

Case for Coverage: National Diabetes Prevention Program

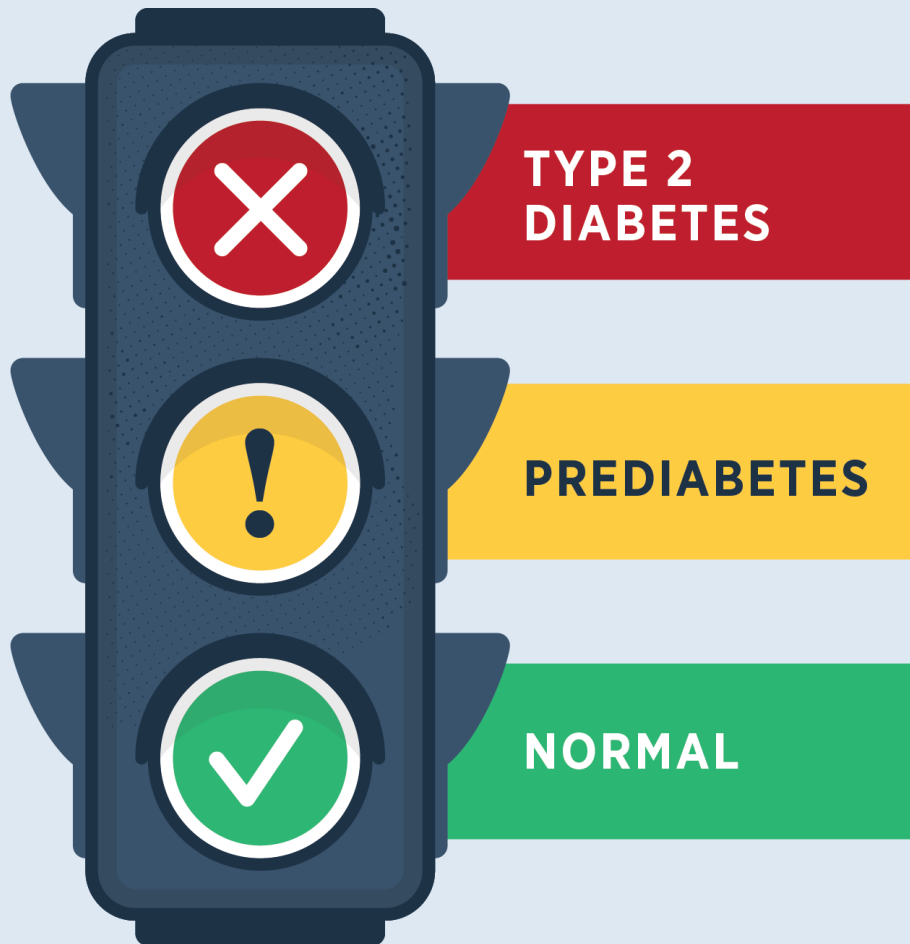
Richland County Safety Council
August 19, 2021

3 Key Takeaways

- After the presentation, attendees will be able to:
 1. Describe the burden of diabetes and prediabetes in Ohio and on your workforce.
 2. Describe the National Diabetes Prevention Program, including participant eligibility, program goals, and program delivery modes.
 3. Identify next steps to determine if the National Diabetes Prevention Program is a good fit for their organization.

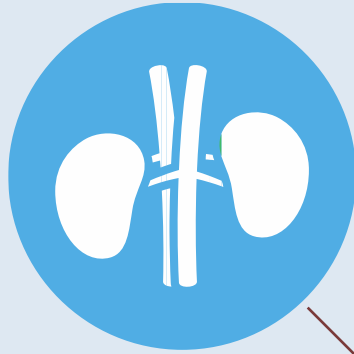
Setting the Stage

- Ohio Diabetes & Prediabetes Trends
- About the Diabetes Prevention Program
- Tools & Resources for Employers/Payers
- ODH Technical Assistance

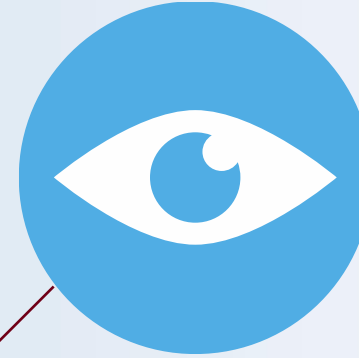


Prediabetes is when your blood sugar level is higher than normal but not high enough to be diagnosed as type 2 diabetes.

**KIDNEY
FAILURE**



BLINDNESS



**People with
type 2 diabetes are at
higher risk of serious
health complications**

**LOSS
OF TOES,
FEET, OR
LEGS**



**HEART
ATTACK**



STROKE

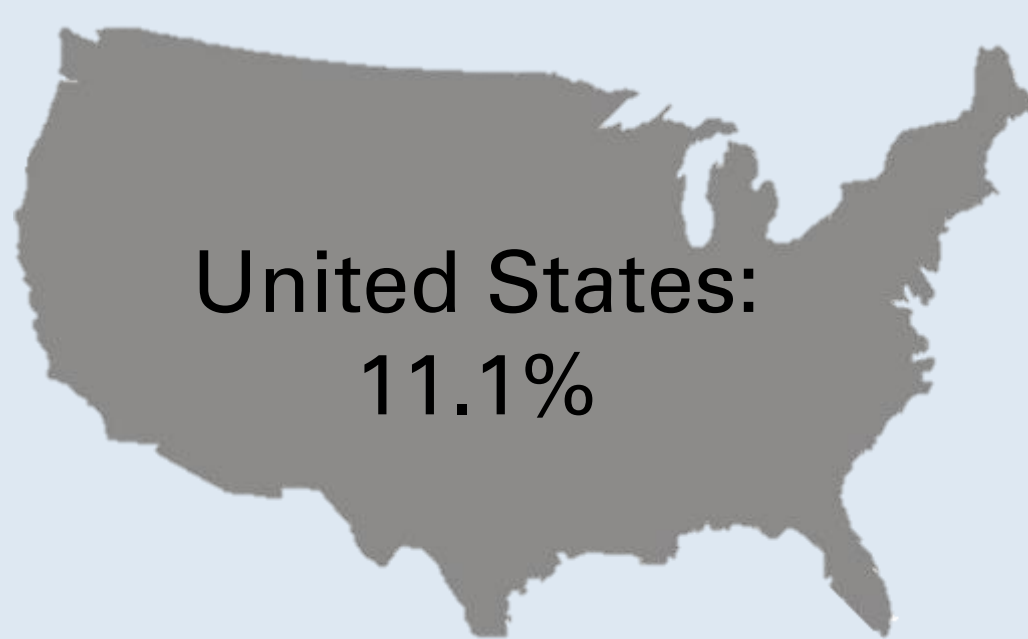


Diabetes Landscape



Diabetes Burden - 2019

Adult Diabetes Prevalence



Diabetes Burden - 2019

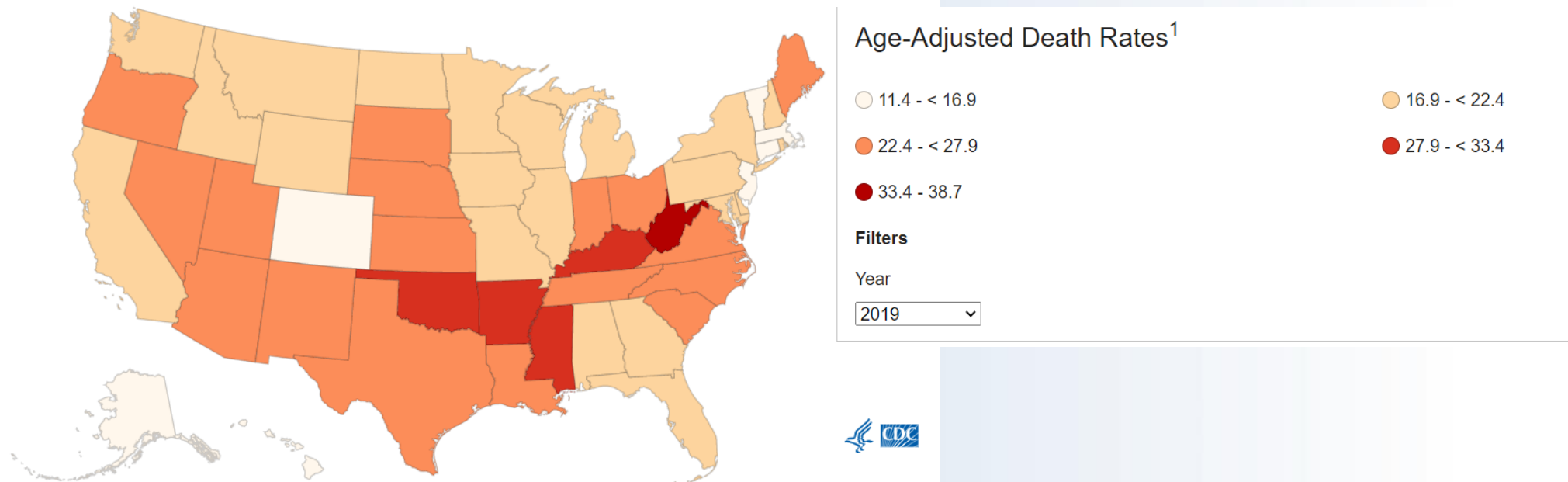
- Adult Diabetes Prevalence by:
 - Sex.
 - Race/ethnicity.
 - Age group.
 - Household income.
 - Educational attainment.
- Similar in Ohio compared with U.S.



Diabetes Burden - 2019

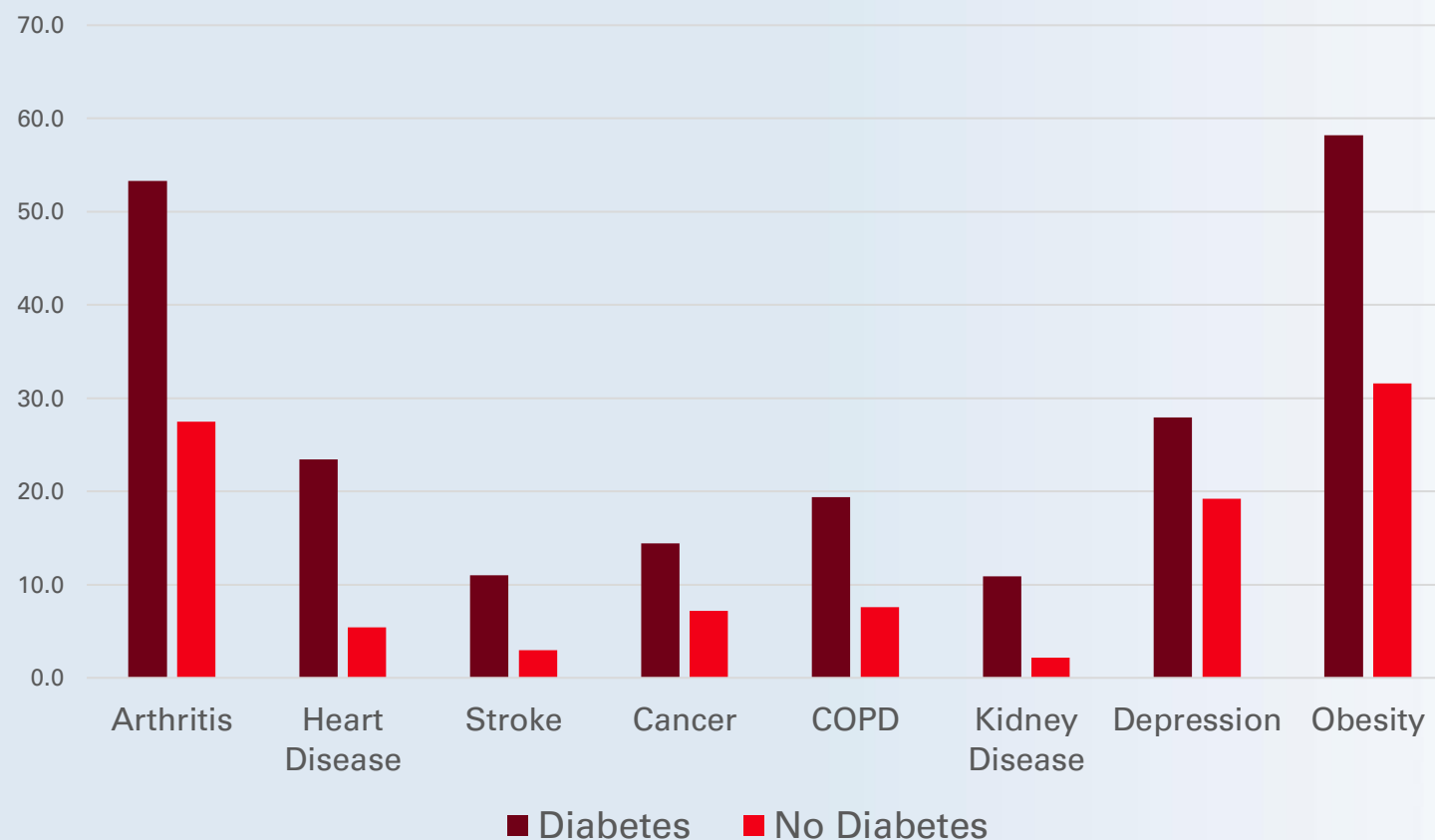
- Ohio had the ninth highest diabetes death rate among the 50 states & D.C.

Diabetes Mortality by State

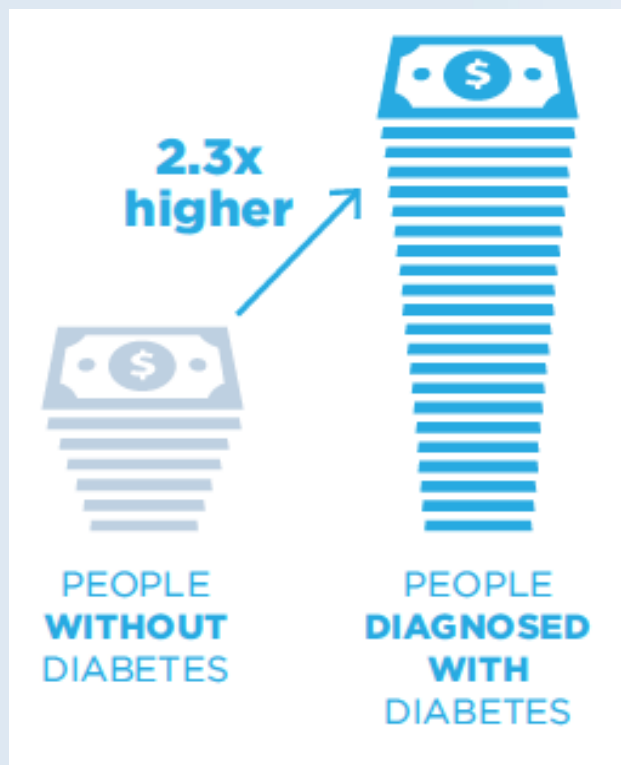
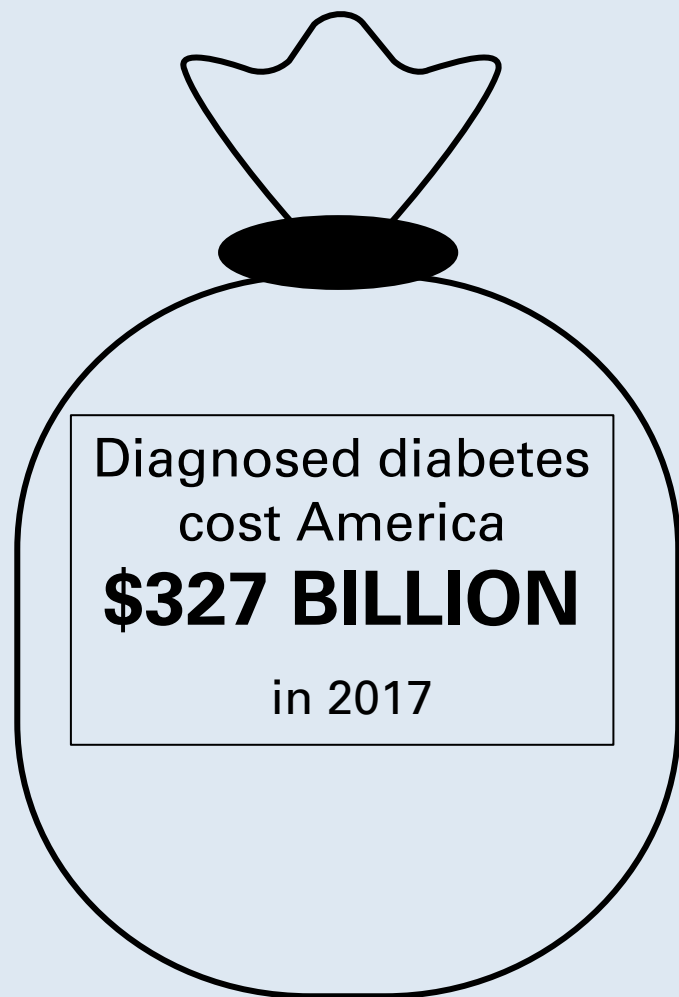


Diabetes Comorbidities - 2019

Prevalence of select chronic diseases among adults (age 18+) by diabetes status, Ohio, 2019



Diabetes Costs



**AVERAGE MEDICAL
EXPENDITURES**



Preventing prediabetes
from progressing to
type 2 diabetes can
save an average of
\$2,671 in medical
expenditures for **each
individual every year.**



1 **OUT**
OF **3**

**ADULTS HAVE
PREDIABETES**



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

**DON'T KNOW
THEY HAVE IT**

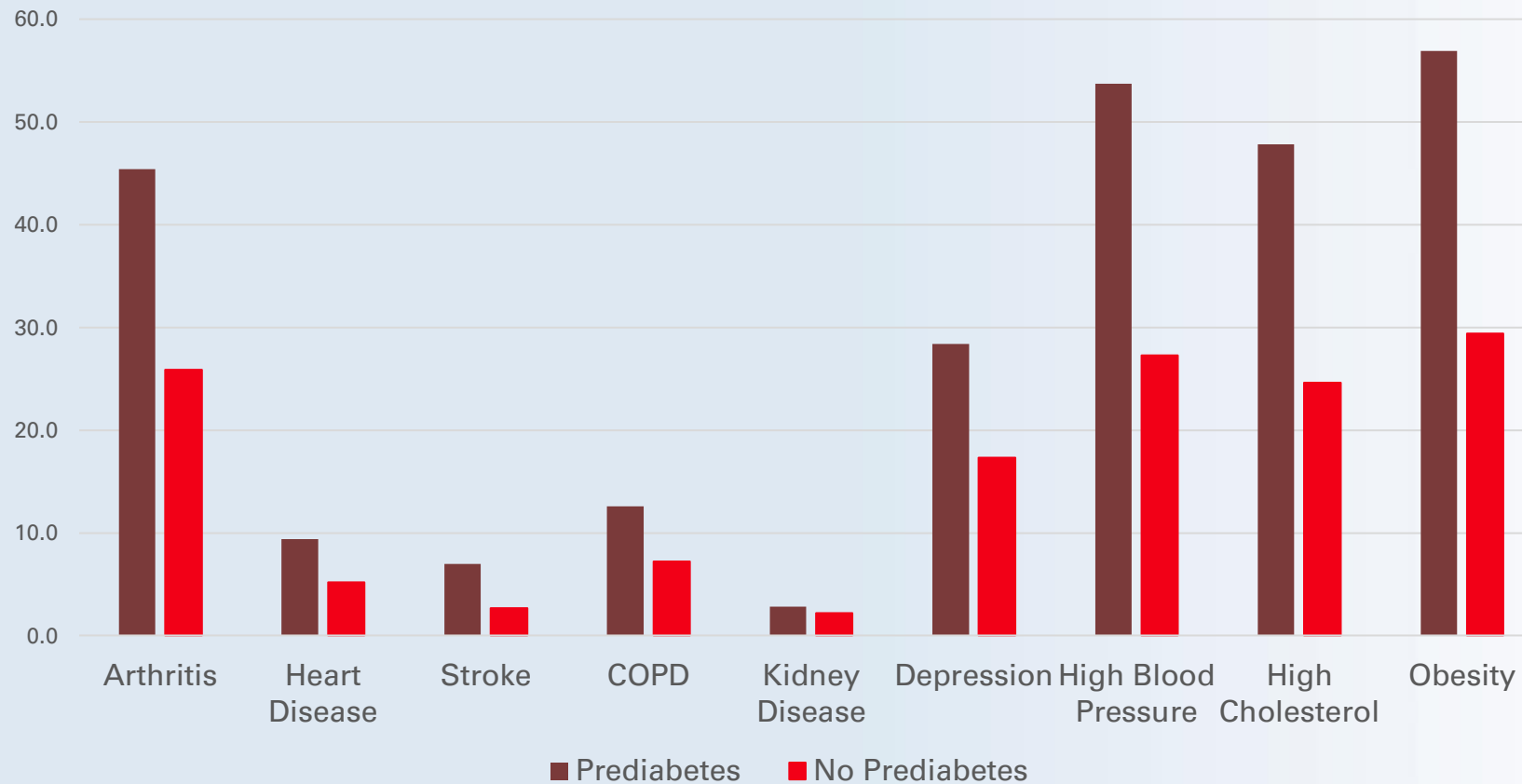
Prediabetes Burden - 2019

Adult Prediabetes Prevalence



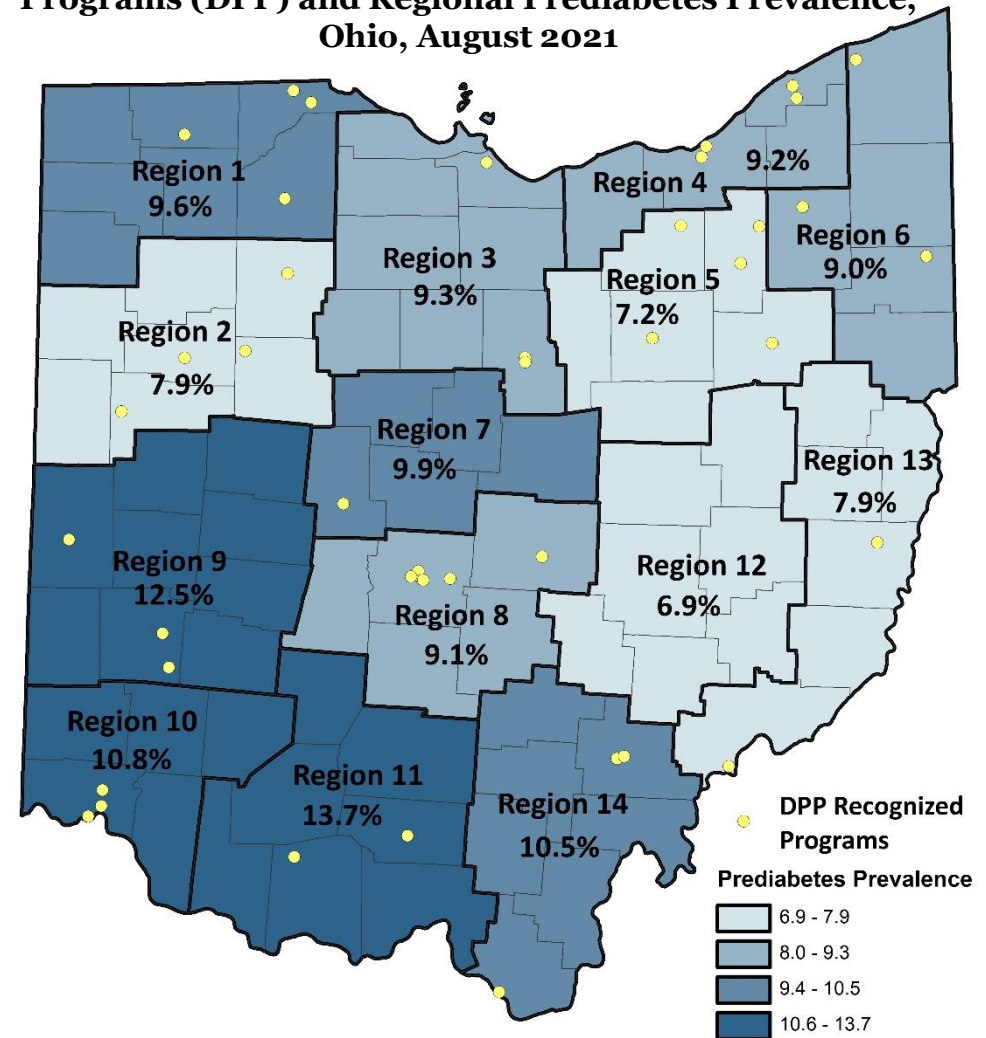
Prediabetes Comorbidities - 2019

Prevalence of select chronic diseases among adults
(age 18+) by prediabetes status, Ohio, 2019



Prediabetes Regional Prevalence - 2019

Location of CDC-recognized Diabetes Prevention Programs (DPP) and Regional Prediabetes Prevalence, Ohio, August 2021



Preventing Type 2 Diabetes



Preventing Type 2 Diabetes

National Diabetes Prevention Program (DPP)

- Lifestyle change program.
- Patients at risk for type 2 diabetes.
- Make sustainable lifestyle changes.
- Achieve weight loss.
- Group and coach support.

Core Curriculum

Participants attend 16 weekly sessions during the first six months.

Follow-Up Phase

Participants attend one session a month (minimum of six sessions).



National DPP Research Study

Randomized controlled trial that compared placebo, medication (metformin), and intensive lifestyle intervention in more than 3,000 adults at high risk for diabetes



At an average follow-up of three years, the lifestyle intervention reduced the incidence of diabetes by **58%**, compared with placebo.



During the same time period, metformin reduced the incidence of diabetes by **31%**, compared with placebo.

National DPP – Program Details



Trained lifestyle coaches facilitate group sessions of up to 20 participants.



Emphasizes participant empowerment through a personal action plan.



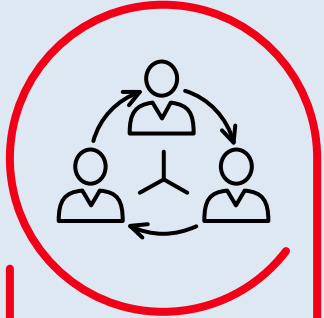
Program follows specific curriculum and national standards.



National DPPs are required to submit data on participant outcomes.

- Program oversight, recognition, and quality assurance occurs through CDC.

National DPP – Program Details



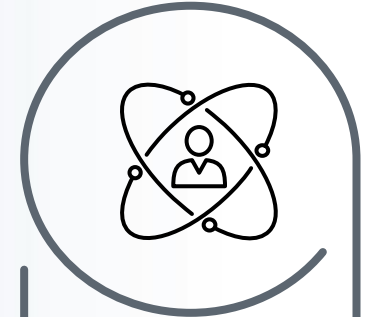
In Person



Online



Distance
Learning



Combination

National DPP – Program Details

Curriculum Topics

- Get Active.
- Track Activity.
- Eat Well.
- Burn More Calories.
- Shop and Cook.
- Cope with Triggers.
- Heart Health.
- Get Support.
- When Weight Loss Stalls.

Participant Goals

- 5-7% weight loss.
- At least 150 minutes of physical activity/week.

National DPP – Program Eligibility

- Be 18 years of age or older; AND
- Be overweight (body mass index ≥ 25 ; ≥ 23 if Asian); AND
- Have NOT been diagnosed with type 1 or type 2 diabetes; AND
- NOT be pregnant; AND

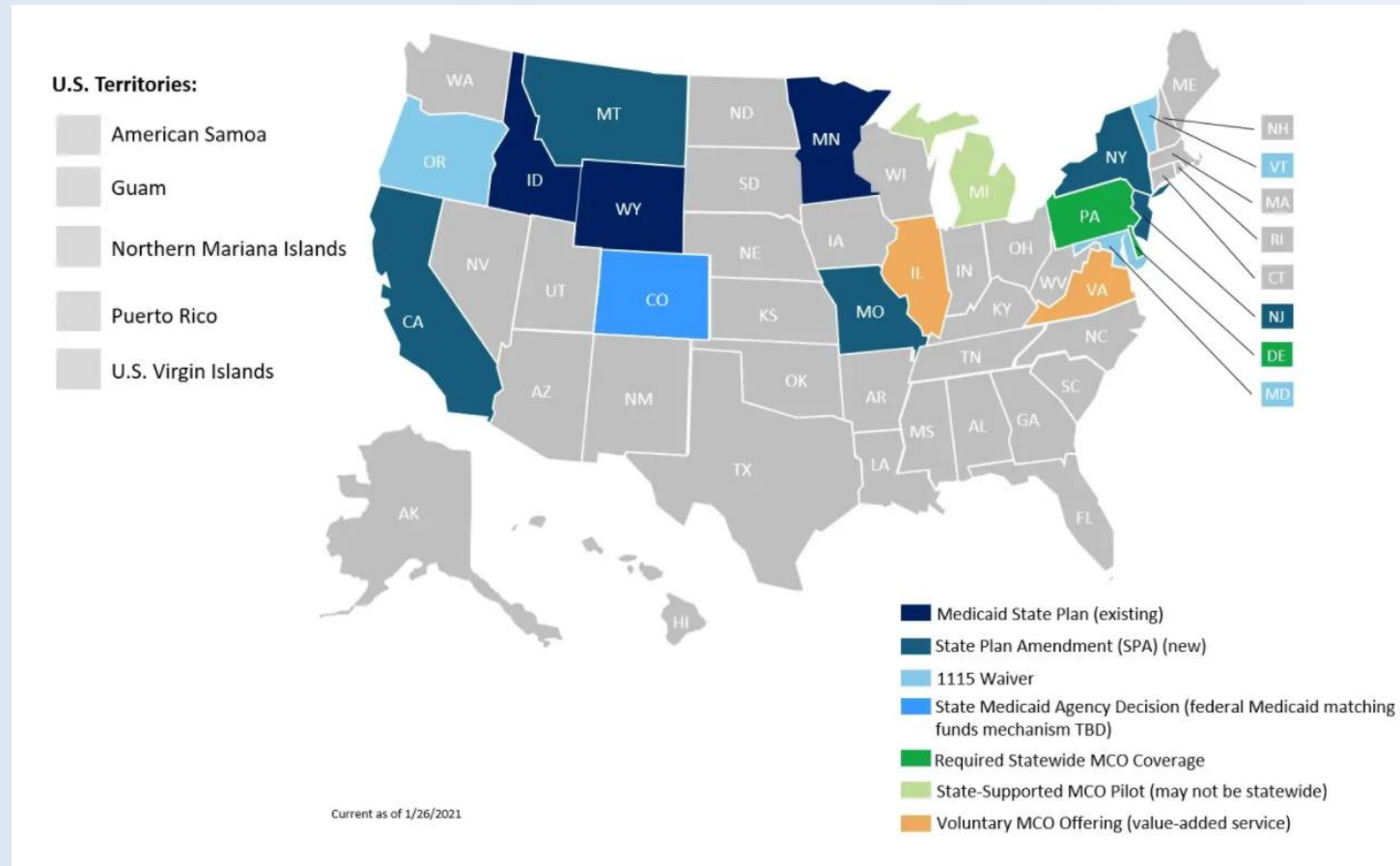
Must Also Meet One Of The Following Criteria

- Have a blood test result in the prediabetes range within the past year:
 - Hemoglobin A1C: 5.7%–6.4%, or
 - Fasting plasma glucose: 100–125 mg/dL, or
 - Two-hour plasma glucose (after a 75 gm glucose load): 140–199 mg/dL
- Previous gestational diabetes mellitus (GDM) diagnosis.
- Score 5 or higher on the [CDC/American Diabetes Association Prediabetes Risk Test](#).

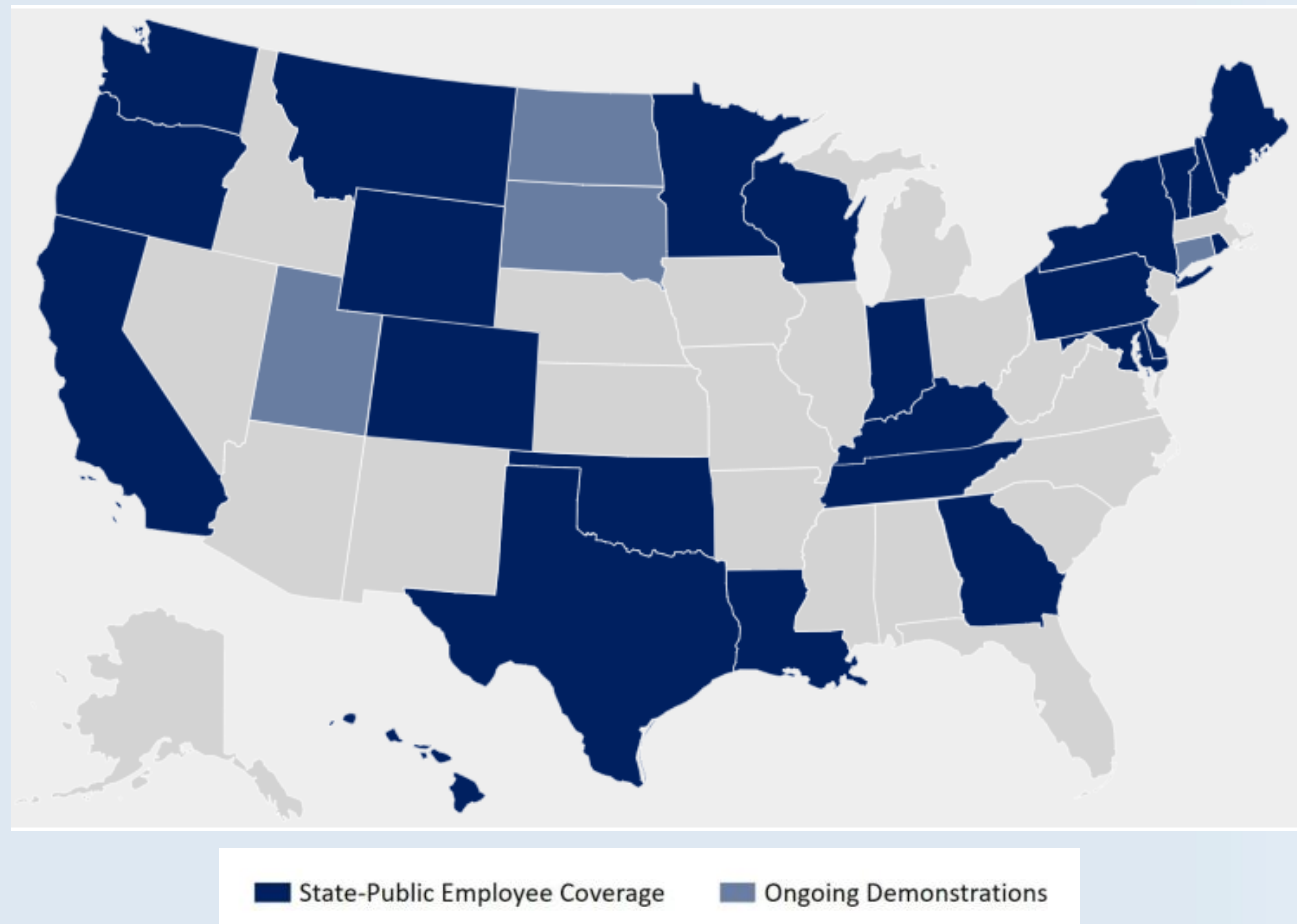
Coverage of the National DPP Lifestyle Change Program



National DPP Coverage for Medicaid Beneficiaries



National DPP Coverage for Public Employees



More than **5 million** public employees and dependents in **28 states** have the National DPP lifestyle change program as a covered benefit.

- California
- Colorado
- Connecticut
- Delaware
- Georgia
- Hawaii
- Indiana
- Kentucky
- Louisiana
- Maine
- Maryland
- Montana
- Minnesota
- Nebraska
- New Hampshire
- New York
- North Dakota
- Oklahoma
- Oregon
- Pennsylvania
- Rhode Island
- Tennessee
- Texas
- Utah
- Vermont
- Washington
- Wisconsin
- Wyoming

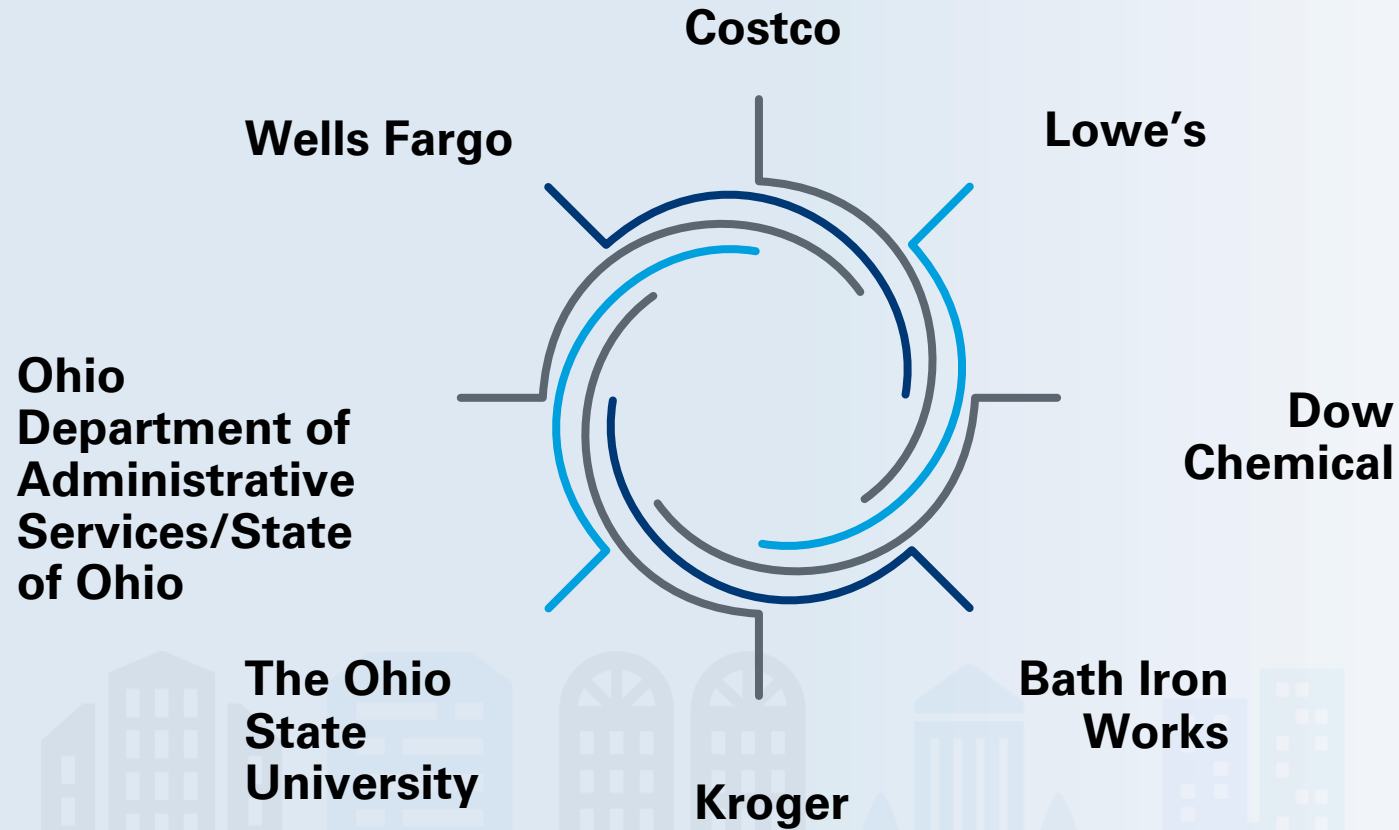
Participating Commercial Health Plans

Many commercial health plans provide some coverage for the National DPP lifestyle change program.

Examples include:

- Anthem
- Cigna
- Humana
- Medical Mutual
- United Health Group
- Aetna: DE, KY, TX
- AmeriHealth Caritas
- BCBS/Highmark
- Kaiser: CA, CO, GA, HI

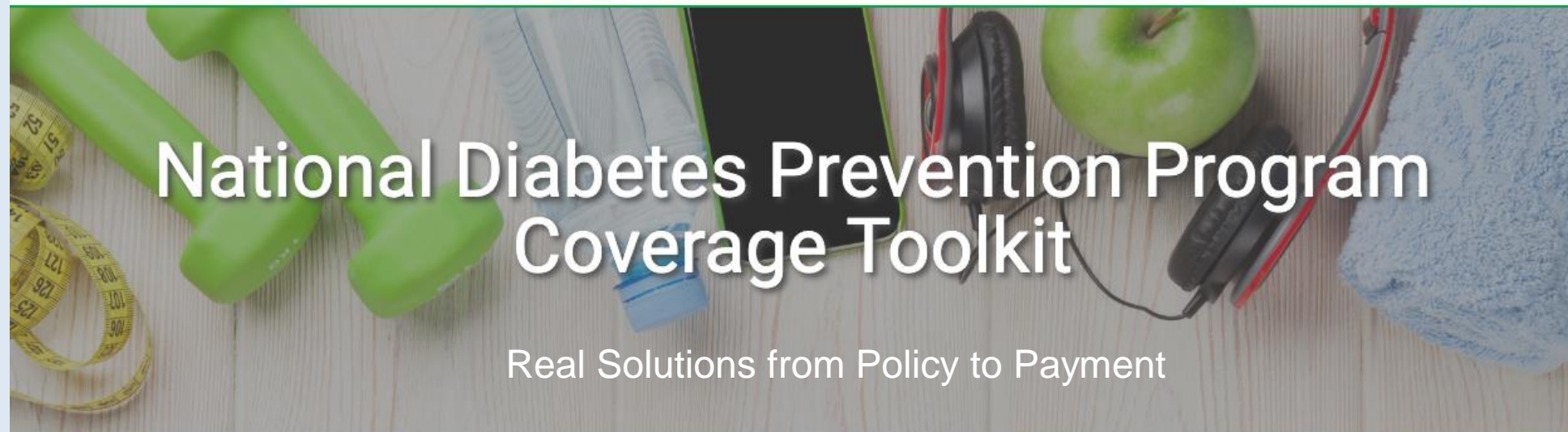
You Will Be In Good Company



Resources for Employers/Health Plans



Coverage Toolkit



<https://coveragetoolkit.org/>

Commercial Payers Section

Making the Case for Coverage for Commercial Plans and Employers

This section explains how to make the case to cover the National Diabetes Prevention Program (National DPP) lifestyle change program stages. Click on a link below to go directly to that stage.

- [Stage 1: Assessing Readiness- Where is the Organization in the Process?](#)
- [Stage 2: Preparing the Case for Coverage](#)
- [Stage 3: Planning the Benefit](#)
- [Stage 4: Assessing Success and Scalability](#)
- [Stage 5: Post-Program Launch](#)
- [Resources](#)

Readiness Assessments

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

Readiness Assessment for Coverage of the National Diabetes Prevention Program (National DPP) Lifestyle Change Program

Coverage Readiness Assessment- Part 1

Does the following statement apply to you?

...My organization has interest in covering the National DPP lifestyle change program, but needs to strengthen or better understand the business case prior to making the decision to cover.

If so, please answer each of the following:

At my organization...	Yes	No	Not Yet
We understand the parameters of the National DPP lifestyle change program (the duration and frequency requirements of the program, eligibility requirements, etc.).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We understand the evidence associated with the National DPP.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We understand the potential benefits of the program for our eligible population (disease risk reduction, lower absenteeism, etc.).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We know which decision makers within our organization will need to sign-off on a coverage decision, and we already have meetings scheduled with them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We understand, in general, the cost and value (ROI) of offering the program including cost-avoidance, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We understand who our target audience is for this program.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Barriers & FAQs for Employers

Barriers and Responses: FAQs for Coverage of the National DPP Lifestyle Change Program

Summary

Many commercial and public payers and employers across the nation have decided to cover the evidence-based National Diabetes Prevention Program (National DPP) lifestyle change program for their members or employees. Many more are considering coverage so they too can: decrease the cost of providing health care to employees over time; improve the health of at-risk employees by preventing or delaying the onset of type 2 diabetes; and provide a wellness benefit for employee retention. The objective of this document is to address frequently asked questions about coverage of the National DPP and provide answers and links to information on the National DPP Coverage Toolkit (coveragetoolkit.org).

Frequently Asked Questions Regarding Coverage

Why can't this be a "one size fits all" program for all my members and/or employees?

- Limiting program eligibility to people with prediabetes or at high risk for type 2 diabetes will increase your return on investment by making sure those at

Pathway to Coverage

The Pathway to Coverage for the National DPP for Commercial Plans and Employers

Coverage of the National Diabetes Prevention Program (National DPP) lifestyle change program is an important step in preventive health care and population health. Providing coverage will assist with program sustainability, fostering improvements in population health by preventing type 2 diabetes and its related complications in those at greatest risk. Coverage is expanding in Medicare and Medicaid, and it is critical that commercial health plans and employers keep pace.

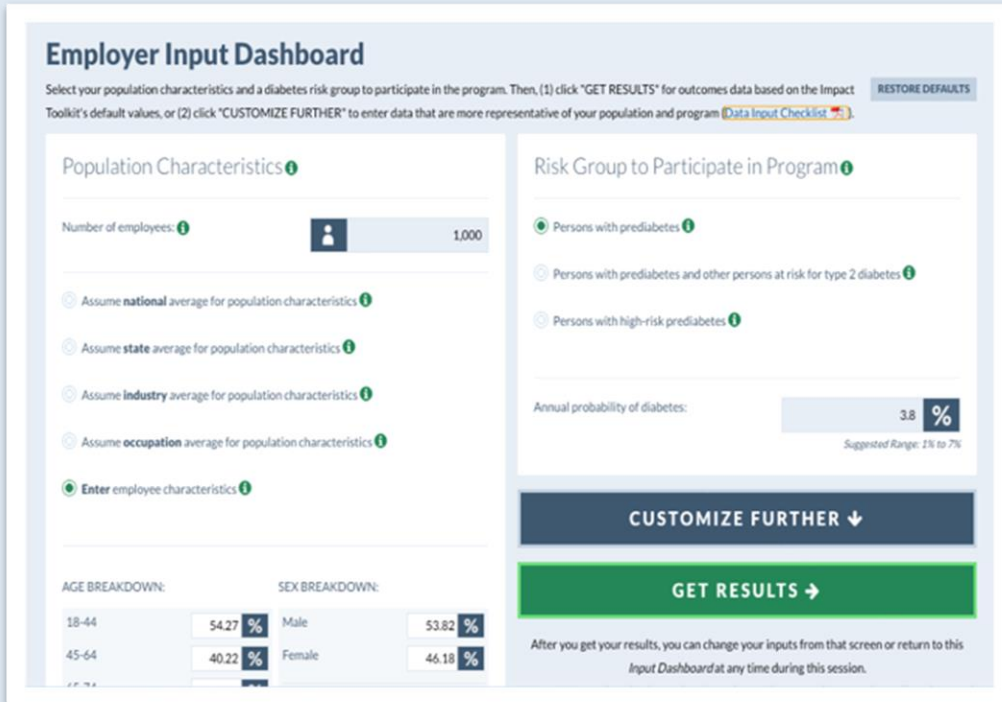
If this is your first time learning about the National DPP lifestyle change program, please see coveragetoolkit.org/about-national-dpp/ for information about the program.

Commercial Payers – Delivery Options

Program Elements and Options for Employers	
Delivery Method*	Onsite – at the worksite
	Online or distance learning
	Community partners – in the community
Coverage Method	Employer-offered benefit
	Insurance-covered benefit
Contracting Party	Contract directly with CDC-recognized organizations that provide the National DPP lifestyle change program
	Contract directly with a third-party administrator (TPA) that handles billing processes and/or network management. The TPA establishes contracts with CDC-recognized organizations for the employer.
Contract Type	Invoice method
	Claims processing method (if coverage method is Insurance-covered benefit)

Diabetes Prevention Cost Calculators

Impact Toolkit



Employer Input Dashboard

Select your population characteristics and a diabetes risk group to participate in the program. Then, (1) click "GET RESULTS" for outcomes data based on the Impact Toolkit's default values, or (2) click "CUSTOMIZE FURTHER" to enter data that are more representative of your population and program ([Data Input Checklist](#)).

Population Characteristics

Number of employees: 1,000

☐ Assume national average for population characteristics

☐ Assume state average for population characteristics

☐ Assume industry average for population characteristics

☐ Assume occupation average for population characteristics

☒ Enter employee characteristics

AGE BREAKDOWN:

Age Group	Percentage
18-44	54.27%
45-64	40.22%

SEX BREAKDOWN:

Sex	Percentage
Male	53.82%
Female	46.18%

Risk Group to Participate in Program

☒ Persons with prediabetes

☐ Persons with prediabetes and other persons at risk for type 2 diabetes

☐ Persons with high-risk prediabetes

Annual probability of diabetes: 3.8% (Suggested Range: 1% to 7%)

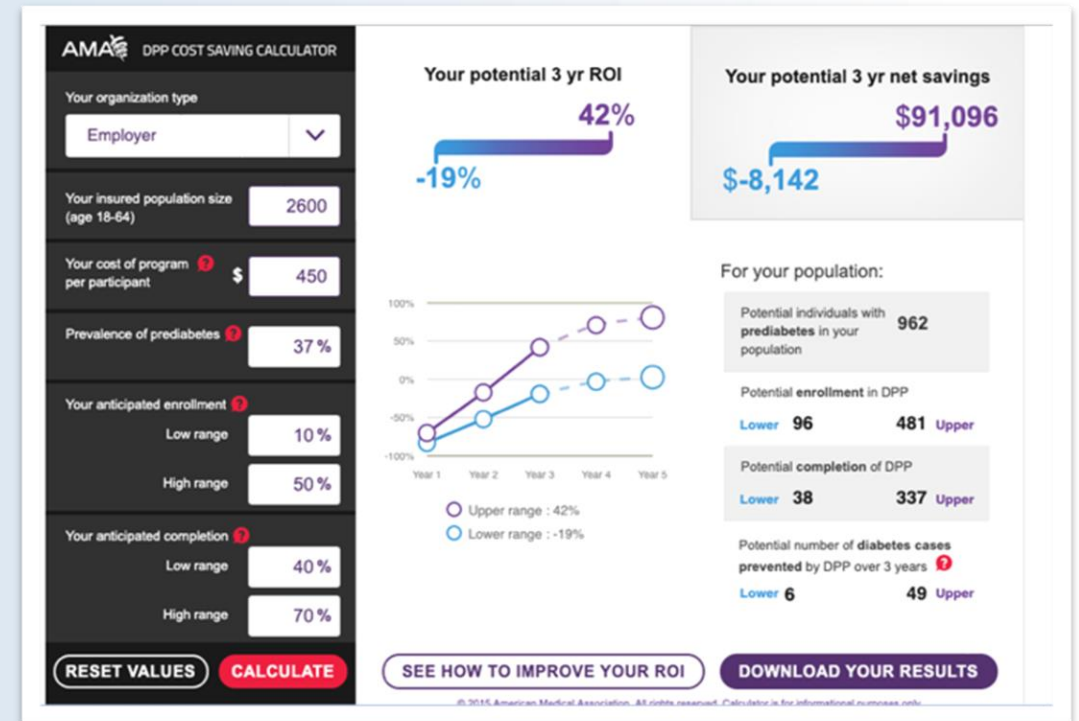
CUSTOMIZE FURTHER

GET RESULTS

After you get your results, you can change your inputs from that screen or return to this Input Dashboard at any time during this session.

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

Cost Savings Calculator



<https://ama-roi-calculator.appspot.com/>

ODH Technical Assistance

- ODH can help you:
 - Connect to existing DPPs in Ohio.
 - Start your own DPP.
 - Find online/distance delivery DPPs.
 - Connect to third party administrators.
 - Identify and recruit employees/members that qualify for the program.
 - Connect with other employers/health plans implementing the program.
 - Define your reimbursement/payment structure.

What Now?



Next Steps



Contact ODH to discuss incorporating the National DPP as a medical or wellness benefit for your employees.



Check out the employer and commercial insurer resources on the [National DPP Coverage Toolkit](#).



Estimate Return on Investment with [CDC's cost calculator](#) or [AMA's cost calculator](#).



Complete the [Employer Market Assessment](#) to help ODH understand interest and recent action related to coverage of the National DPP.

QUESTIONS?

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