



Screen, Test, Refer: National Diabetes Prevention Program

April 12, 2022



Housekeeping Notes

- All attendee lines are muted
- Please submit your questions to our panelists via the Q&A feature
- Questions will be addressed at the end of the session, as time permits

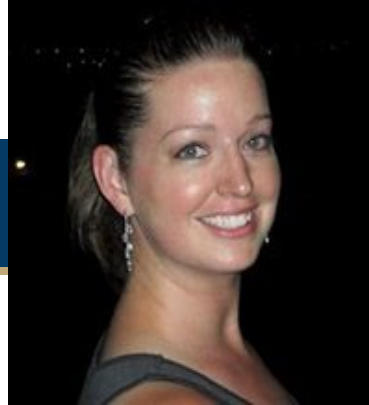


Welcome: Presenter Panel



Danielle Nugent, MS

Practice Transformation
Specialist
Quality Insights



Kathryn Luebke

Community Health
Integration Program Director
YMCA of Delaware



Megan Werner, MD, MPH

Associate Medical Director of
Population Health and Quality
Westside Family Healthcare



Continuing Education Credits



- To complete the course, the learner must:
 - Complete the 60-minute webinar
 - Complete the evaluation and post-test
- Continuing Education
 - **Nursing:** This course is approved for 1.0 hours of Continuing Education for Nursing. Quality Insights accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.
 - **Physicians:** The CAMC Health Education and Research Institute designates this internet enduring material activity for a maximum of 1.0 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Learning Objectives

After this course, the learner will:

- Describe the prevalence of prediabetes and diabetes
- Identify benefits of National Diabetes Prevention Program (National DPP)
- Explain prediabetes Screen/Test/Refer process
- Identify in-person and virtual National DPP options



Quality Insights Overview

- Non-profit organization focused on improving health care quality in the pursuit of better care, smarter spending and healthier people
- Strive to be a change agent, partner and integrator of local organizations collaborating to improve care



Improving the Health of Americans Through Prevention and Management of Diabetes, Heart Disease, and Stroke Program

- Delaware Division of Public Health
 - Serving more than 110 DE health care practices
- Pennsylvania Department of Health
 - Serving more than 75 sites
- Provide direct assistance and technical support for providers at **no cost**
- Learn more by visiting:
<https://improve.qualityinsights.org/Projects/DE-Hypertension-and-Diabetes.aspx>



State Engagement Model (StEM)

NACDD/CDC State Engagement Model
Catalyzing Action and Collective Impact of the National DPP



Four Pillars of StEM

Awareness

Availability

Coverage

Screen,
Test, Refer

[NACDD. 2022](#)



Goals of StEM

- Increase referrals to National DPP by 10% by June 30, 2022
 - Increase provider/organizational awareness of, and referral to, the National DPP
 - Increase by one the number of National DPP lifestyle change program providers in Delaware
 - Increase by three the number of employers in Delaware that have committed to offer the National DPP lifestyle change program as a covered health benefit
 - Collaborate to develop a standard protocol to increase screening, testing, and referrals





Polling Question #1

Roughly how many American adults have prediabetes?

- A. 15 million
- B. 56 million
- C. 88 million

Prediabetes Prevalence Nationally

Characteristic	Prediabetes, 2018 Estimates Number in millions
Total	88.0
Age in Years	
18-44	28.7
45-64	35.1
≥65	24.2
Sex	
Women	47.1
Men	40.9
Race/ethnicity	
White, non-Hispanic	54.8
Hispanic	14.6
Black, non-Hispanic	11.4
Asian, non-Hispanic	5.0

<https://www.cdc.gov/diabetes/pdfs/data/statistics/national-diabetes-statistics-report.pdf>



Prediabetes

- What is prediabetes?
 - Blood sugar levels are higher than normal, but not high enough to be classified as type 2 diabetes
- Is prediabetes common?
 - Approximately 88 million American adults have prediabetes – more than 1 in 3
- Why is prediabetes a problem?
 - Prediabetes creates an increased risk of developing type 2 diabetes, heart disease, and stroke



Source: [Prediabetes Risk Factors- CDC](#)



Polling Question #2

How many Delaware adults report being told they have prediabetes?

- A. 5.5%
- B. 25.2%
- C. 11.8%

Prevalence of Prediabetes in Delaware

11.8% - or more than 75,100 Delawareans - reported being told they have prediabetes.

<https://dhss.delaware.gov/dph/dpc/diabetes02.html>

In 2019, 34% of DE residents were obese and additional 35% were overweight.

<https://www.dediabetescoalition.org/the-impact-of-diabetes-in-delaware-2021-report-released/>

From 2003-2019, the percentage of DE adults with diagnosed diabetes rose from 8% to 13%.

<https://www.dediabetescoalition.org/the-impact-of-diabetes-in-delaware-2021-report-released/>

Prediabetes and diabetes cost Delaware \$1.1 billion each year.

<https://improve.qualityinsights.org/CMSPages/GetFile.aspx?quid=37bc5b09-b17d-459f-a381-70bd7348a188>



Who is at risk?



- People of certain ethnic/racial backgrounds, such as African-American, Hispanic/Latino, and some Asian-Americans are at increased risk.

Source: [Prediabetes Risk Factors- CDC](#)



Polling Question #3

True or False: Participation in the National DPP can lower risk of developing type 2 diabetes by as much as 58% (71% if you're over age 60).

- A. True
- B. False

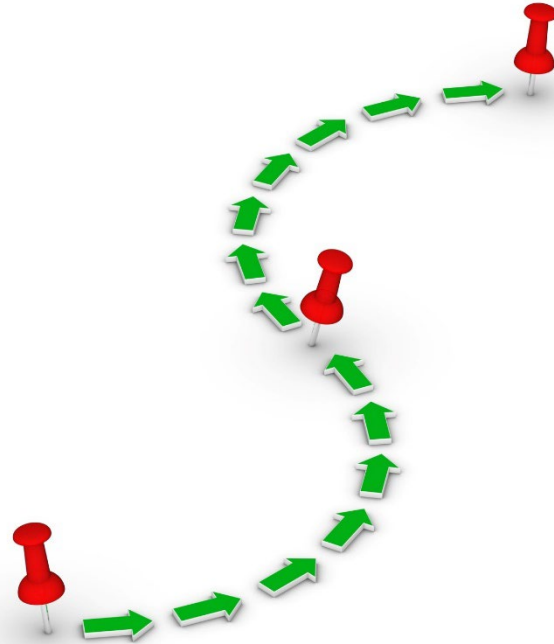
Prevention

- Healthy lifestyle choices can help prevent type 2 diabetes
 - 58-71% in under age 65
 - 71% in over 65
- Healthy Lifestyle:
 - Eat healthy foods
 - Get more physical activity
 - Lose excess pounds
 - Control blood pressure and cholesterol by taking medications as prescribed
 - [NIH. 2021](#)



Steps of Screen, Test, Refer

- Educate
 - Staff
 - Patients
- Define Eligibility
- Screen
- Test
- Refer



Educate Care Team

- Value of the [prediabetes conversation](#)
 - Increasing patient awareness
 - Helping to lower rates of diabetes
 - Improvements to patient health outcomes
- National DPP
 - Diabetes incidence was reduced by 58-71% over three years
 - Follow-up has shown sustained reduction in the rate of conversion to type 2 diabetes of 34% at 10 years and 27% at 15 years ([NCBI. 2011. Outcomes Study](#))
- [Recording](#) of interview with YMCA on the National DPP
- [National DPP Coverage Toolkit](#)
 - Medicaid
 - Medicare
 - Some private insurers



Educate Staff



Prediabetes Practice Module

November 2021

Implementation of Quality Improvement Initiatives to Improve Diabetes and Hypertension



Funding provided by the Pennsylvania Department of Health through the Improving the Health of Americans Through Prevention and Management of Diabetes and Heart Disease and Stroke federal grant from the Centers for Disease Control and Prevention. Publication number PA00H-HD-110121



National DPP Coverage Toolkit Overview

ID: E-E0JKKV

Language: English - ★★★★★5

ABOUT THIS COURSE

CONTENT

National DPP Coverage Toolkit Overview

The National Diabetes Prevention Program (National DPP) Coverage Toolkit was developed in 2017 by *National Association of Chronic Disease Directors* (NACDD), the Division of Diabetes Translation at Centers for Disease Control and Prevention (CDC), and Leavitt Partners (healthcare intelligence firm) as part of ongoing national efforts to establish Medicaid coverage for the National DPP lifestyle change program.

www.Ediscolearn.com

<https://improve.qualityinsights.org/Projects/PA-DOH/Practice-Modules.aspx>



Educate Patients

- Defining prediabetes
- Patient education resources
 - What is prediabetes? ([English](#), [Spanish](#))
 - So you have prediabetes ... now what? ([English](#), [Spanish](#))
- CDC [videos and podcasts](#) for patients
- [Registry](#) of National DPPs in Delaware
- Use of small media in the waiting rooms, exam rooms
- Share links on patient portal or via text message



Patient Portal Optimization

- Secure direct messaging 24/7
- Ability to run reports
- Educational resources/materials
- Text or messaging campaigns



Text Messaging for Patient Engagement

- **19%** of people never check their voicemail – **EVER!**
- **72%** of Americans own a smartphone
- **97%** use their smartphone to text
- **90%** of cell phone users ignore incoming calls
- **76%** of patients believe texts are more convenient than a phone call

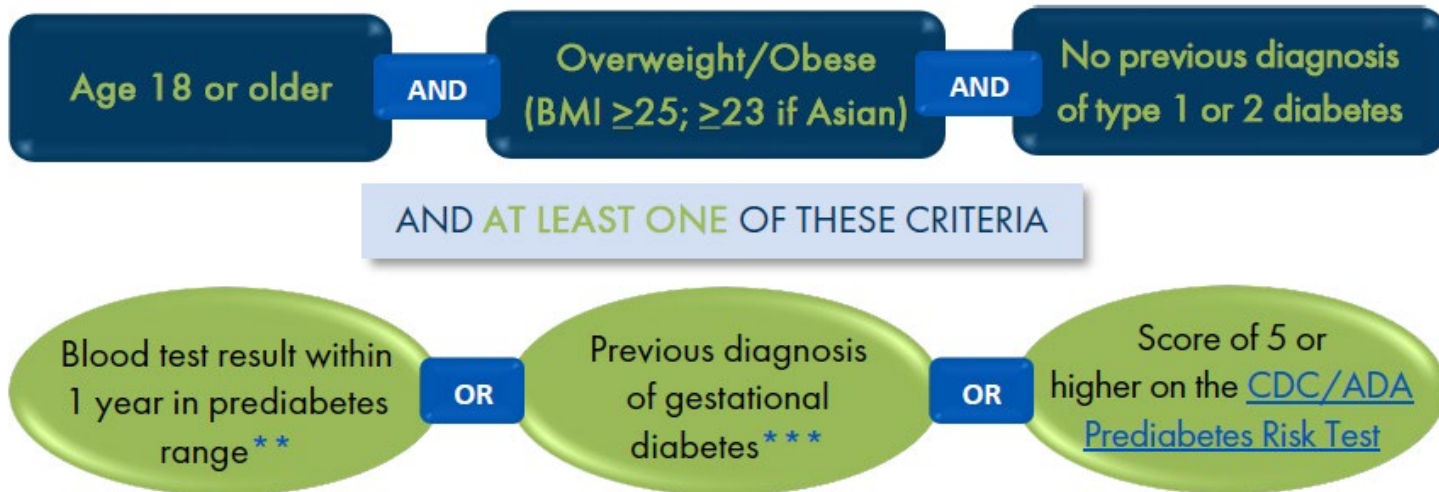


Source: <https://www.solutionreach.com/slideshows/13-stats-on-why-text-should-be-next-for-your-practice?hsCtaTracking=fe478f3d-3511-431d-9fe6-2f6ba4c57c02%7C9cb0cc89-248f-4d60-88ae-df5c1049f768>



Refer Eligible Patients to the National Diabetes Prevention Program

To be eligible for the National DPP, patients **MUST** meet all three of the top tier criteria plus one of the second tier criteria.*



* For Medicare participants, above criteria apply AND patients must have clinically administered blood test in prediabetes range within past year; no ESRD diagnosis; no previous participation in Medicare DPP.

**Prediabetes range: HbA1c 5.7%-6.4%; or FPG 100-125 mg/dL; or 2hr PG (after 75mL glucose load) 140-149 mg/dL.

***Currently pregnant patients not eligible for National DPP.



Screen

- Prediabetes Risk Test (relevant for non-clinical orgs/staff)
 - [Prediabetes Risk Test - English](#)
 - [Prediabetes Risk Test - Spanish](#)
- Promote use of ICD-10 codes for prediabetes
 - [Codes for screening for prediabetes](#)
- Work to address Social Determinants of Health (SDOH)
 - Identify populations within the practice/organization's community that are of greatest need for National DPP
 - Address needs of the population: language, transportation, cost, etc.





Polling Question #4

True or False: On the Prediabetes Risk Test a score of 4 or higher will indicate that a patient is at increased risk for prediabetes?

- A. True
- B. False

Prediabetes Risk Test

NATIONAL
DIABETES
PREVENTION
PROGRAM

1. How old are you?

Younger than 40 years (0 points)
40–49 years (1 point)
50–59 years (2 points)
60 years or older (3 points)

Write your score in the boxes below

2. Are you a man or a woman?

Man (1 point) Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

Yes (1 point) No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?

Yes (1 point) No (0 points)

5. Have you ever been diagnosed with high blood pressure?

Yes (1 point) No (0 points)

6. Are you physically active?

Yes (0 points) No (1 point)

7. What is your weight category?

(See chart at right)

Total score:

Height	Weight (lbs.)		
4'10"	119–142	143–190	191+
4'11"	124–147	148–197	198+
5'0"	128–152	153–203	204+
5'1"	132–157	158–210	211+
5'2"	136–163	164–217	218+
5'3"	141–168	169–224	225+
5'4"	145–173	174–231	232+
5'5"	150–179	180–239	240+
5'6"	155–185	186–246	247+
5'7"	159–190	191–254	255+
5'8"	164–196	197–261	262+
5'9"	169–202	203–269	270+
5'10"	174–208	209–277	278+
5'11"	179–214	215–285	286+
6'0"	184–220	221–293	294+
6'1"	189–226	227–301	302+
6'2"	194–232	233–310	311+
6'3"	200–239	240–318	319+
6'4"	205–245	246–327	328+
	1 Point	2 Points	3 Points

Adapted from Bang et al., *Ann Intern Med*. 2017;167:102. 2017. Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

Type 2 diabetes is more common in African Americans, Hispanic/Latinos, American Indians, Asian Americans, and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased risk for type 2 diabetes at lower weights (about 15 pounds lower than weights in the 1 Point column).

You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent type 2 diabetes through a CDC-recognized lifestyle change program at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>



Take the Risk Test Reverse Prediabetes Success Stories

Could You Have Prediabetes?

TAKE THE TEST

Print a copy of the test to take later.
About the Prediabetes Risk Test



Why should I care about prediabetes?

The sooner you know you have prediabetes, the sooner you can take action to reverse it and prevent type 2 diabetes.

<https://www.cdc.gov/prediabetes/takethetest/>





Polling Question #5

Of all the steps in the Screen, Test, and Refer model, which one includes information on the guidelines for blood glucose measurements required for the National DPP?

- A. Screen
- B. Eligibility
- C. Test
- D. Refer

Test

- [ADA guidelines for screening](#)
 - Informal screening is recommended with a validated tool (Prediabetes Risk Test)
 - Testing should start at age 45
 - If normal, testing should be performed in three-year intervals
 - Testing should be considered for all adults with BMI greater than 25 (greater than 23 if of Asian descent)
- [AMA recommended testing procedure](#)
 - Exclude patients that don't meet eligibility criteria
 - Determine if lab test was performed within the past year
 - Proceed with relevant testing option; A1C, Fasting Plasma Glucose, Plasma Glucose test two hours after 75gm glucose load



Results

Results	A1C Test	Fasting Plasma Glucose	Plasma Glucose Test 2 Hours After 75gm Glucose Load	Follow Up
Normal	<5.7%	<100 mg/dl	<140 mg/dl	Have patients continue healthy behaviors
Prediabetes	5.7% to 6.4%	100 to 125 mg/dl	140 to 199 mg/dl	Refer patients to a National DPP
Results	A1C Test	Fasting Plasma Glucose	Plasma Glucose Test 2 Hours After 75gm Glucose Load	Follow Up
Diabetes	>6.5%	>126 mg/dl	>200 mg/dl	Work with primary care provider to confirm diagnosis. Refer to Diabetes Self-Management Education and Support

[CDC guidelines](#)



Refer

- Refer eligible patients to your [local National DPP](#)
 - [Patient referral form example](#)
 - Order script pads to give to patients with the National DPP contact information
 - When referring to the YMCA utilize their [referral](#) form
- Run a report in EHR and identify eligible patients
 - Activate prediabetes [clinical decision](#) alerts in your electronic health record (EHR)
 - Create National DPP referral order in the EHR
 - Implement standing orders allowing non-physicians to place referral orders to the National DPP
- Referral campaign
 - Referral letters, secure email, text, or patient portal message
 - Work with Quality Insights to implement



Contact Information

- **Danielle M. Nugent, MSHA**
Practice Transformation Specialist
 - Email: dnugent@qualityinsights.org



YMCA of Delaware



Kat Luebke

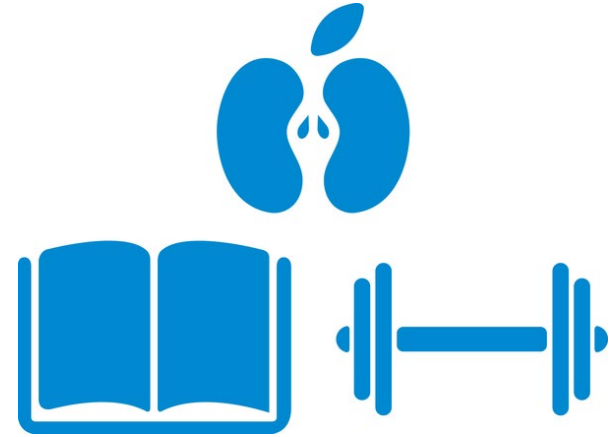


<https://www.ymcade.org/>



DIABETES PREVENTION PROGRAM

- Prevention includes:
 - Modest weight loss
 - 30 minutes of physical activity at least 5 days a week
 - Know your numbers - get your blood sugar checked



| YMCA'S DIABETES PREVENTION PROGRAM | ©2018
YMCA of Delaware



Evidence Based Lifestyle Change Program

- Reduced the incidence of type 2 diabetes by 58% for those 60 years of age and under¹
- Reduced the number of type 2 diabetes by 71% in individuals over age 60¹

1. The Diabetes Prevention Program Research Group. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *N Engl J Med.* 2002 Feb 7;346(6):393-403



| YMCA'S DIABETES PREVENTION PROGRAM | ©2018
YMCA of Delaware



Is Prevention Working?

*Population estimates for 2018 were derived from rates for 2017–2018 applied to July 1, 2018 US resident population estimates from the US Census Bureau (See [Detailed Methods](#)).

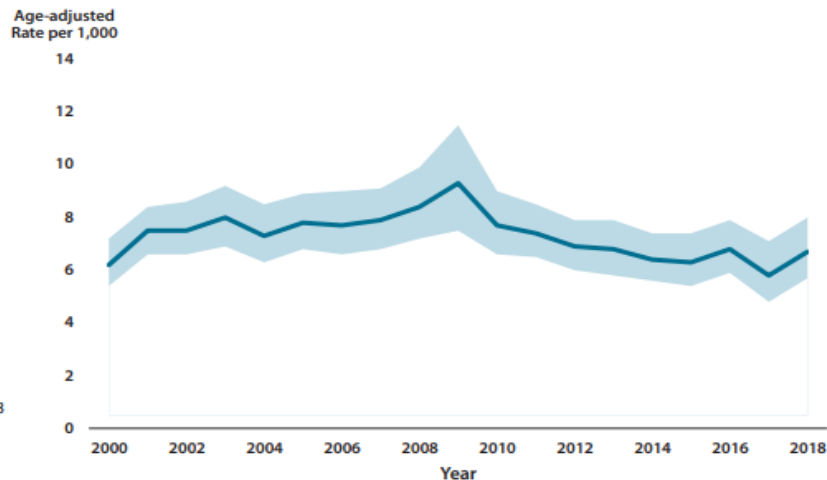
^b Rates were calculated using 2018 data only.

Data sources: 2017–2018 National Health Interview Survey and 2018 US Census Bureau data.

Trends in Incidence Among Adults

- Among adults aged 18 years or older, the age-adjusted incidence of diagnosed diabetes was similar in 2000 (6.2 per 1,000 adults) and 2018 (6.7 per 1,000 adults). A significant decreasing trend in incidence was detected from 2008 (8.4 per 1,000 adults) through 2018. (Figure 4).

Figure 4. Trends in age-adjusted incidence of diagnosed diabetes among adults aged 18 years or older, United States, 2000–2018



Notes: Data shown are estimated incidence rates (solid blue line) and 95% confidence intervals (shaded). Joinpoint identified in 2008 (See [Detailed Methods](#)).

Data source: 2000–2018 National Health Interview Survey.

Qualifications

To qualify for the YMCA's Diabetes Prevention Program, participants must meet the following criteria:

- 18 years of age or older
- Not pregnant
- Overweight (BMI ≥ 25 ; BMI ≥ 23 for Asian individuals)
- Not diagnosed with type 1 diabetes, type 2 diabetes, or ESRD (End Stage Renal Disease)

And have ONE of the following:

- Diagnosed within the last year with prediabetes via a qualifying blood test value*
- Previous diagnosis of gestational diabetes
- Qualifying risk score as determined by the risk assessment



| YMCA'S DIABETES PREVENTION PROGRAM | ©2018
YMCA of Delaware



Diagnosed with Prediabetes

within the last year via qualifying blood values

- A1C: 5.7-6.4%
- Fasting Glucose: 100-125 mg/dL
 - (Medicare beneficiaries 110-125 mg/dL)
- Two-hour plasma Glucose: 140-199 mg/dL
- Prediabetes determined by clinical diagnosis of gestational diabetes (GDM) during previous pregnancy



| YMCA'S DIABETES PREVENTION PROGRAM | ©2018
YMCA of Delaware



YMCA's Diabetes Prevention Program

In a classroom setting, a trained lifestyle coach helps members change their lifestyle by encouraging healthy eating, physical activity, and other behavior modifications over the course of 25 one-hour group sessions.

- Program structure:
 - 25 sessions over 12 months
 - 16 weekly sessions
 - 3 bi-weekly sessions
 - 6 monthly sessions
- Sessions focus on:
 - Healthy Eating
 - Physical Activity
 - Behavior Modification
- Primary goals:
 - Reduce body weight by 7%
 - Participation in 150 minutes of physical activity/week



| YMCA'S DIABETES PREVENTION PROGRAM | ©2018
YMCA of Delaware



Added Benefits from the YMCA of Delaware

- Up to **four FREE months of family membership** at the YMCA of Delaware (state-of-the-art fitness equipment, youth and adult fitness center, group exercise classes, saunas, swimming pools, babysitting)
- Additional eight months at **50% off membership fees** (with session attendance).
- **SAVINGS of up to \$850!**



| YMCA'S DIABETES PREVENTION PROGRAM | ©2018

YMCA of Delaware



Incentives for Health Care Provider from the YMCA of Delaware

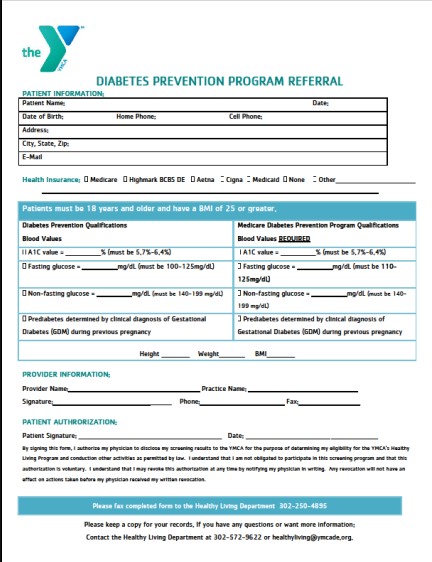
- Practice with the highest overall referrals will earn a free lunch for the entire practice staff.
- Opportunity for three practices to do an in-depth referral project. Practice will receive additional support from the YMCA of Delaware, Quality Insights, and the AMA.

| YMCA'S DIABETES PREVENTION PROGRAM | ©2018
YMCA of Delaware



Screen, Test, Educate, & Refer

- Screen patients for prediabetes risk factors
- Test glucose values
- Educate about prediabetes and risk of type 2 diabetes
- Refer to the YMCA's Diabetes Prevention Program
 - Online referral form
 - Faxed referral form
 - EHR direct message (will require setup)



The form is titled "DIABETES PREVENTION PROGRAM REFERRAL" and features the YMCA logo. It is divided into several sections: Patient Information, Patient Qualifications, Provider Information, and Patient Authorization. The Patient Information section includes fields for Patient Name, Date of Birth, Home Phone, Cell Phone, Address, City, State, Zip, and E-Mail. The Patient Qualifications section is divided into two columns: Diabetes Prevention Qualifications and Medically Reviewed Diabetes Prevention Program Qualifications. The Diabetes Prevention Qualifications section includes fields for A1C value, Fasting glucose, and Non-fasting glucose. The Medically Reviewed Diabetes Prevention Program Qualifications section includes fields for A1C value, Fasting glucose, and Non-fasting glucose. The Provider Information section includes fields for Provider Name, Practice Name, Signature, Phone, and Fax. The Patient Authorization section includes a signature line for the patient and a date field. At the bottom, there is a section for "Please fax completed form to the Healthy Living Department" with the phone number 302-255-4895 and a note to keep a copy for records.

the YMCA

DIABETES PREVENTION PROGRAM REFERRAL

PATIENT INFORMATION:

Patient Name: _____ Date: _____
Date of Birth: _____ Home Phone: _____ Cell Phone: _____
Address: _____
City, State, Zip: _____
E-Mail: _____

Health Insurance: ☐ Medicare ☐ Medicaid ☐ Healthmark BCBS DE ☐ Aetna ☐ Cigna ☐ Medicaid ☐ None ☐ Other: _____

Patient Qualifications:

Diabetes Prevention Qualifications

Blood Values

1 A1C value = _____ % (must be 5.7%-6.4%)
2 Fasting glucose = _____ mg/dL (must be 100-125mg/dL)
3 Non-fasting glucose = _____ mg/dL (must be 140-199 mg/dL)

Medically Reviewed Diabetes Prevention Program Qualifications

Blood Values **REQUIRED**

1 A1C value = _____ % (must be 5.7%-6.4%)
2 Fasting glucose = _____ mg/dL (must be 110-125mg/dL)
3 Non-fasting glucose = _____ mg/dL (must be 140-199 mg/dL)

4 Prediabetes determined by clinical diagnosis of Gestational Diabetes (GDM) during previous pregnancy
5 Prediabetes determined by clinical diagnosis of Gestational Diabetes (GDM) during previous pregnancy

Height: _____ Weight: _____ BMI: _____

PROVIDER INFORMATION:

Provider Name: _____ Practice Name: _____
Signature: _____ Phone: _____ Fax: _____

PATIENT AUTHORIZATION:

Patient Signature: _____ Date: _____

By signing this form, I authorize my physician to disclose my screening results to the YMCA for the purpose of determining my eligibility for the YMCA's Healthy Living Program and coordinate other activities as permitted by law. I understand that I am not obligated to participate in this screening program and that this authorization is voluntary. I understand that I may revoke this authorization at any time by notifying my physician in writing. Any revocation will not have an effect on actions taken before my physician received my written revocation.

Please fax completed form to the Healthy Living Department 302-255-4895

Please keep a copy for your records; if you have any questions or want more information, Contact the Healthy Living Department at 302-572-9622 or healthyliving@ymca.org.

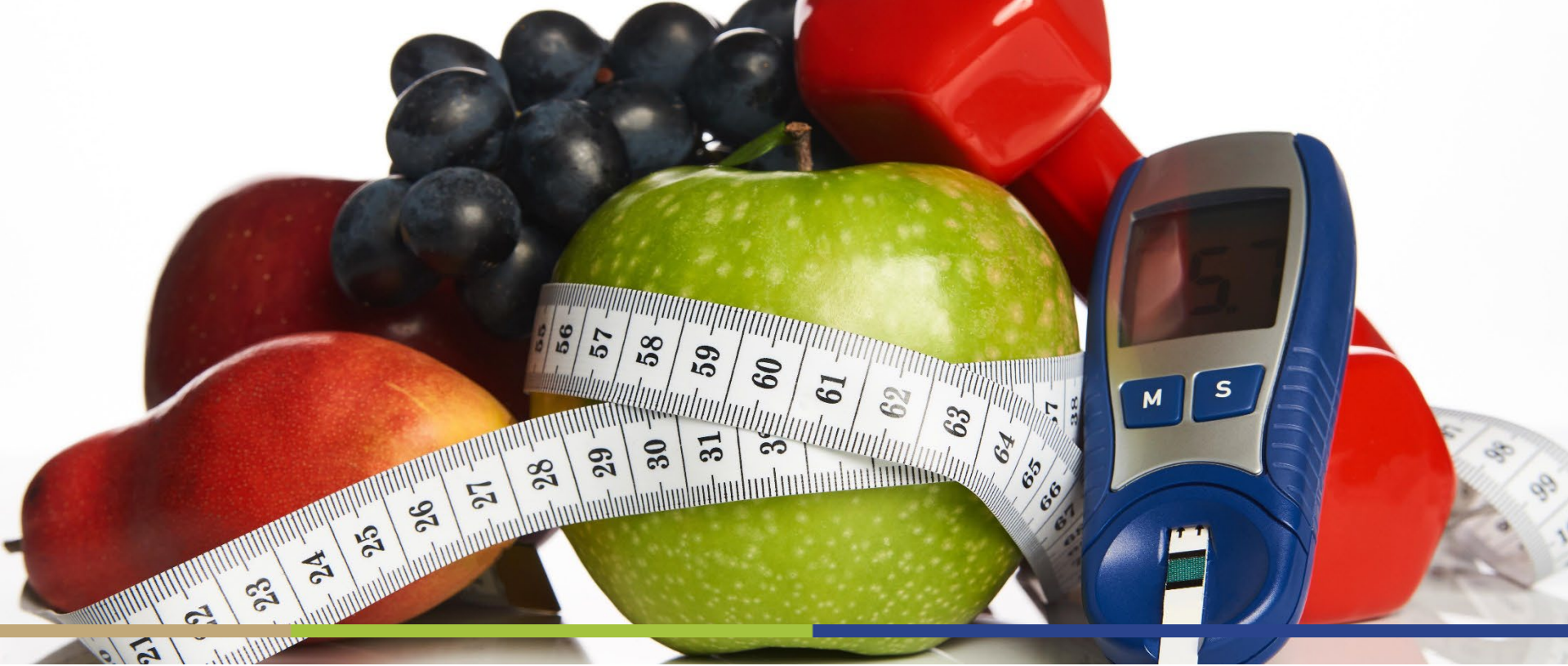
| YMCA'S DIABETES PREVENTION PROGRAM | ©2018
YMCA of Delaware





THANK YOU

- **Kat Luebke, Community Health Integration Program Director**
 - Email: kluebke@ymcade.org
 - Office: 302-472-6769
 - Fax: 302-250-4895



Westside Family Health Care: Lessons Learned from Referring to the National Diabetes Prevention Program

Westside Family Healthcare



Westside Family Healthcare
We treat you well.

<https://www.westsidehealth.org/>



Westside Family Healthcare

- Federally Qualified Health Center
- Established in 1988
- Five locations and a Mobile Health Unit
 - Wilmington (2), Newark, Bear, and Dover
- **Our mission:**
 - To improve the health of our communities by providing equal access to quality healthcare, regardless of ability to pay.



Patient Population

- Over 27,000 patients annually
- 45% are Medicaid beneficiaries, 30% are uninsured, and most have incomes below 200% of the FPL
- Over 40% patients best served in a language other than English



Services and Diabetes

- Core services include screening for and treating diabetes
- More than 13% of patients have diabetes
- Likely more in the future:
 - 8% of patients have prediabetes
 - 36% have a BMI in the obese range
- Can be challenging conditions for patients to manage



Tools to Address Diabetes and Prediabetes

- Multidisciplinary approach
 - Registered Dietitians and Certified Diabetes Educators
 - Nurses
 - Clinicians
- Lifestyle change programs including the National DPP
 - Work to address barriers to accessing care



Addressing Systemic Barriers to Accessing the National DPP

- Patient awareness of National DPP
 - [National DPP flyers](#)
- Patient engagement
 - Letter campaigns and follow-up phone calls to patients through partnership with Quality Insights
 - Westside follow up on patients who expressed interest in National DPP
- Provider engagement
 - Quality Insights provider presentation on prediabetes (2019)
 - Focus on referral among our nutrition providers



Addressing Patient Barriers to Accessing the National DPP

- Spanish language needs
 - Starting in 2021, YMCA of DE began offering classes in Spanish
- Transportation and travel to classes
 - Starting in 2020, classes are offered virtually
- Cost
 - Medicaid/ Medicare coverage of National DPP
 - Scholarships for the uninsured (through YMCA of DE, grant programs)
 - WISEWOMAN coverage of National DPP for participants



WISEWOMAN

- Well-Integrated Screening and Evaluation for WOMen Across the Nation (WISEWOMAN)
- Women 40 to 64 who qualify for Screening For Life (uninsured or underinsured)
 - Identify risk factors for heart disease and develop plans to address those risk factors
 - Educate patients on heart disease
 - Promote healthy behaviors through coaching and participation in various programs
- Materials in English and Spanish- majority of our participants are Spanish-speaking
- Eight women referred to National DPP (so far)
 - Cost is covered by WISEWOMAN
- One patient's success story
 - Completed 18 classes so far
 - Lost 15 lbs, saw improvement in her labs
 - Created family engagement by daughter starting to adopt healthy habits



Lessons Learned

- Repetition is key!
 - Can be difficult to engage patients
 - Take advantage of interest and momentum
 - Need for continuous engagement
- Addressing barriers is essential
 - Knowledge, financial, language, other



Future Plans

- Continued provider/patient education
- WISEWOMAN
 - Continued referrals and follow up
- Letter campaign for patients best served in Spanish
- Implementation of team-based system to identify, educate, and refer patients

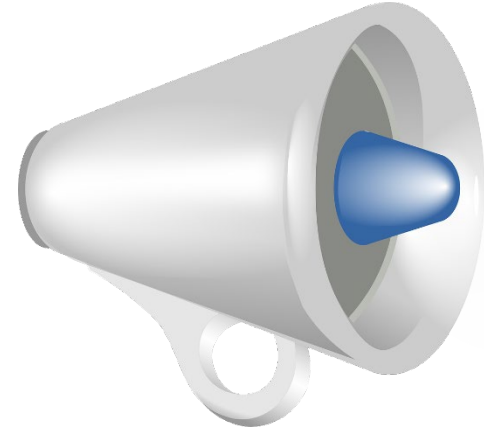


Questions?



Call to Action

- All increase:
 - Consumer awareness
 - Employer coverage
 - Availability of National DPP
 - Increase screening, testing, and referrals
- Providers and Care Team:
 - Educate patients on prediabetes
 - Utilize the prediabetes ICD-10 code R73.03
 - Refer your patients at risk for diabetes to the National DPP
 - Partner with Quality Insights to implement a referral letter/text/patient portal campaign



What are your goals for increasing S/T/R?

- What are your organization's goals to increase National DPP for June 2023?
 - A. 0-5%
 - B. 6-10%
 - C. 11-15%
 - D. 16-20%
 - E. >20%

Please put your responses in the chat.



Evaluation and Post-Test

- Screen, Test, Refer: National Diabetes Prevention Program
 - **Evaluation:**
<https://www.surveymonkey.com/r/CJT6VM9>
 - **Post-Test:**
<https://www.surveymonkey.com/r/KV6LHLK>



QR Code

Activate the camera on your smart phone and scan this QR code to link to the **evaluation**



Quality Insights on the Web

- Visit our website:
www.improve.qualityinsights.org/Projects/PA-DOH
- Connect with Quality Insights on social media via Twitter and LinkedIn



Quality Insights website



[@Qual_Insights](https://twitter.com/Qual_Insights)



www.linkedin.com/company/1259377

Thank You



Quality
Insights

The healthcare improvement experts.

This publication was supported by the Cooperative Agreement Number NU58DP006516 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention. Publication number DEDPH-HD-032222



References

- American Diabetes Association. 2019. Classification and Diagnosis of Diabetes: Standards of Medical Care in Diabetes 2019. https://diabetesjournals.org/care/article/42/Supplement_1/S13/31150/2-Classification-and-Diagnosis-of-Diabetes
- American Medical Association. 2020. Bi-directional Feedback Loop Process. https://amapreventdiabetes.org/sites/default/files/uploaded-files/amapreventdiabetes_Bidirectional%20Feedback%20Loop.pdf
- American Medical Association. 2019. Prediabetes Identification. <https://amapreventdiabetes.org/sites/default/files/uploaded-files/Prediabetes-ID-Mgmt-tool.pdf>
- American Medical Association. 2018. Codes when screening for prediabetes and diabetes. <https://amapreventdiabetes.org/sites/default/files/uploaded-files/18-302297IHO%20STAT%202.0%20ICD%20and%20CPT%20Codes.pdf>
- American Medical Association. 2019. Do I have prediabetes? <https://doihaveprediabetes.org/>
- American Medical Association. 2019. So you have prediabetes... Now what? <https://amapreventdiabetes.org/sites/default/files/uploaded-files/amapreventdiabetes%20Patient-facing%20-%20So%20You%20Have%20Prediabetes,%20Now%20What.pdf>
- American Medical Association. 2019. What is prediabetes? <https://amapreventdiabetes.org/sites/default/files/uploaded-files/amapreventdiabetes%20Patient-facing%20-%20What%20Is%20Prediabetes.pdf>
- Centers for Disease Control and Prevention. 2020. National Diabetes Statistics Report. <https://www.cdc.gov/diabetes/pdfs/data/statistics/national-diabetes-statistics-report.pdf>
- Centers for Disease Control and Prevention. 2021. Prediabetes risk test. <https://www.cdc.gov/diabetes/prevention/pdf/Prediabetes-Risk-Test-Final.pdf>
- Centers for Disease Control and Prevention. 2021. Prediabetes- Your chance to prevent type 2 diabetes. <https://www.cdc.gov/diabetes/basics/prediabetes.html>
- Centers for Disease Control and Prevention. 2021. Tier 2: Screen, Test and Refer Patients. <https://www.cdc.gov/diabetes/prevention/pharmacist/tier2-screen-test-refer.html>
- Centers for Disease Control and Prevention. 2021. Videos and Podcasts. <https://www.cdc.gov/diabetes/library/socialmedia/podcasts.html>
- Delaware Diabetes Coalition. 2021. The Impact of Diabetes in Delaware, 2021 Report Released. <https://www.dediabetescoalition.org/the-impact-of-diabetes-in-delaware-2021-report-released/>
- Delaware.Gov. 2019. More than 1 in 10 Delaware adults report having diabetes in 2019. <https://dhss.delaware.gov/dph/dpc/diabetes02.html>
- National DPP Coverage Toolkit. 2022. <https://coveragetoolkit.org/participating-payers/>
- National Institute of Health. 2021. Diabetes Prevention Program. <https://www.niddk.nih.gov/about-niddk/research-areas/diabetes/diabetes-prevention-program-dpp>
- National Institute of Health. 2021. How to Talk with Patients About Their Prediabetes Diagnosis. <https://www.niddk.nih.gov/health-information/professionals/clinical-tools-patient-management/diabetes/game-plan-preventing-type-2-diabetes/how-talk-patients-about-prediabetes-diagnosis>
- NCBI. 2011. 10 year follow up of diabetes incidence and weight loss in the Diabetes Prevention Program Outcomes Study. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3135022/>
- Quality Insights. 2021 Connections between Diabetes and COVID-19 Complications. <https://improve.qualityinsights.org/CMSPages/GetFile.aspx?guid=37bc5b09-b17d-459f-a381-70bd7348a188>
- YMCA of Delaware. Diabetes Prevention Program. 2022. <https://www.ymcade.org/preventdiabetes/>

