pool of potential participants available
- Ability to leverage existing relationships with physicians and practice groups
  - Network, Referrals, DSME/S communications
- Increased outreach efforts to community-based organizations with an interest in delivering the DPP
- Focus on clinical-community linkages, working to provide high-quality, low cost clinical services and support to low-income and disparate populations.
AADE DPP’s Progress on Sustainability

- Strategic steps are being taken by AADE as it pursues long-term sustainability outcomes for its network, including:
  - Capacity assessments and capacity building workshops and seminars, as well as action plan being developed with local/state partners
  - Convening regional collaborators in the various states that AADE DPP sites exist, developing and sustaining dialogue to bolster and leverage collective efforts to drive the scaling of the Nation DPP
  - Creating targeted and strategic employer outreach and engagement plans to inform business groups in various regions about the National DPP and reasons why the program can and should be adopted as a covered medical benefit (wellness benefit).
- AADE has worked directly with various groups to discuss DSME and DPP reimbursement and sustainability
  - State Health Departments
  - Insurance Groups
  - Employer Groups
  - Third Party Administrators
A Snapshot of What AADE DPP Offers:

- Technical Assistance & Support, with resource library and educational materials on-demand.
  - Expanded tools and resources to be made available in 2016, including webinars and podcasts, as well as recorded meetings and events.
- Coding, payment and reimbursement assistance, with subject matter experts available to address questions and issues.
- Lifestyle Coach Trainings, provided for all interested individuals, as of Fall 2015 (previously been restricted to AADE sites)
- “How to Start Your Own DPP” half-day sessions added as an addition to current AADE DSME Workshops, as of November 2015
A Snapshot of What AADE DPP Offers:

- Targeted marketing materials for various demographics and stakeholders targeted by the CDC/National DPP.
- Toolkits with information related to sustainability, including reimbursement.
- AADE’s Diabetes Prevention Community of Interest (COI) discussion group, for on-going best practice sharing.
- SharePoint Site for AADE-trained Lifestyle Coaches
- AADE DPP Mentoring Program, for support and guidance from peers – lifestyle coach/program coordinators.
Options and Opportunities to Work With AADE Diabetes Prevention Program:

- Interested DSME programs (that are nationally certified) can request and submit a capacity assessment and application for entry into our network
- AADE Lifestyle Coach trainings
  - Upcoming trainings in Chicago, IL at AADE Headquarters
    - November 19-20 and December 9-10, 2015
- AADE’s “How to Start a Successful DPP” Workshop

Please visit www.diabesteseducator.org/dpp for more information on our program and services.
For more information:

Email: dpp@aadenet.org

http://www.diabetesseducator.org/dpp