

WEBINAR

The National Diabetes Prevention Program:

*Where We Are, Where
We're Going*

Monday, September 30, 2019 at 1:30 pm ET

NURSELEDCARE.ORG

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AAPCHO

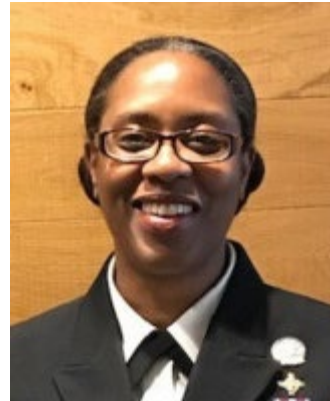
PRESENTERS



Gina Trignani, MS, RD, LDN
Director, Training and
Capacity Building
Health Promotion Council



Patricia Schumacher, MS, RD
Chief, Program Implementation
Branch, Division of Diabetes Translation
Centers for Disease Control and Prevention



Tracy Branch, DHSc, CPH, MPAS, PA-C, DFAAPA
Commander, U.S. Public Health Service
Senior Advisor
Strategic Partnerships Division, Office of
Quality Improvement
Bureau of Primary Health Care
Health Resources and Services Administration
U.S. Department of Health and Human
Services



Jen Lee, MPH
Director of Community Services
and Partnerships
Association of Asian Pacific
Community Health Organizations

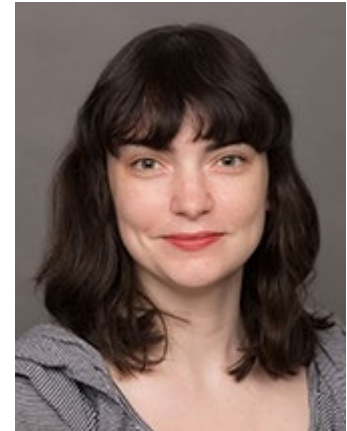
MODERATOR AND PCA PANELISTS



Cindi Christ
Chief Operating Officer
Pennsylvania Association of Community
Health Centers



Cristina L. Vocalan
Chief Strategy Officer
Hawai'i Primary Care Association



Emily Kane, MPA
Senior Program Manager
National Nurse-Led Care Consortium

Zoom Webinar Chat

From AAPCHO T/TA to All panelists and other attendees:

Welcome

From Me

I'm exci

To: All

Your te

other a

Q&A

All questions(1)

My questions(1)

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Chat

Q&A



Unmute



Chat



Lower Hand



Q&A

Leave Meeting

AGENDA

- ✓ Introductions (5 minutes)
- ✓ Recap: PCA Environmental Scan and Results (10 minutes)
- ✓ The National DPP – Progress to Date in the U.S. (15 minutes)
- ✓ Organizational Roles (15 minutes)
- ✓ PCA Panel (15 minutes)
- ✓ Resources and Next Steps (10 minutes)
- ✓ Q&A (15 minutes)
- ✓ Conclusion (5 minutes)

LEARNING OBJECTIVES

- To provide an overview of the Primary Care Association (PCA) environmental scan and results
- To highlight National DPP progress to date in the U.S., organizational roles, and resources available to PCAs, health centers, and other organizations
- To interview PCA stakeholders about their organizational efforts with National DPP in their state/region

POLL

What is your organization's experience with the National Diabetes Prevention Program (DPP)? [Multiple Choice - Attendees can select more than one choice]

- We are currently offering it in our health center
- We are supporting others in offering the National DPP
- We are referring to outside partners
- No experience
- Other (type in Chat box)

Overview of the Results of the Primary Care Association Environmental Scan

Webinar: The National Diabetes Prevention Program:
Where We Are, Where We're Going

Monday, September 30, 2019
1:30-3:00pm

Presented by Gina Trignani, MS, RD, LDN
Health Promotion Council
an affiliate of Public Health Management Corporation
On behalf of the National Network of Nurse-Led Care
Consortium HRSA Cooperative Agreement



National Diabetes Prevention Program

FINAL REPORT SUMMARY

August 2019



Environmental Scan Design

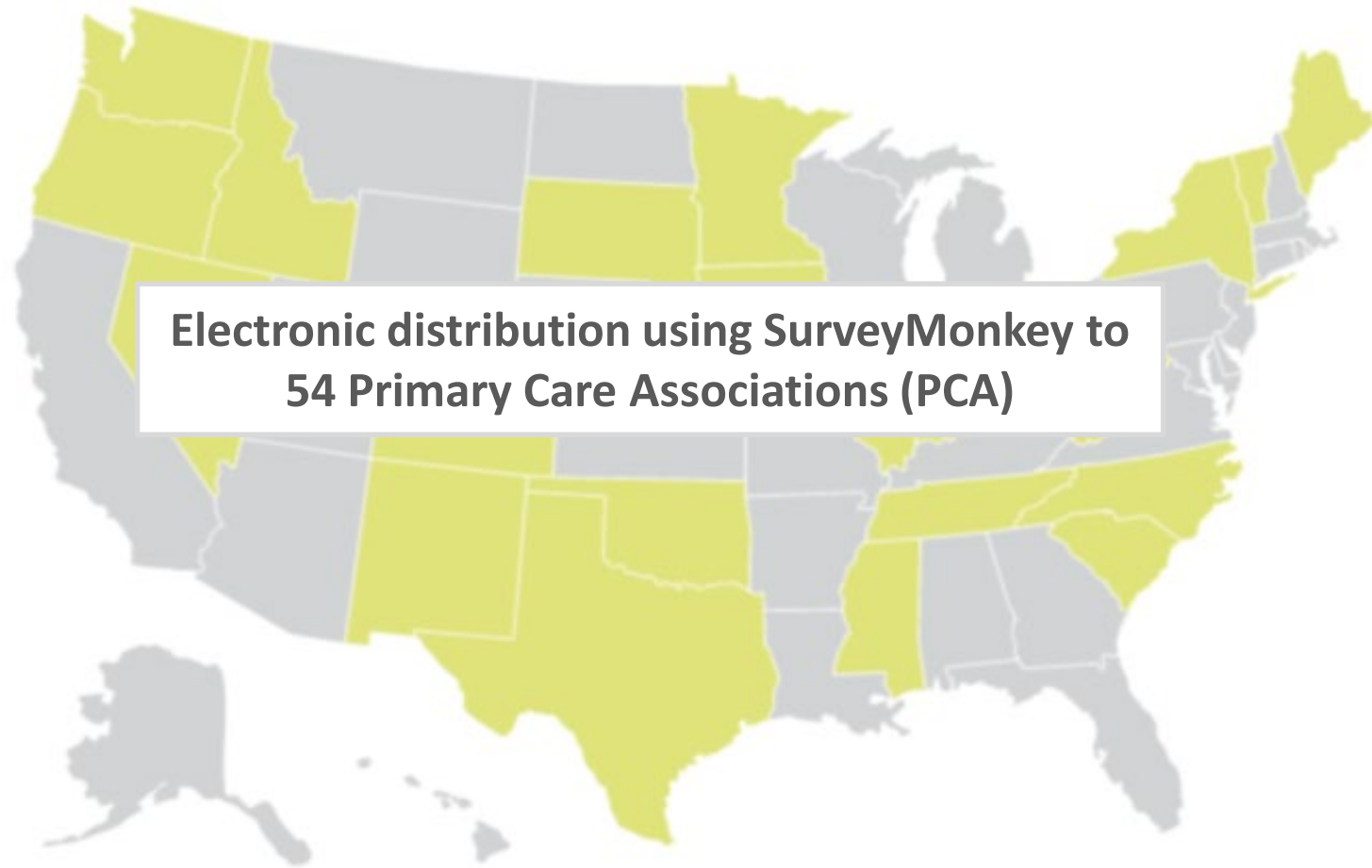
Purpose:

Collect data on the nationwide landscape on PCA's knowledge of and interest in prediabetes and type 2 diabetes prevention.

Created in partnership with:

- National Nurse-Led Care Consortium
- Association of Asian Pacific Community Health Organizations
- Health Resources and Services Administration
- Centers for Disease Control and Prevention
- Health Promotion Council
- The Research and Evaluation Group at PHMC

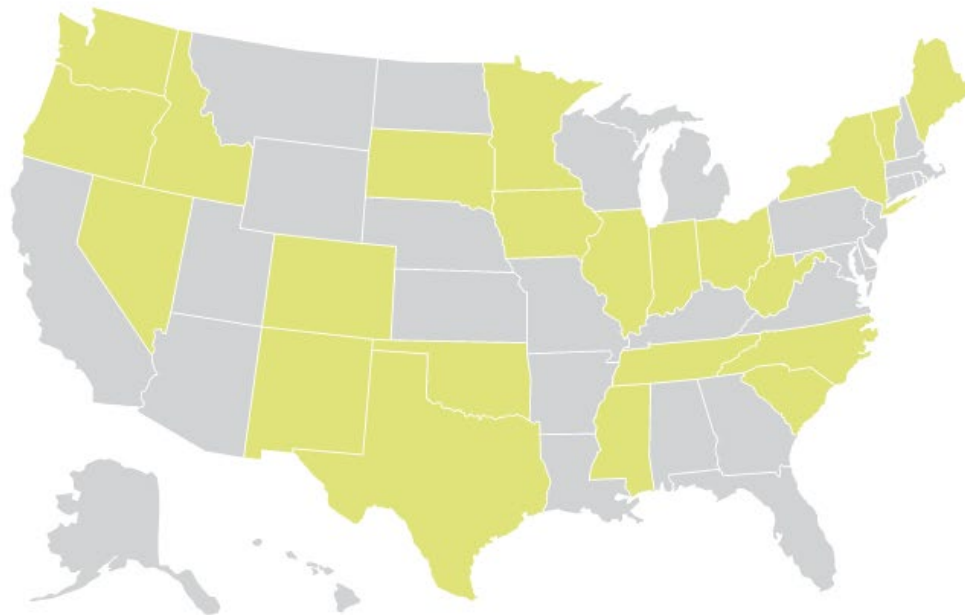
Dissemination of Survey



State Responses

Type 2 Diabetes Prevention Program

Landscape Scan Results **23 PCAs in 22 States Responded**



Overall, 23 Primary Care Associations (PCAs) representing 22 states responded to the scan, yielding a response rate of 43%. States in **yellow** completed the landscape scan.

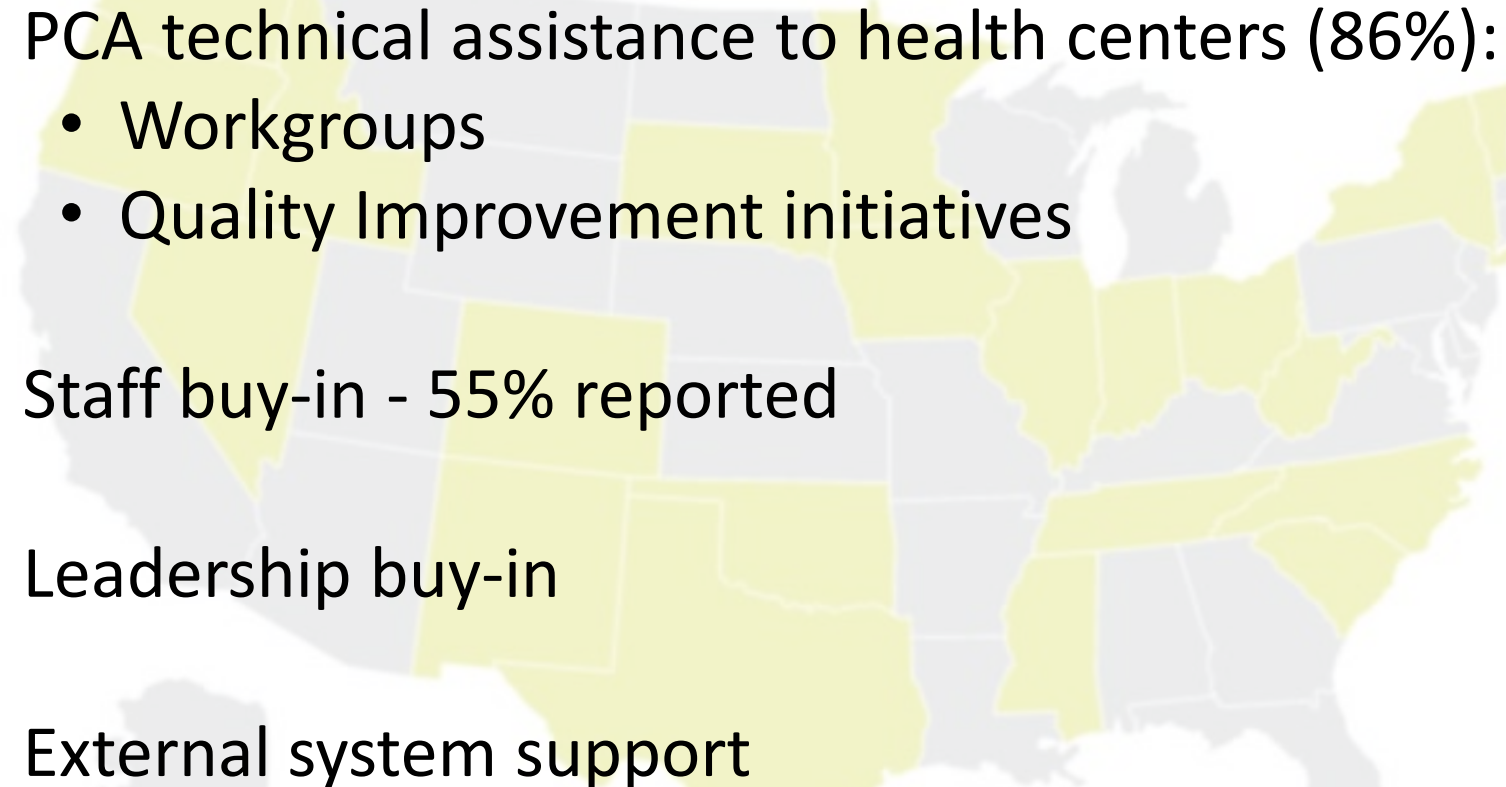
Survey Results

- 95% of PCAs are very concerned about the effects of diabetes on the overall health of adults
 - 77% concerned about prediabetes
 - 95% concerned about diabetes
- Engagement: 59% are discussing diabetes most or all of the time in staff meetings
- Assessment:
 - 82% conduct annual assessment of programmatic needs
 - 56% identified type 2 diabetes as a need in last assessment

Awareness and Implementation of National DPP

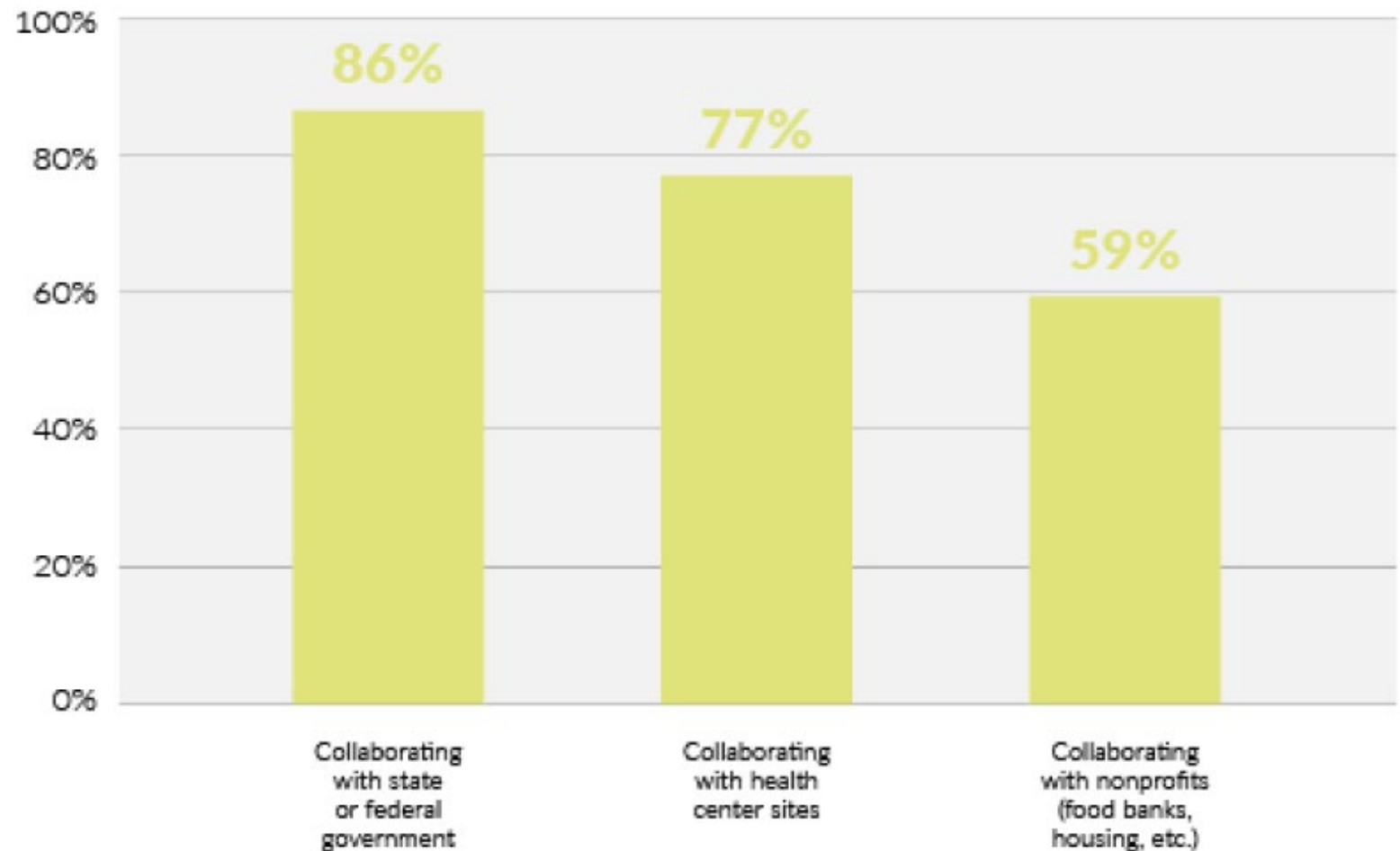
- 91% familiar with National DPP
- 28% reported at least one health center applied for CDC recognition of DPP (Diabetes Prevention Recognition Program – DPRP).
- 59% identified webinars providing requirement and tips as the most useful form of assistance

What is working?

- PCA technical assistance to health centers (86%):
 - Workgroups
 - Quality Improvement initiatives
 - Staff buy-in - 55% reported
 - Leadership buy-in
 - External system support
- 

What is working?

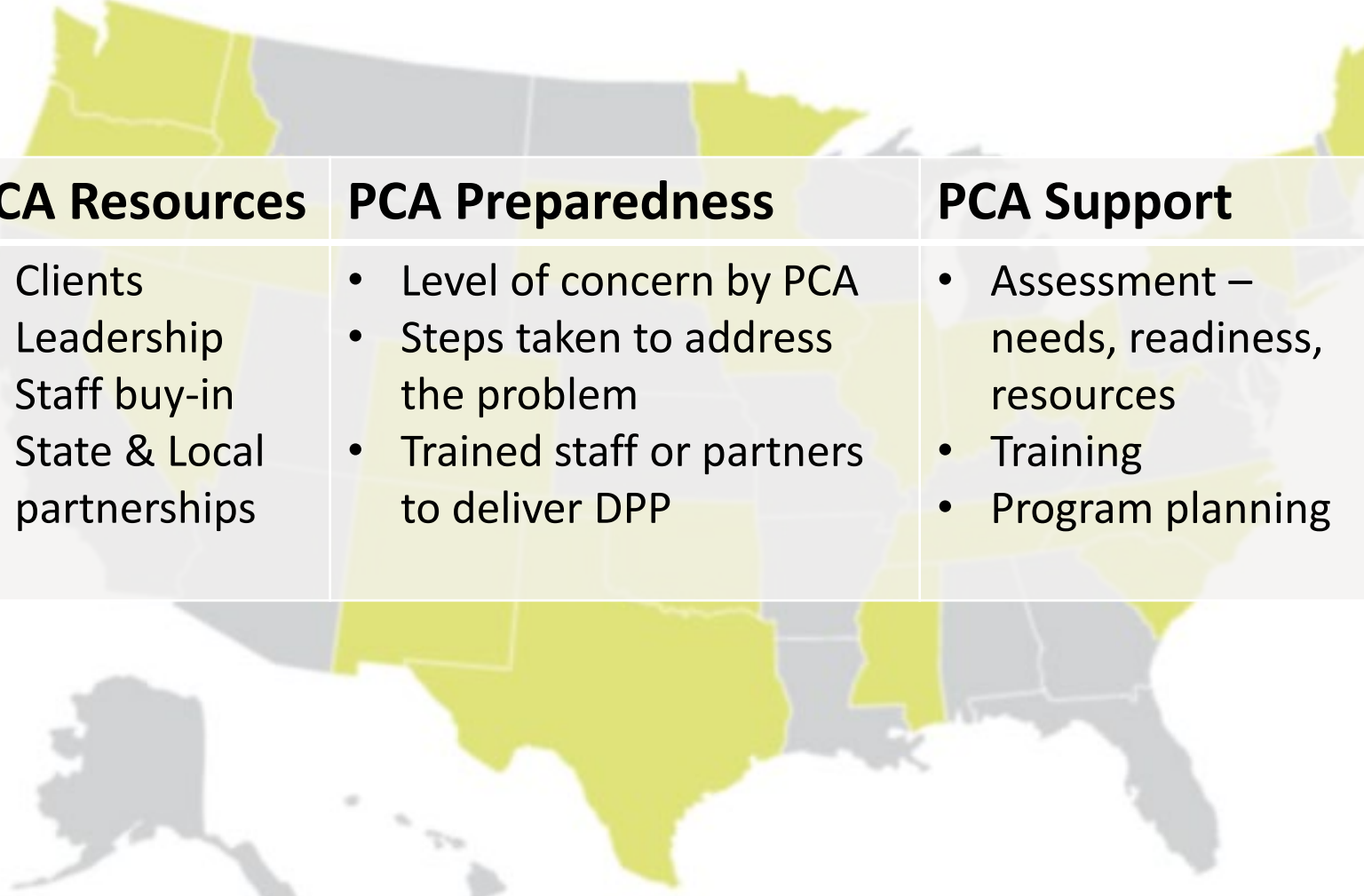
PCAs and Organizational Partnerships



What is needed?

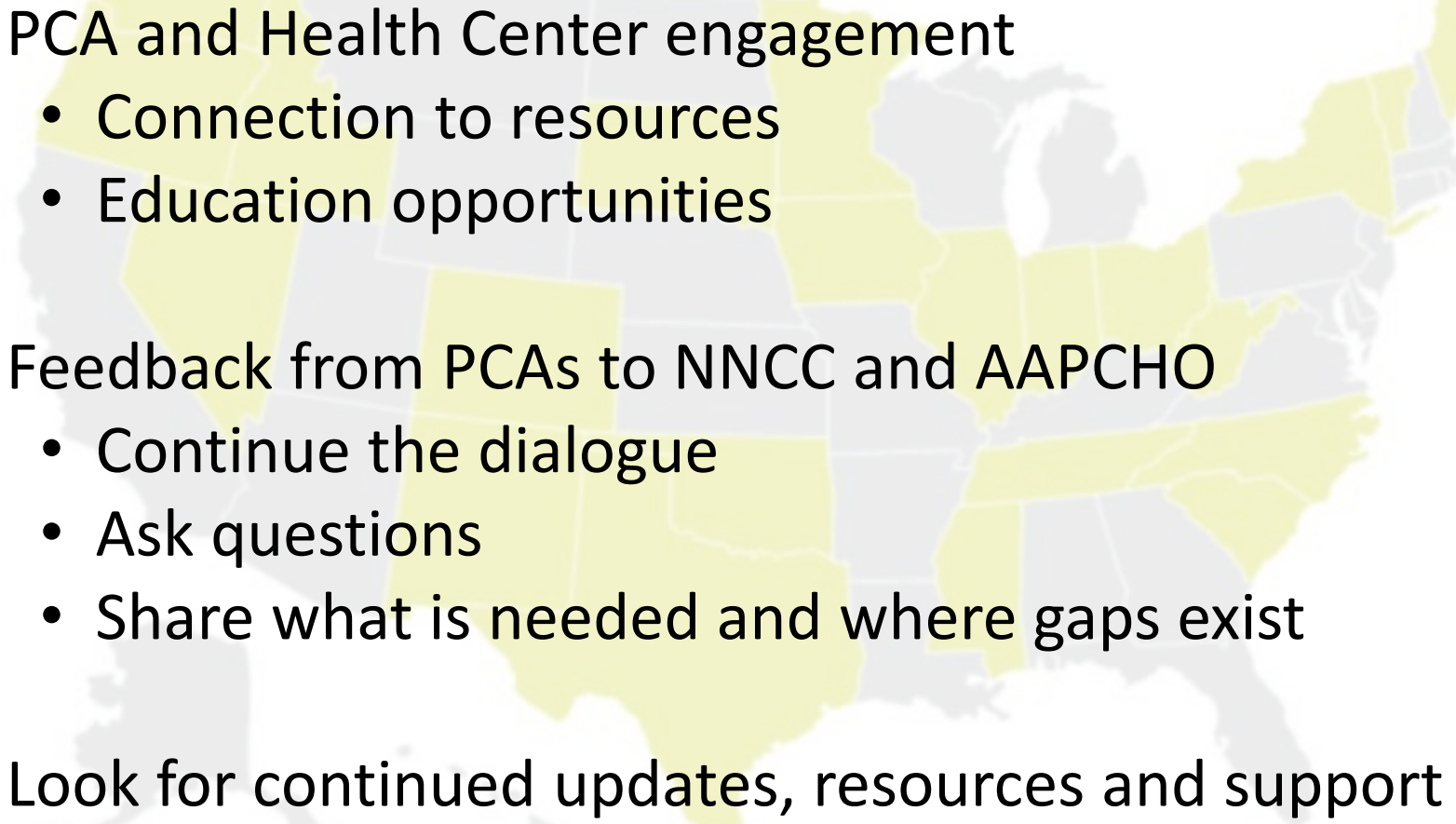
- **Raise Awareness** - 82% agreed the need to raise awareness of prediabetes and the National DPP
- **Funding**
 - Patient incentives
 - Program operational support
- **Staffing Infrastructure and Capacity**
- **Program Planning Resources**
 - Program knowledge and implementation strategies
 - ROI as a selling point
 - How to identify and target specific health centers that would benefit
- **Alternate Service Delivery Resources and Options**
 - Virtual program delivery to reach rural and migrant workers

PCA Readiness Index



PCA Resources	PCA Preparedness	PCA Support
<ul style="list-style-type: none">• Clients• Leadership• Staff buy-in• State & Local partnerships	<ul style="list-style-type: none">• Level of concern by PCA• Steps taken to address the problem• Trained staff or partners to deliver DPP	<ul style="list-style-type: none">• Assessment – needs, readiness, resources• Training• Program planning

Next Steps

- PCA and Health Center engagement
 - Connection to resources
 - Education opportunities
 - Feedback from PCAs to NNCC and AAPCHO
 - Continue the dialogue
 - Ask questions
 - Share what is needed and where gaps exist
 - Look for continued updates, resources and support from HRSA, CDC, NNCC, AAPCHO
- 



The National Diabetes Prevention Program— Making Type 2 Diabetes Prevention a Reality in the U.S.

Pat Schumacher, MS, RD

Chief, Program Implementation Branch

Division of Diabetes Translation

National Center for Chronic Disease Prevention and Health Promotion

Centers for Disease Control and Prevention

National Diabetes Prevention Program

Largest national effort to mobilize and bring an evidence-based lifestyle change program to communities across the country!

REDUCING THE IMPACT OF DIABETES

It brings together:

- HEALTH CARE ORGANIZATIONS
- EMPLOYERS
- PRIVATE INSURERS
- COMMUNITY ORGANIZATIONS
- FAITH-BASED ORGANIZATIONS
- GOVERNMENT AGENCIES

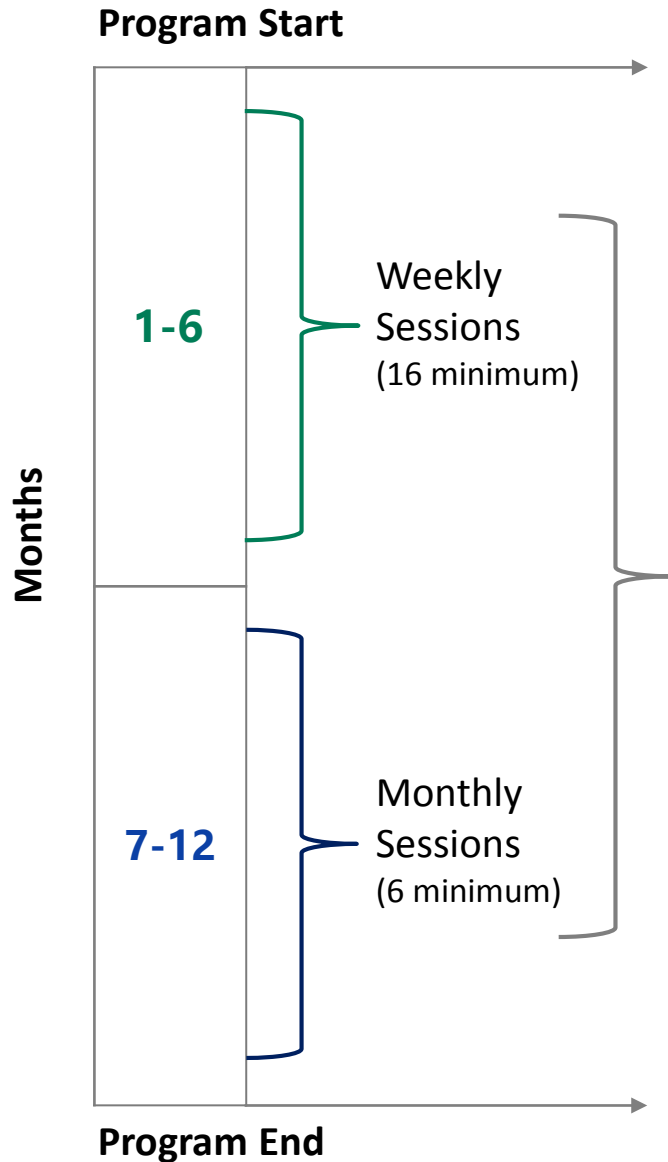
Congress authorized CDC to establish the NATIONAL DIABETES PREVENTION PROGRAM (National DPP) —a public-private initiative to offer evidence-based, cost effective interventions in communities across the United States to prevent type 2 diabetes

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

(Note: A pair of scissors is shown cutting the word 'HALF' in the infographic.)

The National DPP Lifestyle Change Program



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

Example modules covered in core phase:

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

Sessions facilitated by a trained lifestyle coach

- Can be a peer educator/Community Health Worker

PARTICIPANT GOAL: Lose 5 – 7% of body weight

National DPP Strategic Goals





National DPP Strategic Goals

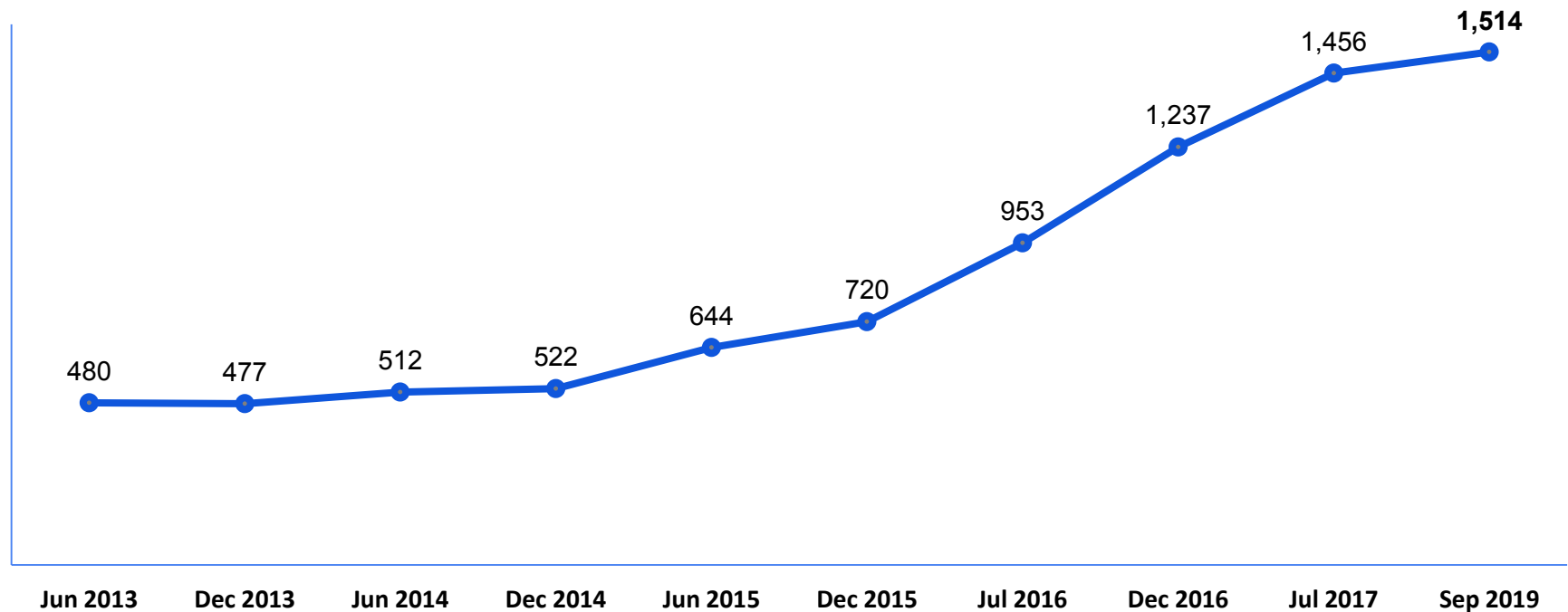


*Increase the supply
of quality programs*

Increase the Supply of Quality Programs



CDC-Recognized Organizations Across the U.S.





CDC Recognition: Overview

Recognition involves...

assuring quality by developing and maintaining a registry of organizations recognized by CDC's Diabetes Prevention Recognition Program for their ability to achieve the outcomes proven to prevent or delay onset of type 2 diabetes

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

Program Sustainability



- **Considerations for Organizations Interested in Offering the National DPP Lifestyle Change Program:**
 - Is my organization well-positioned to do this?
 - Complete the Organizational Capacity Assessment:
 - <https://nationaldppcsc.cdc.gov/s/article/Organizational-Capacity-Assessment-1525311979894>
 - Assess your capacity to develop and implement a claims processing infrastructure
 - Does your organization have access to a large # of people at high risk for type 2 diabetes and the ability to offer at least 1 class cohort/year?
 - If no to either of the above, consider joining a network, forming an “umbrella”, or serving as a class location for a larger organization

Umbrella Options



- **CDC Part 1 Guidance – For Existing CDC-Recognized Organizations (coming soon)**
 - For existing organizations with preliminary or full recognition
 - Umbrella organization invites other organizations with any CDC recognition status to join as subsidiaries
 - Umbrella and subsidiaries are listed in the DPRP Registry
 - Data for umbrella and subsidiaries is aggregated, and everyone benefits from the recognition status at the umbrella level
- **CDC Part 2 Guidance - Umbrella organizations that are not currently recognized by CDC (in development)**
 - To allow non-delivery organizations with the necessary capacity to serve as an umbrella (i.e., a Primary Care Association, Academic Center, Area Indian Health Board)

National DPP Strategic Goals



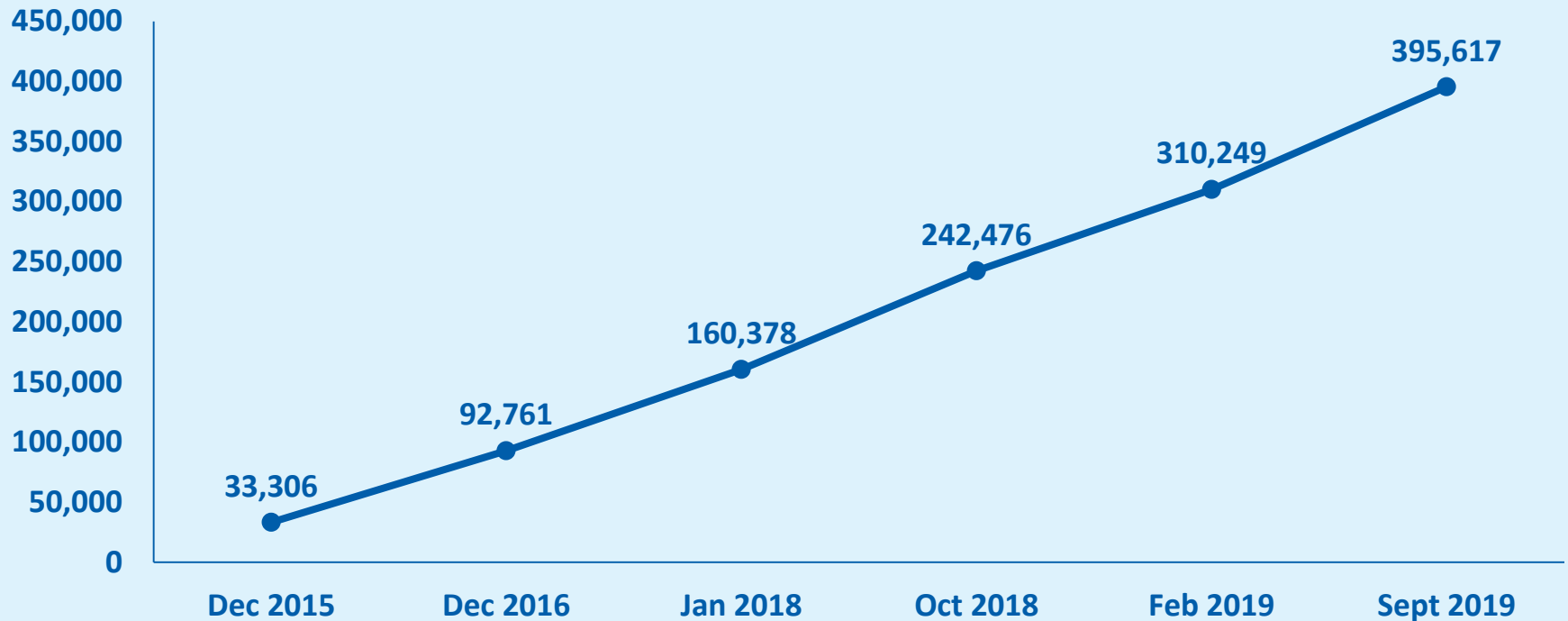
**Demand From
Participants**



*Increase demand for
the National DPP
among people at
risk*

Increase Demand for the Program Among People at Risk

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



395,617 individuals have enrolled as of Sept. 17, 2019

Award-Winning Prediabetes Awareness Campaign

Ad Council, AMA, ADA, CDC

Puppies – A Perfect Way to Spend a Minute



www.DoIHavePrediabetes.org

National DPP Strategic Goals



Referrals



*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





AMA Prevent Diabetes

AMA offers an interactive, guided process to support health care organizations in implementing a type 2 diabetes prevention strategy



LOGIN

[The case for diabetes prevention](#)

[Success stories](#)

[Tools for the team](#)

[Clinical overview](#)

[Engage with us](#)

The AMA can help you prevent type 2 diabetes

Approximately one in three adults has prediabetes, and 90 percent of people with prediabetes are unaware.

The American Medical Association offers a comprehensive assessment and guided process to support your health care organization with implementing a diabetes prevention strategy, including access to an evidence-based diabetes prevention lifestyle change program.

Get started today.

Take the first step toward developing a free customized diabetes prevention strategy.

By signing up you agree to the [terms of service](#).

Get started

<https://amapreventdiabetes.org/>

National DPP Strategic Goals



Increase coverage among public and private payers

Goal: All-Payer Coverage



CDC is working with public and private payers and employers to eliminate cost barriers for participants and sustain program delivery organizations long-term.



Private Sector

- Self Insured Employers
- Health Plans



Public Sector: State/Local

- State/Public Employee Benefit Plans



Public Sector: Federal

- CMS: Medicare & Medicaid

What You Can Do...

01/

RAISE AWARENESS of prediabetes and the National DPP

- www.cdc.gov/diabetes/prevention/prediabetes-type2

02/

SCREEN, TEST, AND REFER PEOPLE at risk to a CDC-recognized organization

- www.cdc.gov/diabetes/prevention/lifestyle-program

03/

OFFER THE PROGRAM by becoming a CDC-recognized organization

- www.cdc.gov/diabetes/prevention/lifestyle-program

Thank you!

Questions?

Email: prs5@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.



POLL

What are the biggest challenges in implementing DPP?
[Type your answer into the Chat box]



National Diabetes Prevention Program

Forging Effective Strategies

23 September 2019

Commander Tracy Branch
Senior Advisor, Strategic Partnerships Division, Office of Quality Improvement
Bureau of Primary Health Care (BPHC)

Vision: Healthy Communities, Healthy People



Why A Diabetes Quality Improvement Initiative?

- Reduce the number of health center patients who develop diabetes and obesity
- Increase diabetes control among those living with the disease
- Eliminate the disparities seen in diabetes occurrence, control, and complications
- Engage in childhood overweight and obesity prevention with the goal of reducing the risk of juvenile onset type 2 diabetes
- Reduce healthcare expenditures for chronic disease management

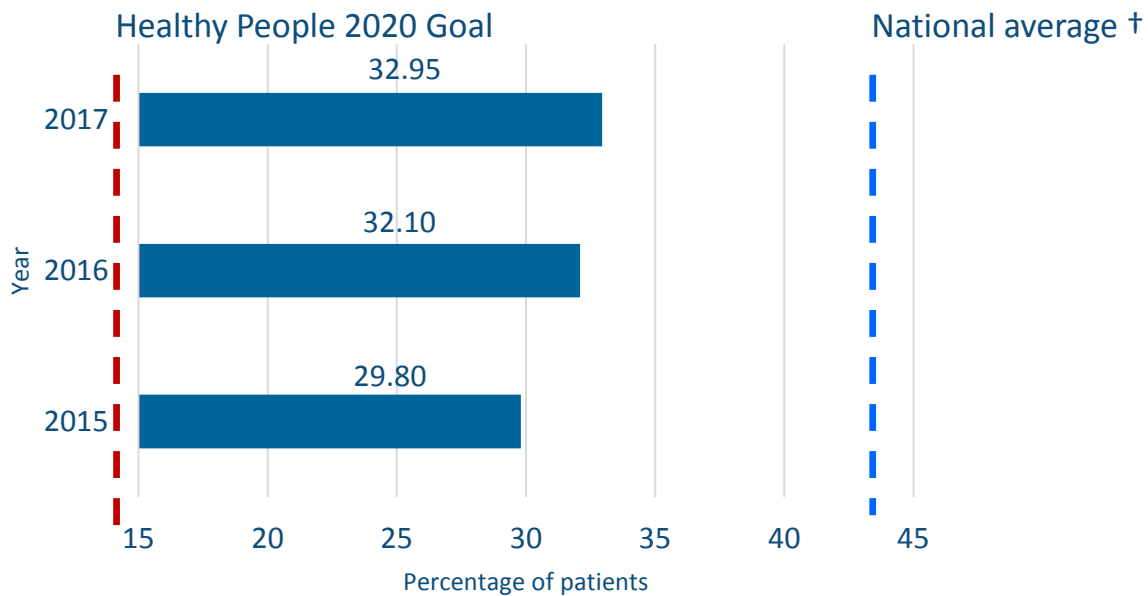




Diabetes QI Initiative

What will it take to move the needle?

Percentage of Health Center Program patients with uncontrolled diabetes



† NCQA, 2016 Medicaid-HMO: <https://www.ncqa.org/hedis/measures/comprehensive-diabetes-care/>
Source: Uniform Data System, 2015-2017 - Table 7



What will it take to move the needle?

Systems Change



- Leadership and champion
- Evidence based guidelines
- Team roles and responsibilities
- Standardized workflow and standing orders
- EHR and technology optimization
- Population management
- Patient engagement
- Collaborations

Strategic Partners' Technical Assistance

Improving Health Systems & Infrastructure

EHRs with Diabetes Modules

Diabetes Informatics

Health Information Exchange (HIE) & Telemedicine

Patient Centered Medical Home (PCMH)

Use Patient Portals

Optimizing Provider & Multidisciplinary Teams

Team Based Care

Promote National Standards

New Techniques for Early Detection Screening

Case Management

Sharing of Diabetes Management Promising Practices

Eye, Foot, Dental, & Kidney Screening

Provider Counseling of Patients

Facilitating Behavior Change in Patients

CHW Directed Patient Education

Lifestyle/Self-Management

Promote Physical Activity and Healthy Diets

Address Childhood & Adult Obesity

Increase Patient Health Literacy



PENNSYLVANIA ASSOCIATION OF COMMUNITY HEALTH CENTERS



44 FQHCs

5 Look-Alikes

More than 300 service sites in 52 out of 67 counties both urban & rural

888,000+ patients served in 2018

2.9 M patient visits in 2018

Serve 1 in 14 Pennsylvanians

Estimated % of Patients with Hba1c > 9% (2018 UDS) - 30.8%



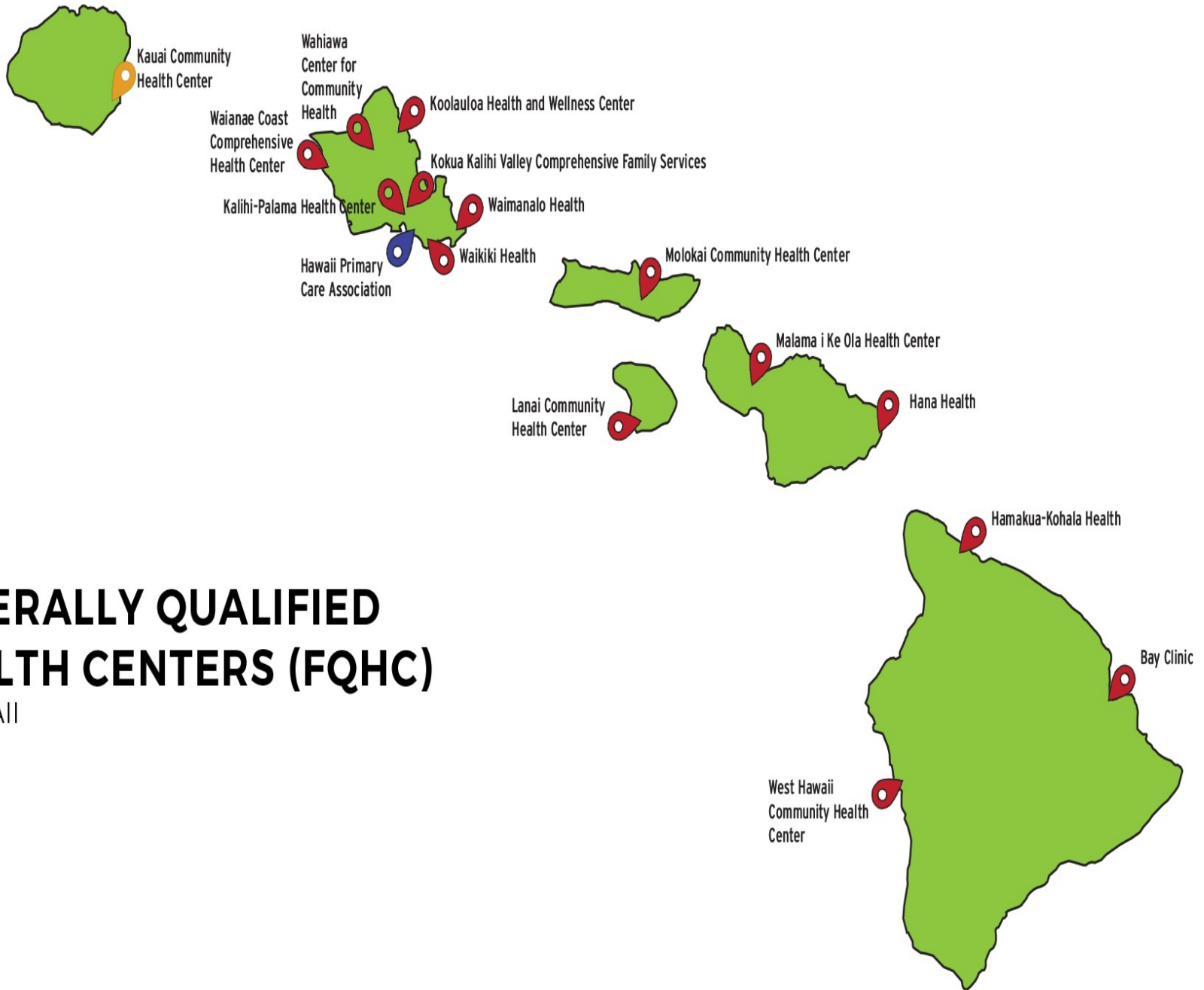
Improving Access to Affordable, Quality Health Care for All

What PACHC Does

- ▶ Communication
- ▶ Advocacy
- ▶ Recruitment
- ▶ Education & Training
- ▶ Resources
- ▶ Technical Assistance Related To Health Center Operations, Finance And Clinical Quality
- ▶ Outreach & Enrollment
- ▶ Partnership & Collaboration







FEDERALLY QUALIFIED HEALTH CENTERS (FQHC) IN HAWAII

COMMUNITY HEALTH CENTERS

WHO THEY SERVE

(UDS 2018)

157,000 Patients statewide

14% Uninsured

55% on Medicaid

8284 Homeless Patients

70% Live below Federal Poverty Level

14,988 Public Housing Patients

40% Native Hawaiian/Other Pacific Islander

23% Asian

20% NonHispanic White



OUR ROLE



ADVOCACY
POLICY PLANNING &
DEVELOPMENT



TECHNICAL ASSISTANCE
& TRAINING



PROGRAM
DEVELOPMENT &
IMPLEMENTATION



FUNDING & RESOURCES

PANELIST QUESTIONS

1. Why did your PCA decide to promote the National DPP among your member health centers?
2. How did you initially promote the National DPP among your health centers, and what are you doing to continue to promote it?
3. Which PCA staff are responsible for National DPP work, and have those roles changed since you initiated the project?
4. How did you address the barriers/challenges you/your health centers face in adopting the National DPP?
5. Have you used or promoted online or hybrid lifestyle change programs for health center patients? If so, have you noticed a difference in retention, attendance, and/or behavior change?
6. How do you promote sustainability with this program?

RESOURCES AND NEXT STEPS



RESOURCES

- National Diabetes Prevention Program:
<https://www.cdc.gov/diabetes/prevention/index.html>
- Organizational Capacity Assessment:
<https://nationaldppcsc.cdc.gov/s/article/Organizational-Capacity-Assessment-1525311979894>
- Prediabetes Awareness Campaign: www.DoIHavePrediabetes.org
- American Medical Association
 - <https://amapreventdiabetes.org>
- HRSA Diabetes Quality Improvement Initiative
 - <https://bphc.hrsa.gov/qualityimprovement/clinicalquality/diabetes.html>

NEXT STEPS

Complete the National DPP Organizational Capacity Assessment:

- <https://nationaldppcsc.cdc.gov/s/article/Organizational-Capacity-Assessment-1525311979894>

Learn more about National DPP providers in your area

- https://nccd.cdc.gov/DDT_DPRP/Registry.aspx

AAPCHO/NNCC National DPP PCA Learning Collaborative



Q&A

Please type your questions into the Q&A box. You can “upvote” and comment on other attendees’ questions.

THANK YOU!

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