



Leveraging National Diabetes Prevention Programming for Your Health Center

**Thursday, November 29th
2:00pm ET – 3:30pm ET**



**NATIONAL
NURSE-LED CARE
CONSORTIUM**
a PHMC affiliate

Presenters



Miriam Bell, MPH

Team Lead
National Diabetes Prevention Program
Centers for Disease Control



Gina Trignani, MS, RD, LDN

Director, Training and Capacity Building
Health Promotion Council

Presenters (cont.)



Nena Tolenoa
Executive Director
Kosrae Community Health Center

Chair
AAPCHO Pacific Islander Center of
Excellence in Primary Care



**Neighborhood Health Centers of
The Lehigh Valley**

Alicia Rivera, BS
Health Educator

Donna B. Winston MSN, RN
Director, Clinical Operations

National Nurse-Led Care Consortium

The **National Nurse-Led Care Consortium (NNCC)** is a membership organization that supports nurse-led care and nurses at the front lines of care.

NNCC provides expertise to support comprehensive, community-based primary care.

- Policy research and advocacy
- Technical assistance and support
- Direct, nurse-led healthcare services

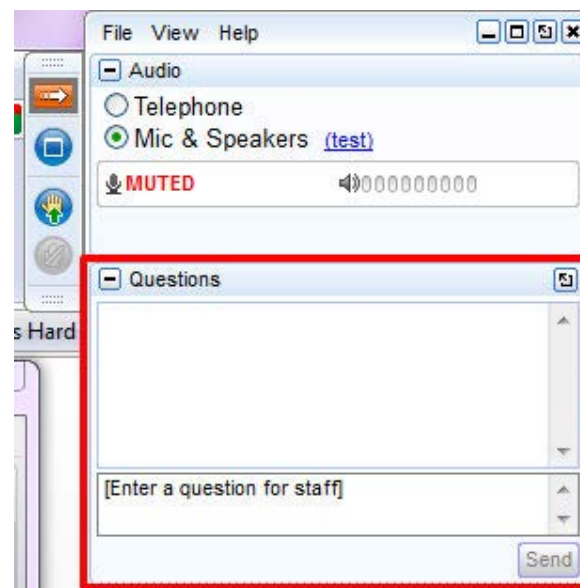


**NATIONAL
NURSE-LED CARE
CONSORTIUM**
a PHMC affiliate

Questions Welcomed

To ask a question or make a comment for our panelists, type it into the **Questions** pane in the Go To Webinar control panel.

We'll address all audience questions during Q&A!



Learning Objectives

- Understand the National Diabetes Prevention Program administered by the CDC
- Identify opportunities to incorporate diabetes prevention programming in a health center setting
- Describe the availability of reimbursement and technical support for prevention programming

Poll Question #1

Which of the following best describes your organization?

- Community health center (FQHC, Look-Alike, or other)
- Academic institution
- Federal agency
- Local/state department of health
- Community-based nonprofit/technical assistance provider

Poll Question #2

Does your organization offer the National Diabetes Prevention Program?

- Yes, through a partnership with an external provider
- Yes, we have staff onsite (trained lifestyle coaches)
- No, we currently do not offer the program
- Not sure/not applicable

The National Diabetes Prevention Program

Miriam T. Bell, MPH

Team Lead, National Diabetes Prevention Program

Division of Diabetes Translation

National Center for Chronic Disease Prevention and Health Promotion

Centers for Disease Control and Prevention

Our Public Health Challenge

**30 million Americans
have diabetes**

**84 million adult
Americans have
prediabetes**

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



National Diabetes Prevention Program

Largest national effort to mobilize and bring effective lifestyle change programs to communities across the country!

REDUCING THE IMPACT OF DIABETES



Congress authorized CDC to establish the NATIONAL DIABETES PREVENTION PROGRAM (National DPP)—a public-private initiative to offer evidence-based, cost effective interventions in communities across the United States to prevent type 2 diabetes

It brings together:



Research shows structured lifestyle interventions can cut the risk of type 2 diabetes in

HALF

to achieve a greater combined impact on reducing type 2 diabetes



TYPE 2 DIABETES PREVENTION EVIDENCE SUMMARY

Randomized Clinical Control Trials:

- The Diabetes Prevention Program Research Group. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. N Engl J Med. 2002; 346 : 393–403.
- The Diabetes Prevention Program Outcomes Study. Lancet. 2015

Subsequent Translation Studies

Various

Evidence-based Recommendations

- | | |
|---|---------------------|
| • USPSTF Obesity Intensive Behavioral Counseling | July 2012 |
| • Community Guide Review | July 2014 |
| • USPSTF CVD Risk Reduction Intensive Behavioral Counseling | August 2014 |
| • USPSTF Type 2 Diabetes and Abnormal Glucose Screening | October 2015 |
| • ICER Evidence Report on Type 2 Diabetes Prevention Programs | July 2016 |

Overview of the National Diabetes Prevention Program

- 1 At 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 with community organizations, private and public 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

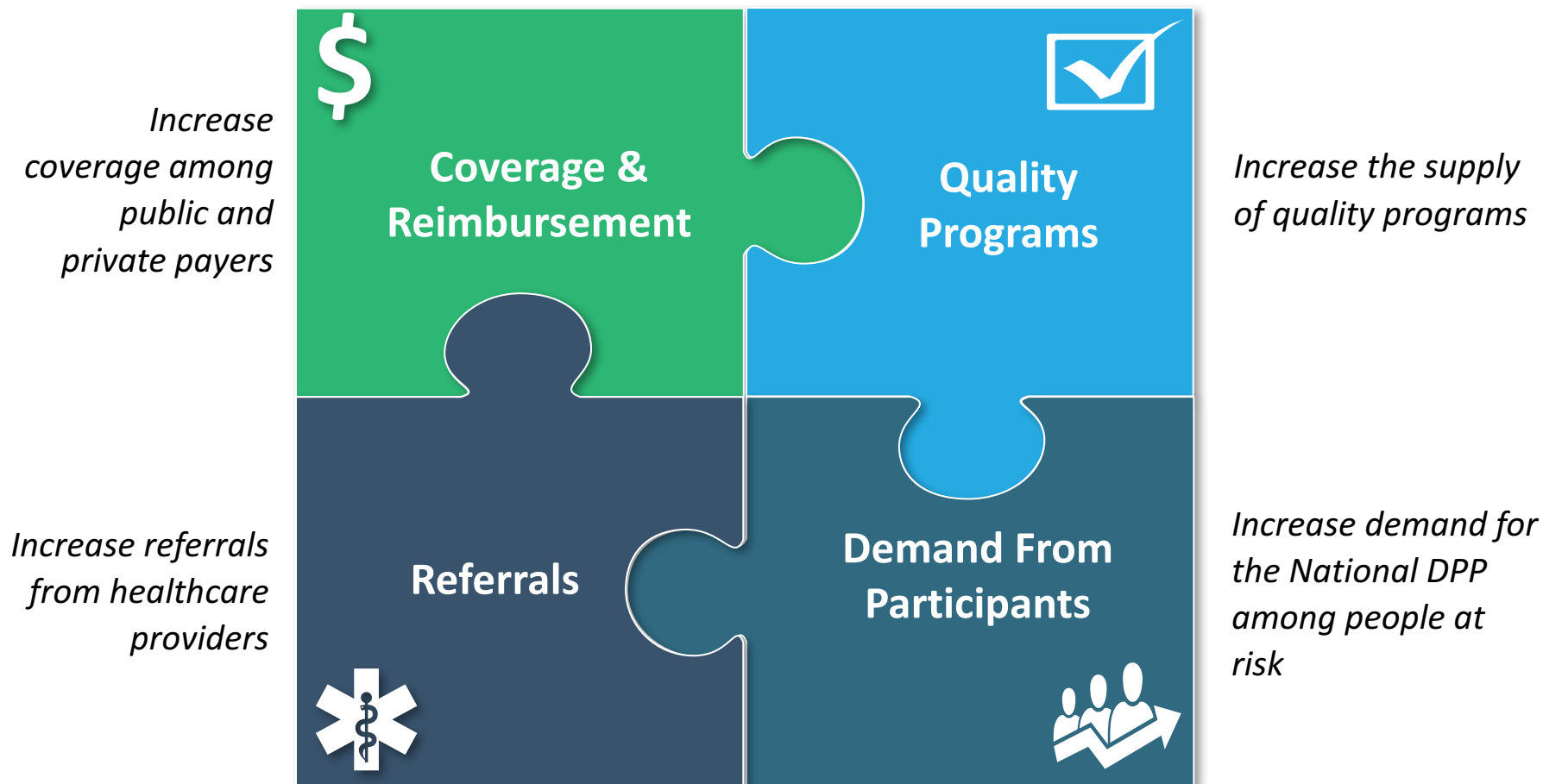


Deliver the lifestyle
change program
through organizations
nationwide

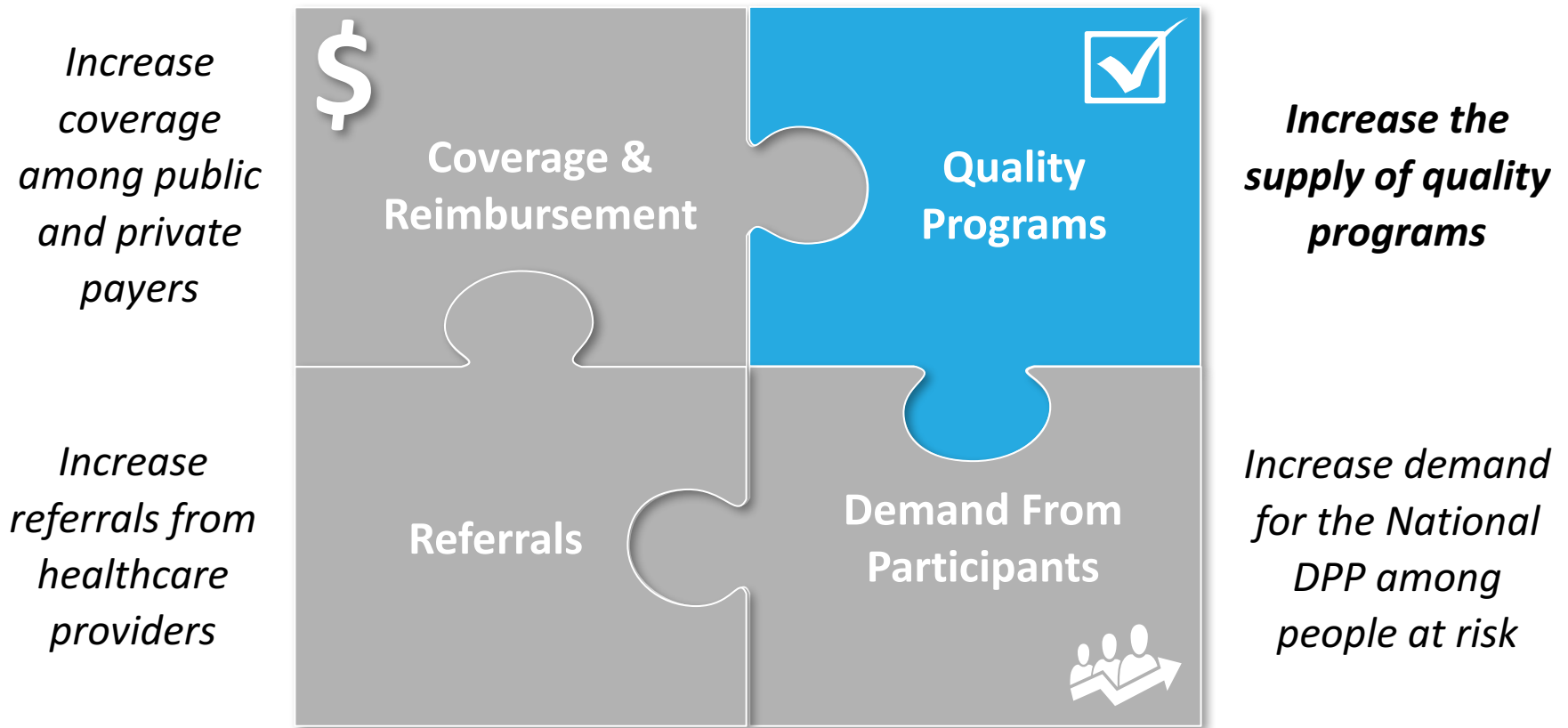


Increase referrals
to and participation
in the lifestyle
change program

National DPP Strategic Goals



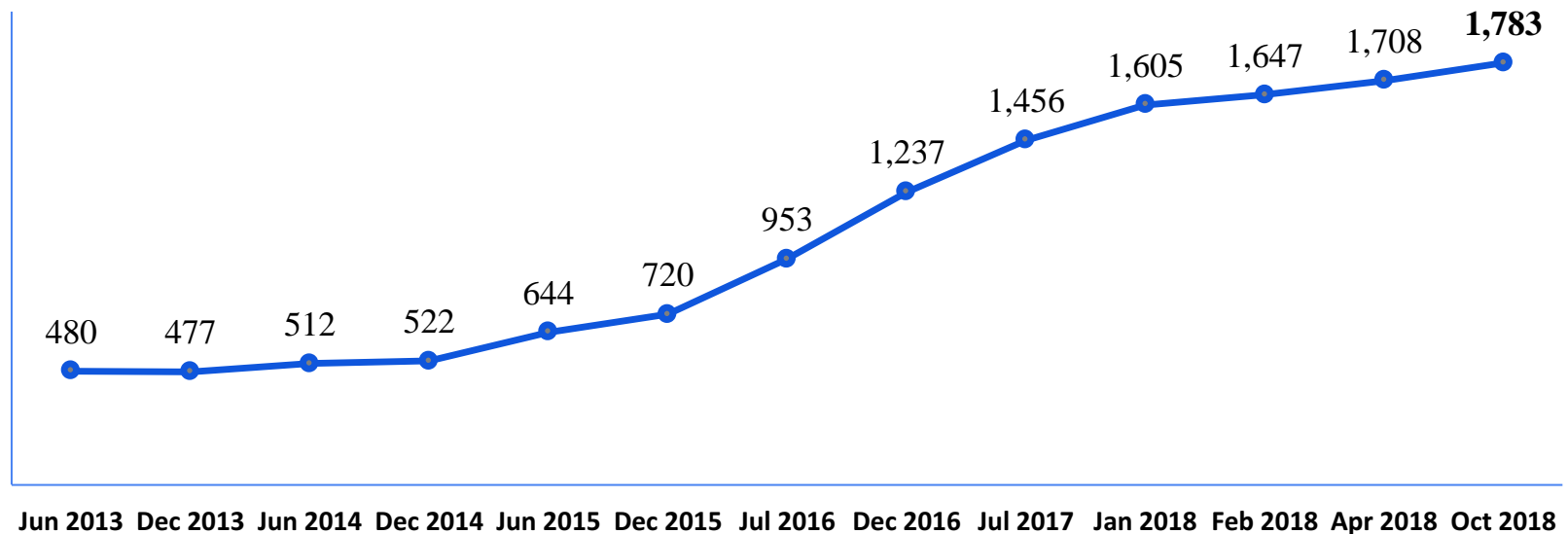
Increase the Supply of Quality Programs



Increase the Supply of Quality Programs

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

CDC-Recognized Type 2 Diabetes Prevention Programs Across the U.S.



CDC Diabetes Prevention Recognition Program, DPRP Dataset 2013-2018

The Lifestyle Change Program

PROGRAM GOAL: Help participants make lasting behavior changes such as eating healthier, increasing physical activity, and improving problem-solving skills

Delivered by a trained lifestyle coach
Evidenced-based curriculum

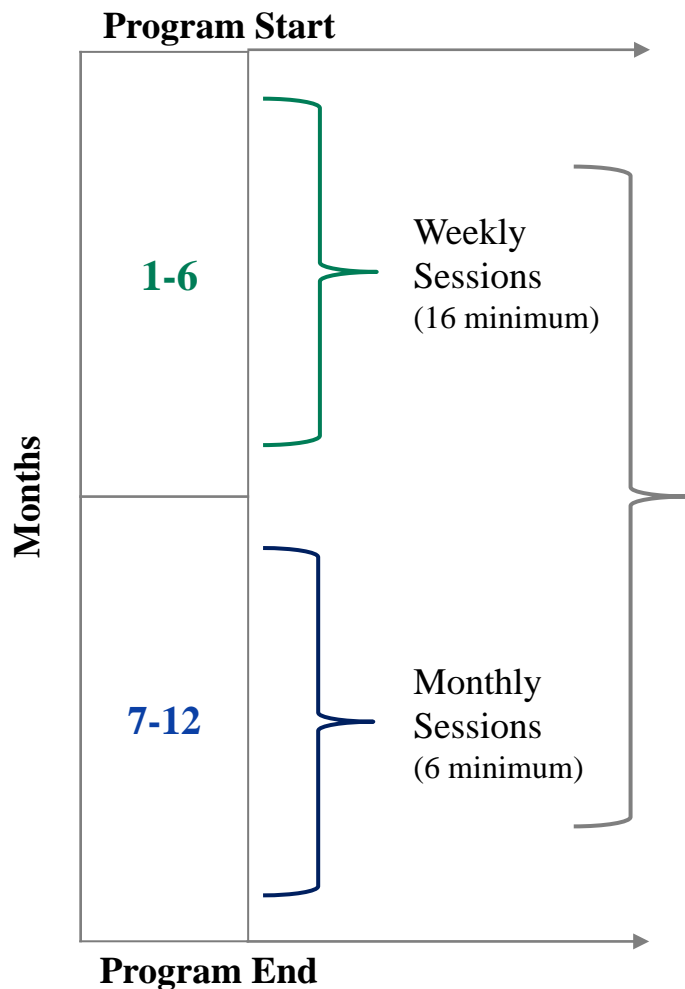
Example modules covered in core phase:

- Eat Well to Prevent T2
- Burn More Calories Than You Take In
- Manage Stress
- Keep Your Heart Healthy

Example modules covered in maintenance phase:

- When Weight Loss Stalls
- Stay Active Away from Home
- Get Enough Sleep

PARTICIPANT GOAL: Lose 5-7% of body weight



National DPP: Delivery Modes

- In Person
- Online
- Distance Learning
- Combination



CDC Recognition

Recognition involves...

assuring quality by developing and maintaining a registry of organizations recognized (by CDC's Diabetes Prevention Recognition Program) for their ability to deliver the National DPP lifestyle change program effectively

Key Activities



Quality Standards

- DPRP Standards and Operating Procedures--updated every 3 years



Registry of Organizations

- Online registry and program locator map



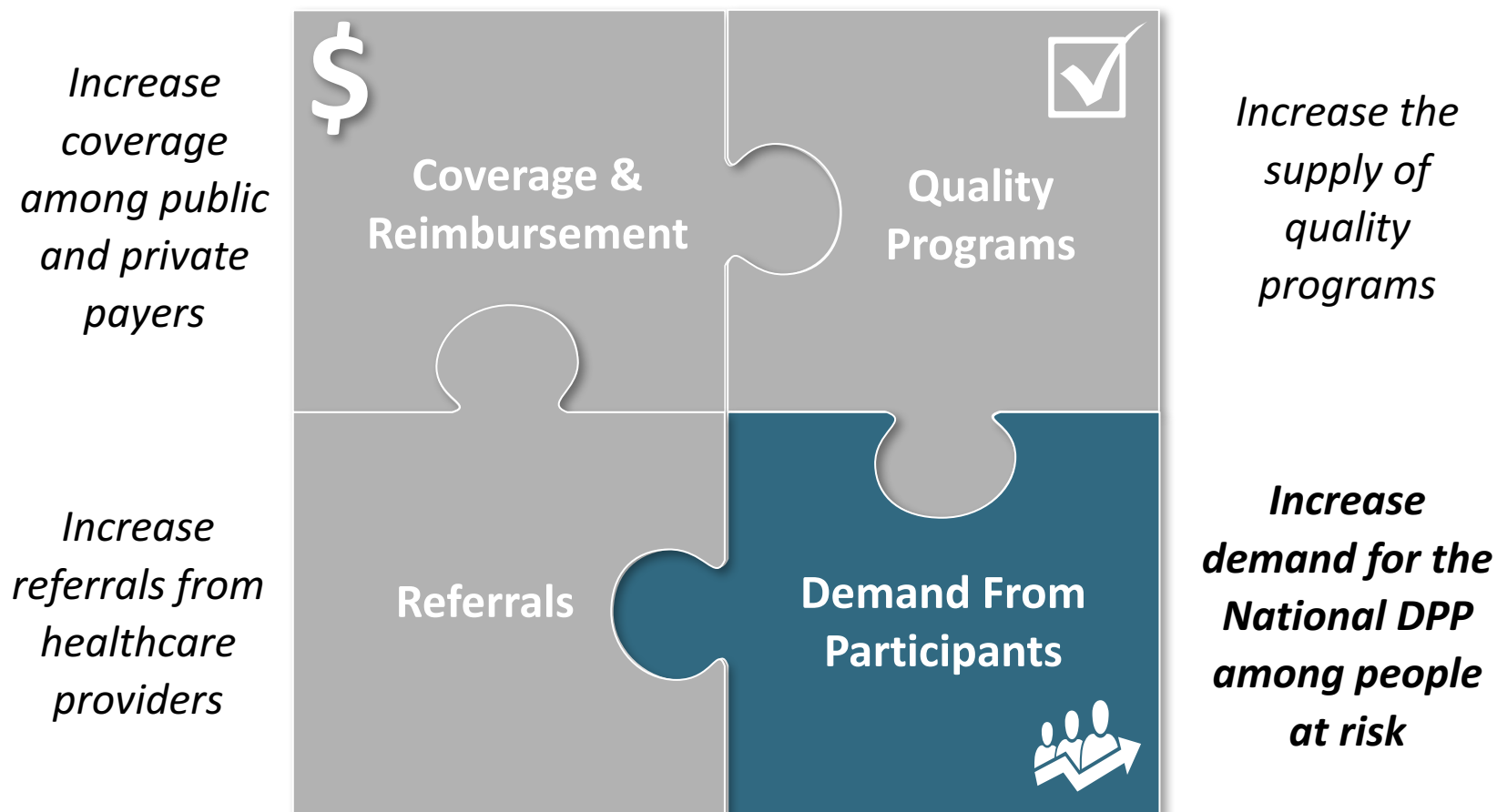
Data Systems

- Data analysis and reporting
- Feedback/technical assistance for CDC-recognized organizations

Benefits of CDC Recognition

- **Quality**—linked to national quality standards and outcomes proven to prevent/delay onset of type 2 diabetes
- **Data**—enables us to monitor progress individually by program and across the nation
- **Sustainability/Reimbursement**—private and public payers reimbursing for the program are requiring CDC recognition
- **Support**—recognized programs have access to technical assistance, training, and resources
- **Marketing**—can be an effective marketing tool to encourage referrals (“Our program meets CDC national quality standards.”)

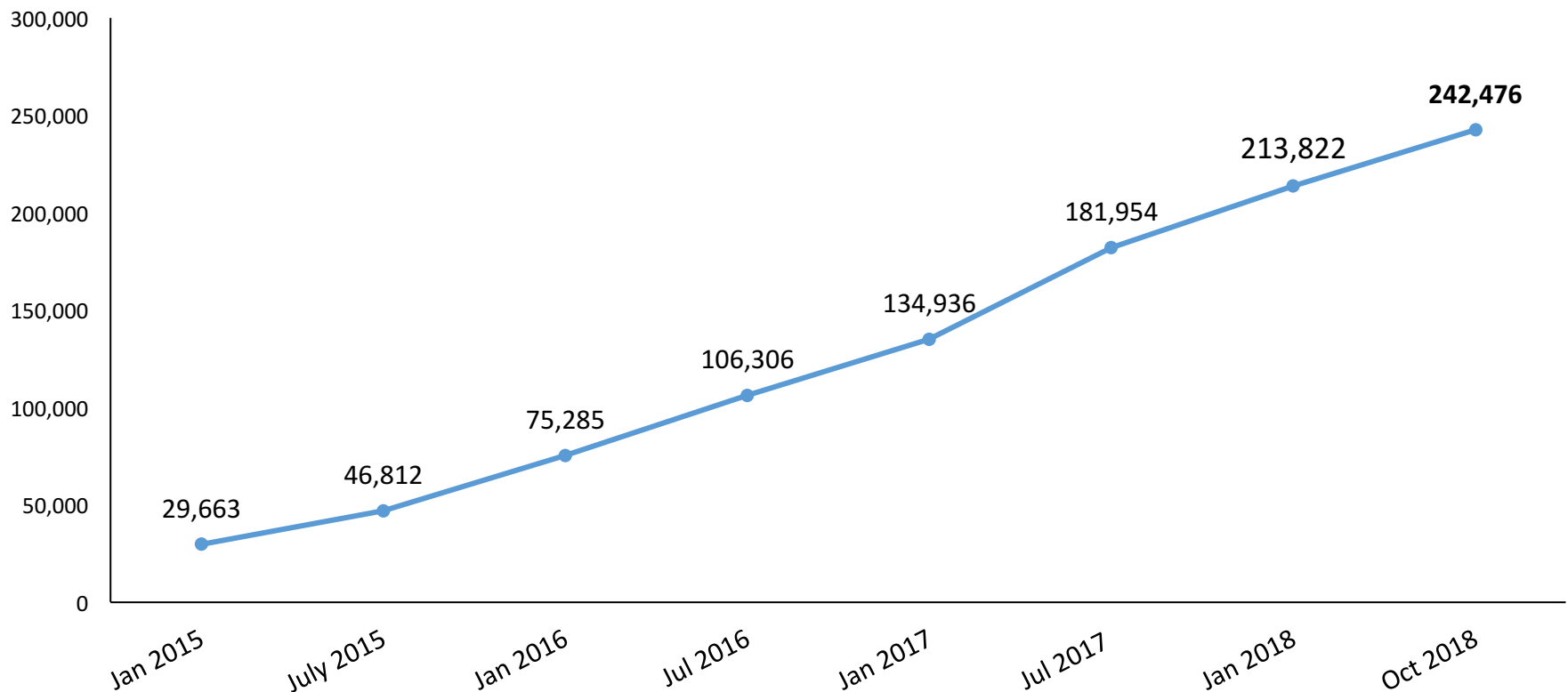
Increase Demand for the Program Among People at Risk



Increase Demand for the Program for People at Risk

The number of enrolled individuals has increased substantially since the program's inception

Cumulative Number of Individuals Enrolled in the National DPP Lifestyle Change Program¹



An estimated 242,476 individuals have enrolled as of October 2018¹

1. CDC Diabetes Prevention Recognition Program

Award Winning Prediabetes Awareness Campaign

Ad Council, AMA, ADA, CDC

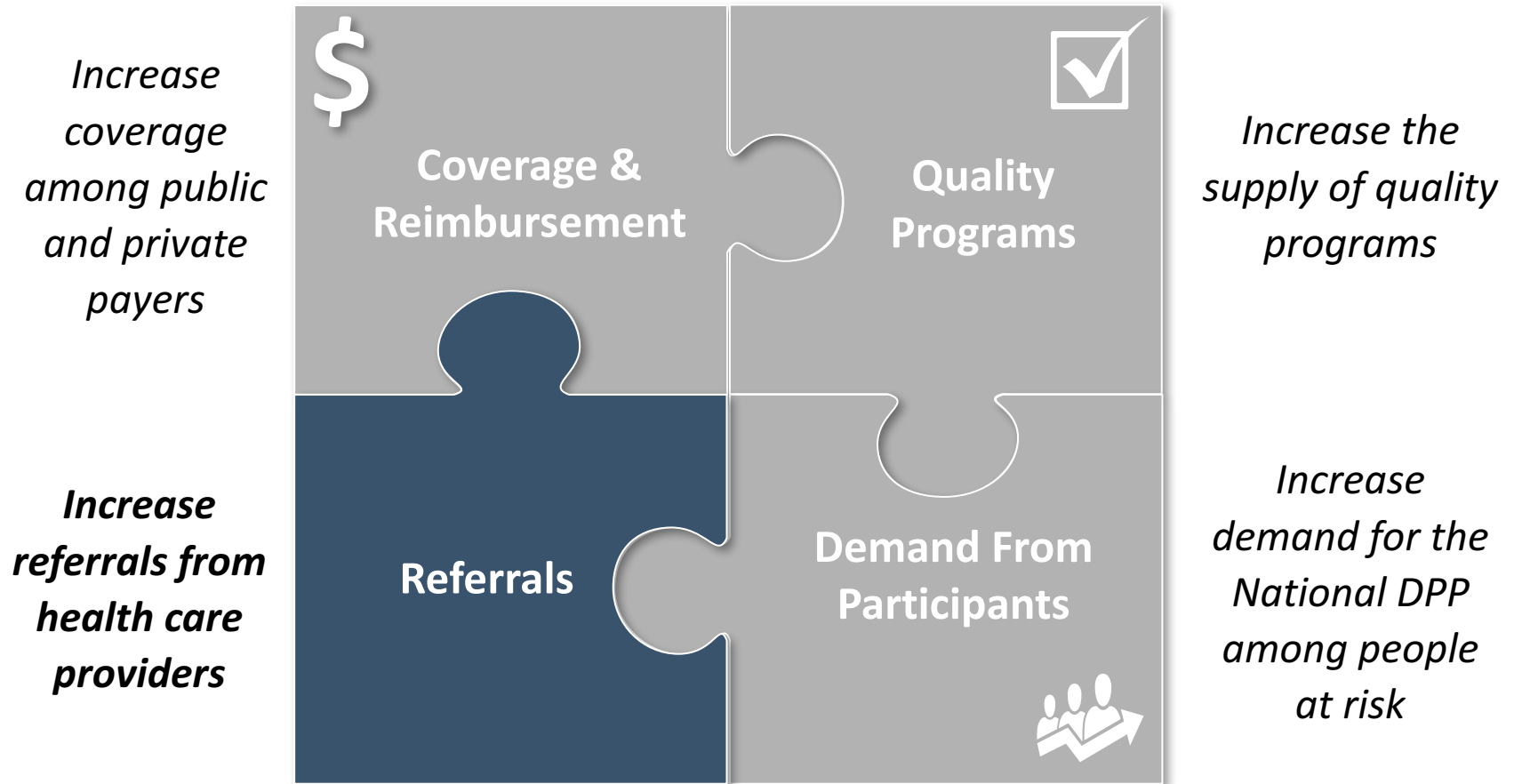
**1 IN 3 ADULTS
HAS PREDIABETES.
COULD BE YOU,
YOUR CO-PILOT,
YOUR CO-PILOT'S
CO-PILOT.**



DoIHavePrediabetes.org



Increase Referrals from Health Care Providers



Increase Referrals from Health Care Providers

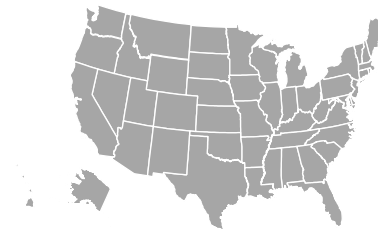
CDC works with numerous partners to help identify and refer at-risk individuals to CDC-recognized organizations



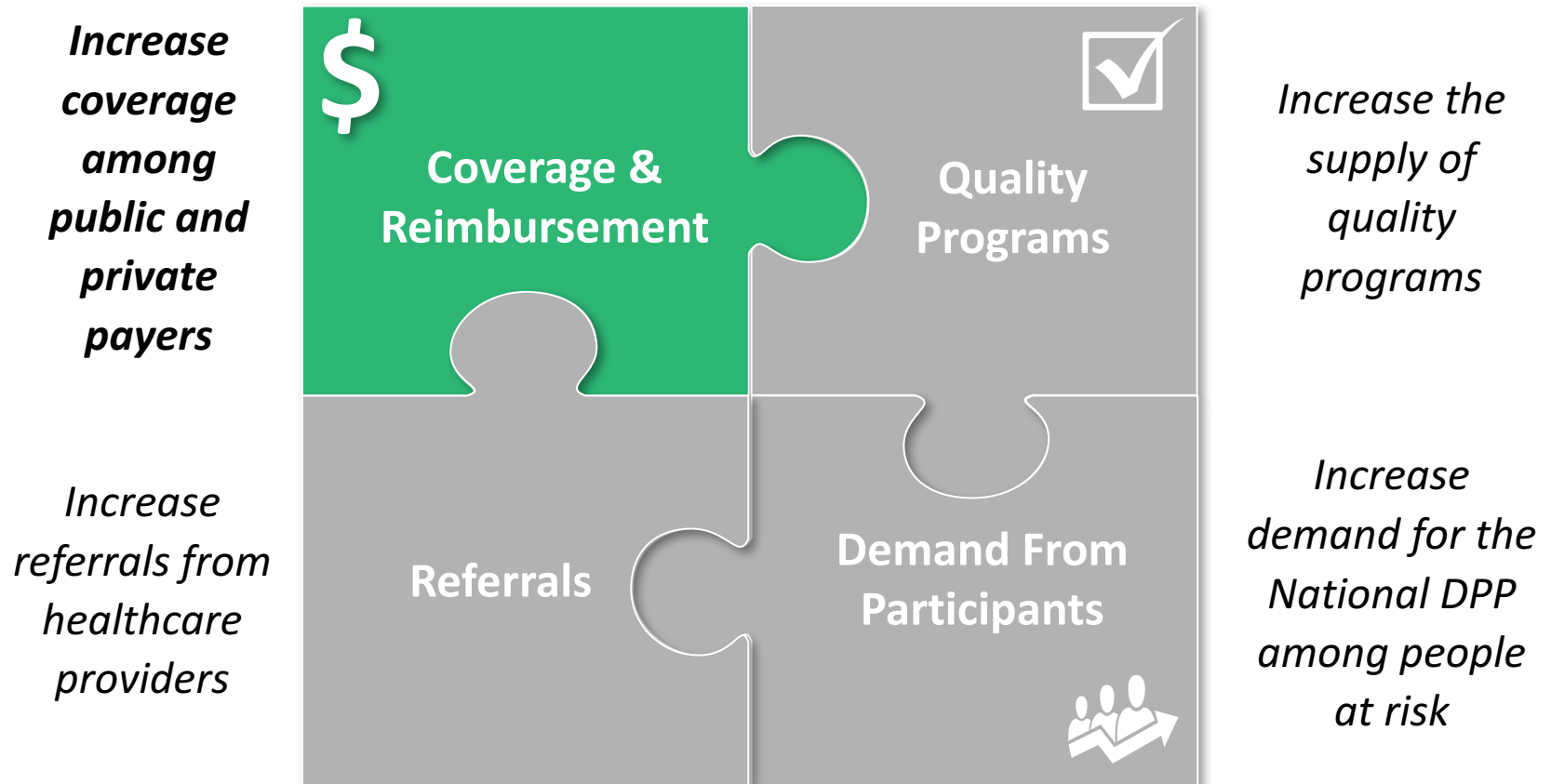
American College of
Preventive Medicine



**DIABETES
PREVENTION
PROGRAM**



Increase Coverage Among Public and Private Payers



Increase Program Coverage & Reimbursement

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



Commercial Insurers

Many commercial health plans provide some coverage for the National DPP. Examples include:

- | | |
|----------------------------|--|
| ▪ AmeriHealth Caritas | ▪ Humana |
| ▪ Anthem | ▪ Kaiser: CO & GA |
| ▪ BCBS Florida | ▪ LA Care: <i>Medicaid</i> |
| ▪ BS California | ▪ MVP's Medicare Advantage |
| ▪ BCBS Louisiana | ▪ Priority Health: <i>MI</i> |
| ▪ Denver Health | ▪ United Health |
| ▪ Managed Care: | ▪ Care: <i>National, State, Local, Private, and Public Employees</i> |
| ▪ Emblem Health: <i>NY</i> | |
| ▪ GEHA | |
| ▪ Highmark | |



State Coverage

Over 3.4 million public employees/dependents in the following 19 states have the National DPP as a covered benefit:

- | | |
|------------------------------|----------------------|
| ▪ Colorado | ▪ New Hampshire |
| ▪ Delaware | ▪ New York |
| ▪ Kentucky | ▪ Rhode Island |
| ▪ Louisiana | ▪ Vermont |
| ▪ Maine | ▪ Washington |
| ▪ Maryland (partial payment) | ▪ Oregon (Educators) |
| ▪ Minnesota | ▪ California |
| ▪ Tennessee | ▪ Texas |
| ▪ Georgia | ▪ Indiana |
| | ▪ Connecticut (DoT) |

*The following states have approved coverage for **Medicaid** beneficiaries:*

- | | |
|-------------|--------------|
| ▪ Minnesota | ▪ New Jersey |
| ▪ Montana | ▪ California |
| ▪ Vermont | |

Medicare Diabetes Prevention Program

Problem

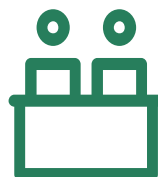


25% of Americans 65 years and older are living with **type 2 diabetes**, which negatively impacts health outcomes



Care for older Americans (65+ years) with diabetes costs Medicare **\$104 billion annually, and is growing**

Medicare Implementation



DPP model test with Y-USA
7,800 beneficiaries



Rulemaking to **expand coverage** to beneficiaries & establish **MDPP** supplier type

Impact



Promotes **healthier behaviors** for eligible Medicare beneficiaries at risk for type 2 diabetes



Decreases Medicare costs associated with diabetes

Medicare Diabetes Prevention Program (MDPP)

- Eligible suppliers covered as of **April 1, 2018** via expanded model:
 - Must be a CDC-recognized organization that has earned either preliminary or full CDC recognition;
 - Eligible Medicare participants must come into the program on the basis of a qualifying blood glucose test
 - Centers for Medicare & Medicaid Services (CMS) manages the entire MDPP benefit process, including accepting supplier applications
 - For more information on the MDPP, visit:

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

National DPP Customer Service Center

Purpose: Provide a hub for resources, training, and technical assistance for CDC-recognized program delivery organizations and other National DPP stakeholder groups

Find Resources and Info



- Quickly and easily find resources and events relevant to your needs (FAQs, toolkits, training videos, webinars, etc.)
- Discuss opportunities and challenges with the National DPP community

Receive Technical Assistance



- Engage with technical assistance coordinators and subject matter experts via the web-based platform or email
- View the status of and update existing technical assistance requests

Provide Feedback and Input



- Submit feedback on your satisfaction with the technical assistance, resources, and web-based platform
- Share success stories and suggest additional resources

www.NationalDPPCSC.cdc.gov

Thank you!

Questions?

Email: omw5@cdc.gov

For more information, contact CDC
1-800-CDC-INFO (232-4636)
TTY: 1-888-232-6348 www.cdc.gov

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.



Leveraging Resources to Scale and Sustain Diabetes Prevention Programming in Pennsylvania

Presented by Gina Trignani, MS, RD, LDN
Health Promotion Council

an affiliate of Public Health Management Corporation

Centre Square | 1500 Market Street | Philadelphia, PA 19102

www.hpcpa.org | gina@phmc.org | 215.731.6119



Health Promotion Council

HPC is a non-profit whose mission is to promote health, prevent and manage chronic diseases, especially among vulnerable populations through community-based outreach, education, and advocacy.

- Based in Philadelphia, Pennsylvania
- An affiliate with Public Health Management Corporation, a Public Health Institute
- Local, state and national partnerships
- Over 30 years of experience community based health education, promotion and outreach
- Programs and services reach over 40,000 vulnerable individuals annually

Fulfill our mission through:

- Direct Service
- Capacity Building
- Policy & Systems Change



Organizational Structure

Public Health Management Corporation
Richard Cohen, Chief Executive Officer

National Nurse-Led Care Consortium

Health Promotion Services
Christina Miller, MSS, Managing Director

Other Divisions & Affiliate Organizations

Senior Director, Strategic Development

Senior Director, Operations & Training

Philadelphia Area Sexual Health Initiative (PASHI)

Health Promotion Council
Christina Miller, MSS, Executive Director

Nutrition and Active Living

Tobacco Control & Prevention Services

Family Services

Training and Capacity Building



Origin of Many Resources

- Centers for Disease Control
 - 1305 (ended 9/30/18) → 1815 (started 10/1/18) PA Department of Health
 - 1705 (National Association of Chronic Disease Directors)
- State Block Grant
- Medicaid MCO Pilot
- Funding through other Partners American Medical Association to PA Medical Society



Regional Primary
Contractors

Lifestyle Coach
Online
Community

Master Trainers
Lifestyle Coach
Trainings

Implement,
Promote and
Market
National DPP
Series in PA

- Increase Screening, Testing and Referring (by PCPs)
- Increase access to programs
- Increase enrollment and participation
- Increase sustainability of National DPP providers

Partners in Pennsylvania



Let's get it done.



Leveraging Resources and Partnerships



Reducing the Impact of Diabetes

It brings together:



to achieve a greater impact on reducing type 2 diabetes

Prediabetes in Pennsylvania

PREDIABETES

More than
1 out of 3
adults has
prediabetes



**Approximately
3.5 million in PA**



9 OUT OF 10 do not know they
have prediabetes

Roughly 3 million in PA



Without weight
loss and moderate
physical activity

**15–30% of people with
prediabetes** will develop
type 2 diabetes within 5 years

(one half to 1 million new cases)



Polling Question

- Does your organization have access to data describing the percentage of patients who are at risk for diabetes (pre-diabetes)?
 - ☐ Yes
 - ☐ No
 - ☐ Not sure
 - ☐ Not applicable

DPP Strategies in Pennsylvania

☐ Increase availability of DPP

- **Build and sustain workforce** of lifestyle coaches
- **Deliver the lifestyle change programs** through an expanded network of DPP Providers

☐ Increase **referrals** to and **participation** in DPP

☐ Increase **awareness** – promotion and screening

☐ Work toward **sustainability** through coverage, policy and systems support

PA State Action Plan for Scaling and Sustaining National Diabetes Prevention Program (DPP Action Plan)



More than 31 State Engagement Meetings (StEM) to Create a Diabetes Prevention Action Plan

Availability

Awareness

Referral

Coverage

<https://www.chronicdisease.org/page/STEMReport2018>

Build and Maintain Workforce

- Maintain and Support Master Trainers
 - 3 Master Trainer Select
 - 1 Y-DPP Master Trainer
- Convene Lifestyle Coach (LC) Trainings throughout the state
- Over 200 Lifestyle Coaches trained
- Developing a LC community through PA DOH LiveHealthyPA.org and convening meetings



CDC Defined Workforce to Support DPP

- **Lifestyle coach** to lead the lifestyle change program sessions and support and encourage participants
- **Program coordinator** to oversee daily operations of the lifestyle change program, support and guide lifestyle coaches, and ensure that the program meets quality performance outcomes
- **Data preparer** to collect and submit data to CDC.

Increasing Availability

- **Deliver the lifestyle change programs** through organizations statewide – technical assistance to become CDC Recognized National DPP providers
 - YMCA
 - PA Community Health Centers
 - PHMC Health Network
 - Regional Primary Contractors (PA DOH)
 - PA Pharmacists Association
 - American Lung Association
 - Erie County Department of Health
 - Health Promotion Council
 - Employer groups – Business Coalitions
 - Health systems
 - Community-based Organizations

Increasing Availability / Technical Assistance in PA (1305 to 1815 CDC Funding)

Adagio

Southwest

Erie County

Dept of Health

Northwest

**American Lung
Association**

*Northeast, North
& South Central*

**Pennsylvania
Pharmacists
Association**

Since 2014

- Pennsylvania Dept of Health Funding from CDC
- Increase from 9 to over 91 CDC Registered National DPP sites
- Contracting and providing technical assistance to sites to obtain CDC Pending, Preliminary, Full Recognition
- Pennsylvania Pharmacists Association added to increase DPP provided by pharmacies/pharmacists

Regional Primary
Contractor

**Health Promotion
Council**

Southeastern PA

*Statewide Lifestyle Coach
Training*

*Statewide Support for
Marketing and
Promotion*

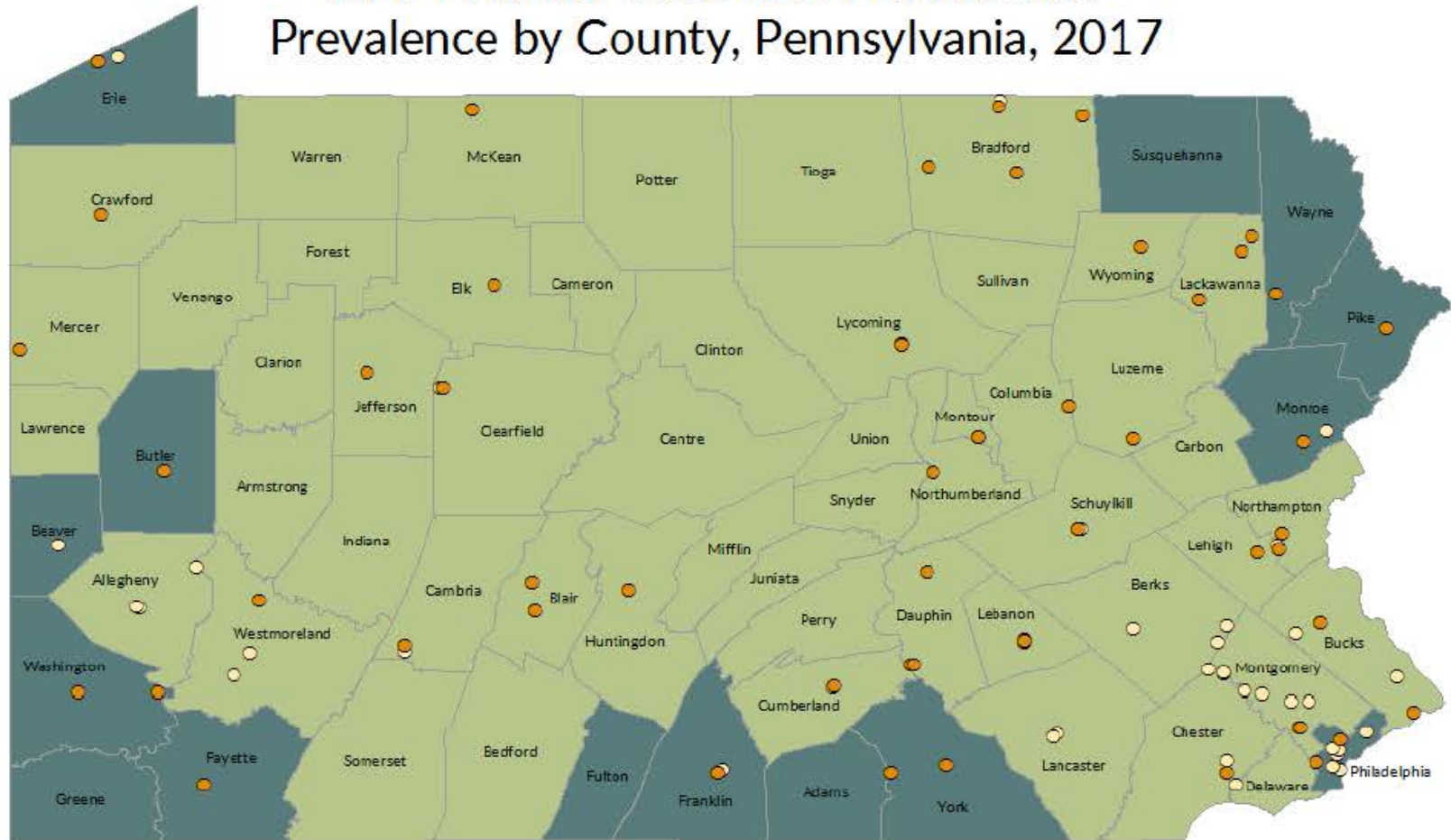
*PA DOH Online Lifestyle
Coach Community of
Support
LiveHealthyPA*

*Calendar of National DPP
in Pennsylvania*

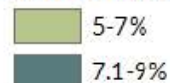
Poll Question

- Is your organization receiving technical assistance or funding from a state or local department of health for the National DPP?
 - ☐ No
 - ☐ State funding and/or technical assistance
 - ☐ City or county funding and/or technical assistance
 - ☐ Technical assistance from a national partner

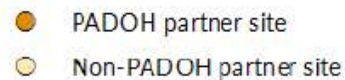
DPP Provider Sites with Prediabetes Prevalence by County, Pennsylvania, 2017



% of Adults with Prediabetes*



DPP Sites



56 PADOH DPP partner sites
41 Non-PADOH partner sites



*Counties are divided into two groups based on the state average prediabetes prevalence of 7%

Source: BRFSS 2012-2014 prediabetes estimates

Prepared: October 2017

Increase Referral and Participation



Prevent Diabetes **STAT**



INCORPORATE SCREENING, TESTING AND REFERRAL INTO YOUR PRACTICE



M.A.P. TO DIABETES PREVENTION FOR YOUR PRACTICE

Offers a roadmap to applying the elements of the diabetes prevention identification and referral guide.



POINT-OF-CARE PREDIABETES IDENTIFICATION ALGORITHM

This infographic offers practices an option to adapt/incorporate a prediabetes identification and referral process into their workflow.



RETROSPECTIVE PREDIABETES IDENTIFICATION ALGORITHM

This infographic offers practices an option to adapt/ incorporate an identification and referral process into their electronic health records and generate a registry of patients at risk for type 2 diabetes.



SAMPLE PATIENT LETTER/EMAIL AND PHONE SCRIPT

[DOWNLOAD THE SPANISH TRANSLATION/ DESCARGUE LA VERSIÓN EN ESPAÑOL.](#)

This letter/email template enables physician practices to conduct efficient follow-up and referral with patients who have prediabetes and for whom referral to a diabetes prevention program is an option.



- CBS Health Network
- PA DOH Community Health Nurses
- MCO Workgroup
- PA DOH Website

DPP Toolkits

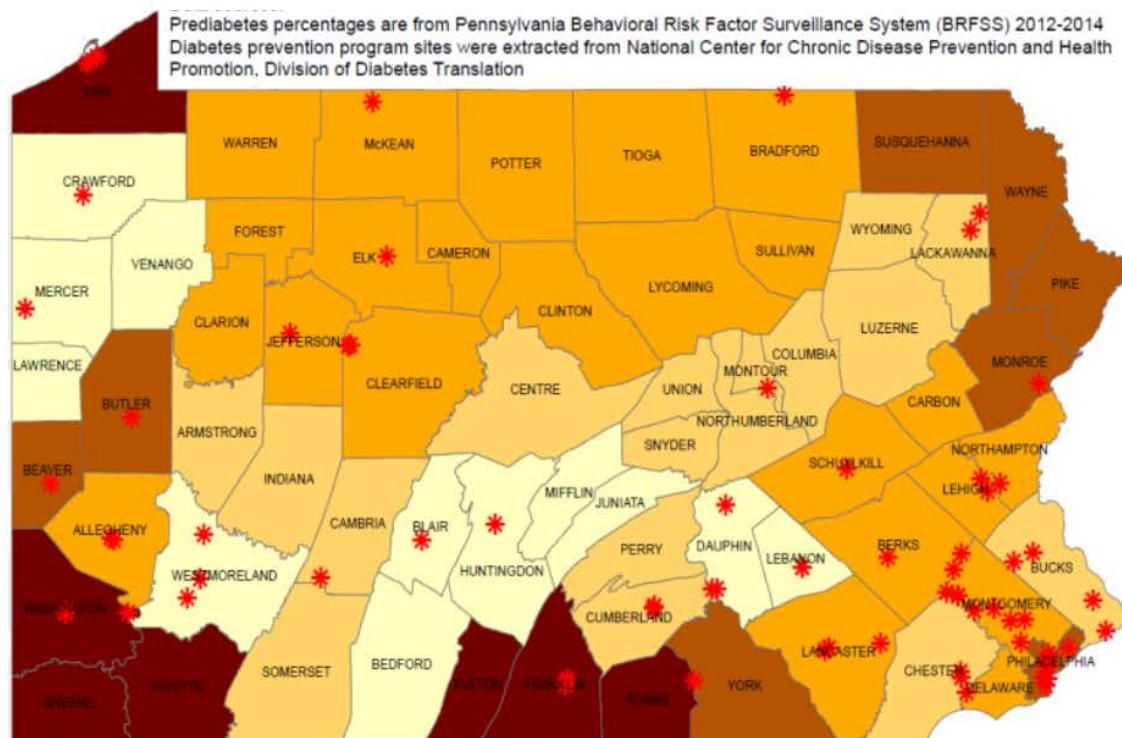
- Prevent Diabetes STAT
- National DPP Coverage Toolkit
- PA Department of Health Diabetes Webpage
- LiveHealthyPA



A guide to refer your patients with prediabetes to an evidence-based diabetes prevention program

Increase Referral and Participation

County Estimates of the Percentage of Adults with Prediabetes in Pennsylvania with Diabetes Prevention Program Sites



Legend

 Diabetes Prevention Program Site

Percent



Awareness Media Campaign



A Program Powered By



SPECIAL EVENTS

Fitness Celebrity, Shaun T

In an effort to maximize exposure for the overall message of the campaign, PMG has engaged fitness celebrity, Shaun T.

Pittsburgh

Thursday, November 2, 2017 | Time TBD

Venue: David Lawrence Convention Center

Attendance: 1,000 - 2,000 attendees

Harrisburg

Friday, November 3, 2017 | Time TBD

Venue: TBD (High School, YMCA, College, Strawberry Square, Whitaker Center, WITF)

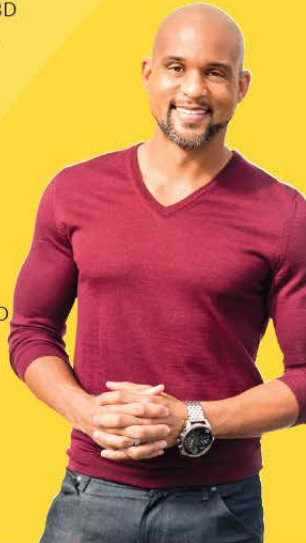
Attendance: Press

Philadelphia

Saturday, November 4, 2017 | Time TBD

Venue: Pennsylvania Convention Center

Attendance: 1,000 - 2,000 attendees



Shaun T
Fitness Celebrity

Awareness Campaign



Expanding Coverage

National Diabetes Prevention Program Coverage Toolkit



Medicaid Agencies

[Learn More](#)



Medicaid MCOs

[Learn More](#)



Commercial Plans

[Learn More](#)



Medicare

[Learn More](#)

Expanding National DPP to Underserved Populations

CDC-DP17-1705

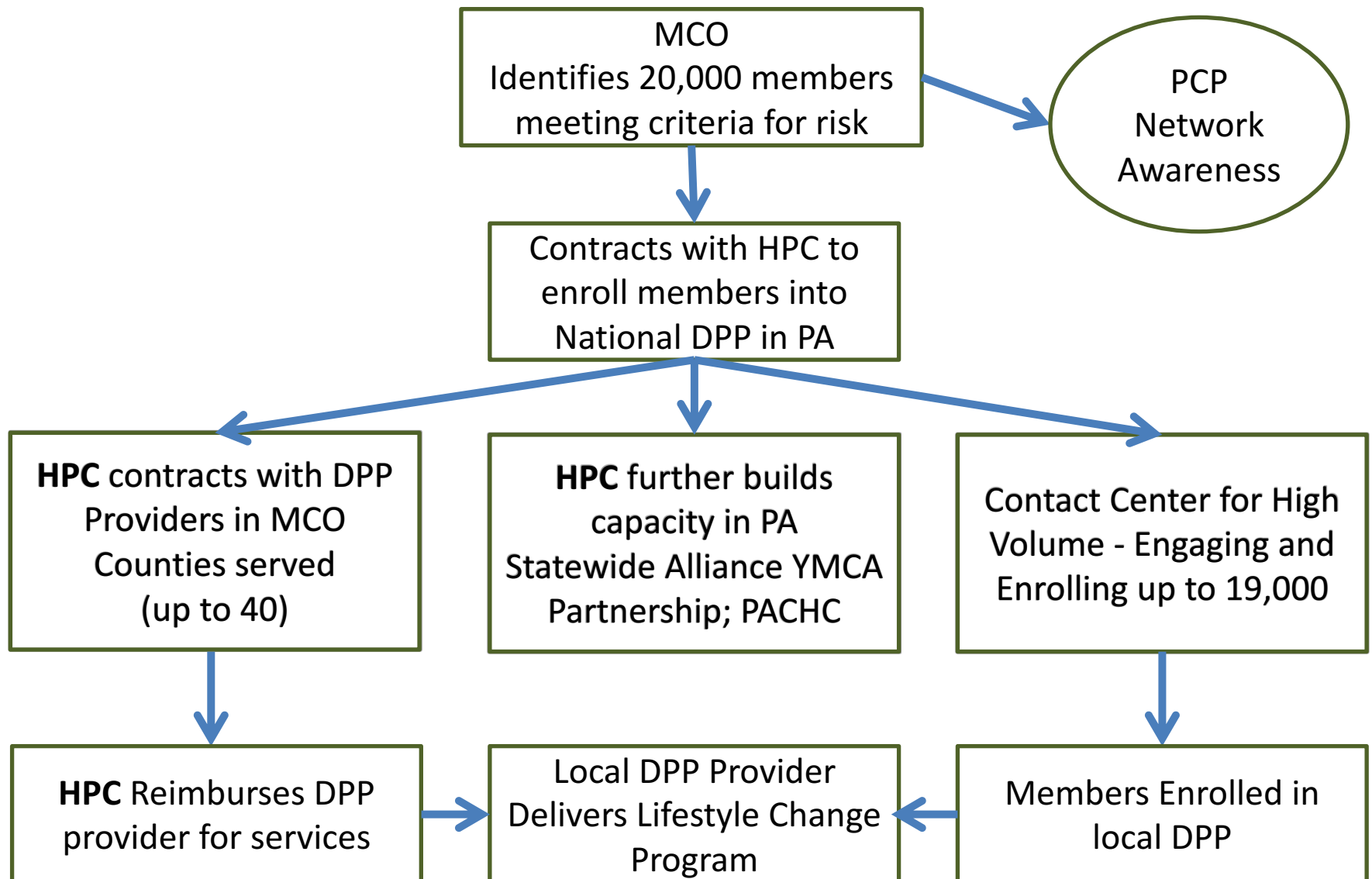


- **NACCD is one of 10 Cooperative Agreements Awarded throughout the country**
- **Pennsylvania, Alaska, New York and Florida**
- **Rural Populations and those living with disabilities**
- **An inclusive curriculum adaptation for people living with disabilities**
- **Virtual DPP provider HOPE 80/20**
- **Wellpass for text-based engagement and retention**
- **HPC partnering with Conemaugh Health System in Year 1**

Medicaid Managed Care Organization Pilot

- Medicaid MCO DPP Outreach and Enrollment Pilot
 - January 1, 2018 – April 30, 2019
 - 40 counties (outside of Philadelphia)
 - 20,000 members identified
 - Active outreach and enrollment – geo-mapping and call campaign (to over 6,500 members to date)
 - Capacity-building to expand to counties without DPP
 - Year-long DPP calendar development
 - YMCA engaged
 - Health Systems

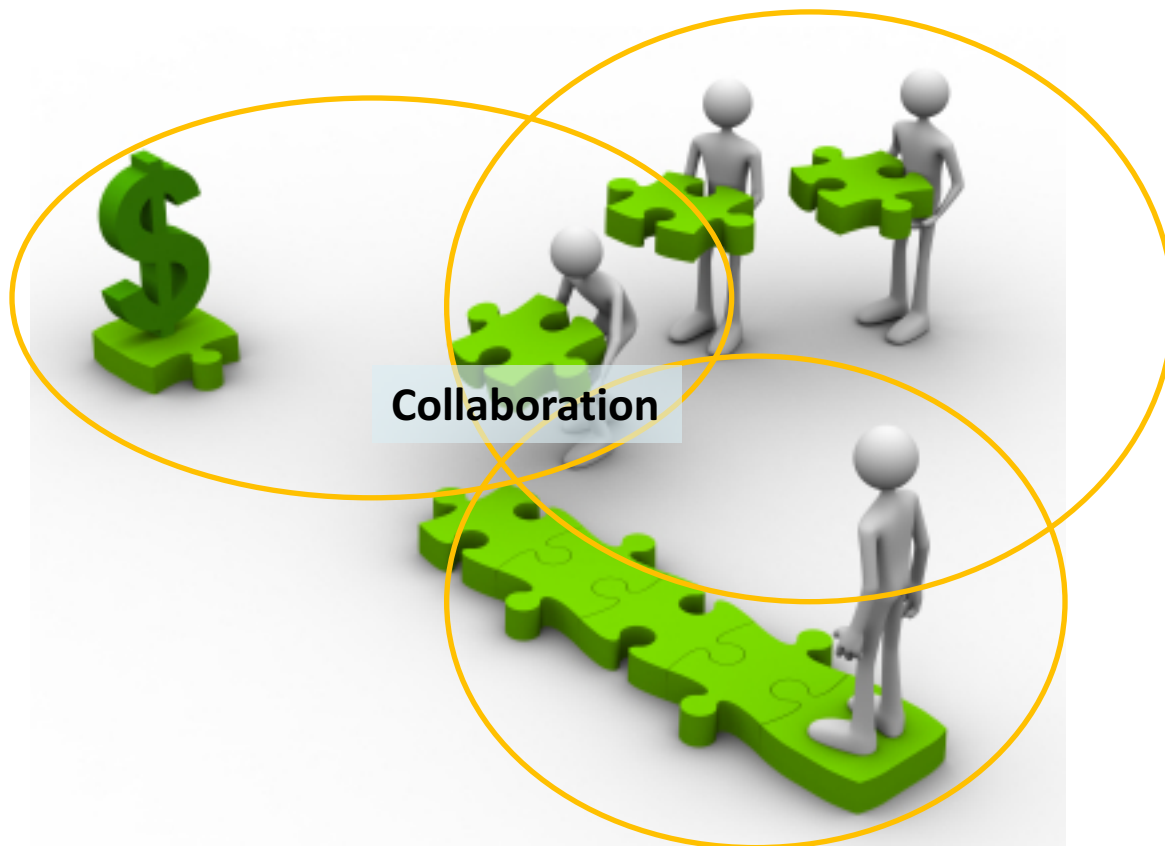
Medicaid Managed Care Organization Pilot



Pennsylvania Reach to Date

- Over 210 lifestyle coaches trained
- Over 110 DPP providers (and growing)
- Community, health system, payer and private provider partners
- Reached over 2,000 participants (738 completed 1 year)
- Over 225 DPP cohorts delivered / in progress to date

Funding – Partners – Programs



Finding Diabetes Prevention Programs in Your State



<https://www.cdc.gov/diabetes/prevention/index.htm>

5. Find a Class Location



Find a CDC-recognized lifestyle change class **near you**, or join one of the **online** programs!

[More >](#)

https://nccd.cdc.gov/DDT_DPRP/Programs.aspx

Lifestyle change programs are available near you in hundreds of locations throughout the country.

Find an In-person Class

Select From List

Find a class near you by selecting your state or territory; this will show you a list of courses offered in your state. Please contact the organization for the most up to date information on all in-person class locations. Classes are available in Spanish at some [locations](#).

Location:

[GO](#)

Select State on Map



Find an Online Program



Online programs are also available.

[View Online Programs](#)

List of all CDC Recognized Organizations

The national registry of recognized diabetes prevention programs lists contact information and recognition status for all CDC recognized organizations.

[Registry of All Recognized Organizations](#)

Summary

- Assess your population needs (clients, patients, staff)
- Assess your ability to meet these needs
 - Staff, programs, leadership support, payers/funding
- Explore existing resources and partners to leverage to start new programs and/or strengthen programs within your organization
- Partner to attract the interest of payers
- Learn from other states – share and explore promising and innovative practices



Leveraging Diabetes Prevention Programming for Your Health Center: The Pacific Islander National Diabetes Prevention Program

Nena Tolenoa
Executive Director, Kosrae Community Health Center
Chair, AAPCHO Pacific Islander Center of Excellence in Primary Care





Association of Asian Pacific Community Health Organizations (AAPCHO)

- National association representing the needs of 34 community health centers
- Supporting health centers serving Asian American, Native Hawaiian, and Pacific Islander patient in the Continental US, Hawaii, and the Pacific since 1987
- 500,000+ patients
- BPHC National Training and Technical Assistance Cooperative Agreement holder
- CDC National Diabetes Prevention Program (NDPP) Cooperative Agreement holder



Increasing Access to the National Diabetes Prevention Program for Pacific Islanders

Our Reach:

- Continental US, Hawaii, and the Pacific region Affiliated Status

About the USAPI:

US Territories

- American Samoa
- Guam

Commonwealth

- Commonwealth of the Northern Mariana Islands (CNMI)

Freely Associated States

- Republic of Palau
- Republic of the Marshall Islands (RMI)
- Federated States of Micronesia (FSM)



Pacific Islander National Diabetes Prevention Program

► Our Partners

- Kosrae Community Health Center
 - Kosrae State, Federated States of Micronesia
- Chuuk Women's Council
 - Chuuk State, Federated States of Micronesia
- Kwajalein Diak Coalition
 - Ebeye, Republic of the Marshall Islands
- Malama I Ke Ola Health Center,
 - Maui County, Hawaii
- Arkansas Coalition of Marshallese
 - Springdale, Arkansas



Diabetes Prevalence for Pacific Islander Populations

Location	Year	Prevalence
Guam	2002-2003	11%
FSM	2002	24%
RMI	2002	30%
Palau	2006	39%
American Samoa	2004	47%
Hawaii	2015	13.9%
United States	2007	8%

Sources:

1. Hosey G, Aitaoto N, Satterfield D, Kelly J, Apaisam CJ, Belyeu-Camacho T, deBrum I, Luces PS, Rengiil A, Turituri P. The culture, community, and science of type 2 diabetes prevention in the US Associated Pacific Islands. *Prev ChronicDis*. 2009 Jul;6(3):A104. Epub 2009 Jun 15.
2. *MMWR Morb Mortal Wkly Rep*. 2015;64:1261-1266

Increasing Access for Pacific Islanders to the National Diabetes Prevention Program

Our Investments:

- Established community AND Health Systems Partnerships
 - Churches
 - Government partnerships
- Workforce Development: Community Health Workers
- Increase Access to Physical Activity Resources
- Data Support and Training
- Curriculum Access: Translation into 3 Pacific Islander languages



Increasing Access for Pacific Islanders to the National Diabetes Prevention Program

Our Results:

- ▶ Cycle I – 2018:
 - ▶ Nearly 800 participants enrolled and retained in the program
 - ▶ More than 30 community partnerships with local area churches
 - ▶ A new workforce of nearly 40 trained Lifestyle Coaches
 - ▶ Participant success in reducing 5-7% body weight and increased consumption of healthy fruits and vegetables



Resources for Health Centers

- ▶ Provider education and referral supports for prediabetes patients

REFERRAL SLIP

NAME: _____ SEX: _____ AGE: _____
FIRST (ETAM) LAST (ETAN BAA'NLE)

REASON FOR REFERRAL (CHECK IF APPLICABLE)



☐ My patient is overweight and likely to have prediabetes. I am referring him/her for prediabetes screening & possible eligibility for lifestyle coaching.

☐ My patient has prediabetes (by blood test). I am referring him/her for enrollment to the lifestyle program.

Signature of Referring Provider: _____

Please see any staff at the DM/NCD clinic for your appointment at the
DIAK UKÔT MÔUR CLINIC

Contact Person: _____ Date: _____ Time: _____



- Translated curriculum: Chuukese, Marshallese, Kosraean



Kinikinin Kao 8

Kamo me Kuuk met epwe epeti Type 2 semwenin suke

PREVENT T2
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

3/24/18 PI-DPP Module 8 Shop and Cook to Prevent T2 - Chuukese



Thank You

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LEVERAGING DPP FOR YOUR HEALTH CENTER

NEIGHBORHOOD HEALTH CENTERS OF THE LEHIGH VALLEY

Alicia Rivera, BS Health Educator

Donna B Winston MSN, RN Director, Clinical Operations

Neighborhood Health Centers of the Lehigh Valley (NHCLV)

MISSION

The mission of neighborhood health centers of the Lehigh valley (NHCLV) is to provide primary and preventative health and wellness services in the Lehigh Valley, regardless of a person's ability to pay. We strive to do this directly and in partnership with other organizations, with a goal of creating a primary health care home for an underserved community.



Health Center & Patient Profile

- Located in Lehigh Valley, PA, and serving the community since 2010
- We have 3 sites with 12 providers, including 3 NPs, 1 Certified Nurse Midwife, 3 residents and 5 physicians
- Our clinics provide:
 - Primary care
 - Medically Assisted Treatment for Substance Use
 - Integrated Behavioral Health
 - Prenatal care
 - Dental services
 - DPP and DM Programs
- We provide care for approx. 5,400 patients annually
- 90% of our panel consists of un- and under-insured individuals
- Majority Hispanic with Spanish as primary language. We also serve a refugee population
- Approx. 60% living at 100% and below the poverty level

Our Integrated Care Team

- NHCLV believes that healing occurs in relationships and we strive to prioritize relationships with patients and our community

How we became involved with the NDPP

- Whole person, relationship-based approach to care

DPP patients identified

- Pre-diabetes
 - FBS: 100-125 mg/dL
 - A1C: 5.7-6.4%



Diabetes Prevention Program

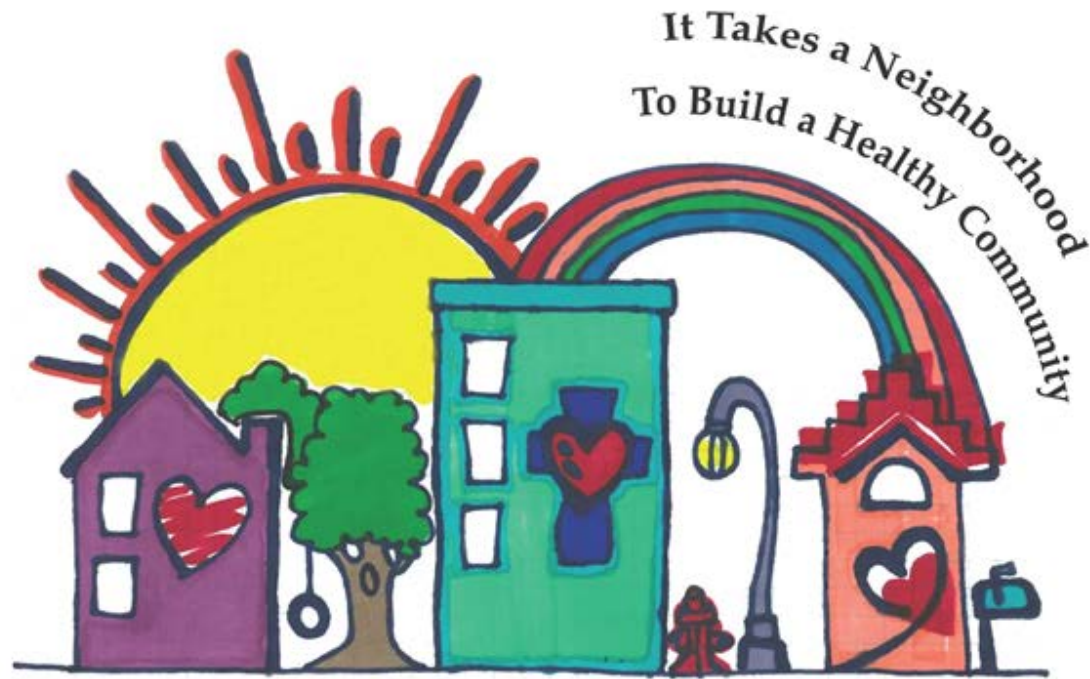


- Recruitment
- Logistics
- Participation rate
- Challenges

DPP Program Outcomes

	Cohort 1	Cohort 2
	10 participants completed program	11 participants completed 1st 6 months of program
Average Starting Weight	175.7	167.5
Average Ending Weight	161.5	155.6
Total Pounds Lost	142.0	130.0
Average Weight Lost	14.2	11.8
Most Weight Lost	42.0	39.0

Questions ?



Neighborhood Health Centers of the Lehigh Valley

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Questions?

- Slides available in handouts pane (right side of your screen)
- CME/CNE credit link will be sent to all attendees by Friday, November 30th*

* This activity (*Leveraging Diabetes Prevention Programming for Your Health Center*) is approved for up to 1.5 prescribed credit hours by the American Academy of Family Physicians. The American Nurses Credentialing Center (ANCC) accepts AAFP CME toward its member continuing education requirements.