AHIP Webinar: Top Tips for a Successful National Diabetes Prevention Program

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Welcome and Introductions

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MODERATOR
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Webinar Objectives

• Brief overview of the US Pre-Diabetes and Diabetes problem

• Highlight the AHIP-CDC cooperative agreement and the work of 4 AHIP-member health plans to sustain and scale successful diabetes prevention programs (DPP)

• Deliver top tips for a successful National DPP

• Engage in Q & A
Overview of the US Pre-Diabetes and Diabetes problem
How Widespread Are Diabetes and Prediabetes?

• In the United States nearly 29 million people have diabetes (2011)
  o 9.3 % of the U.S. adult population
  • More than 1 out of 4 (7 million) do not know they have the diabetes

• An estimated 86 million U.S. adults have prediabetes
  o 37% of U.S. adults
  o 5-15% develop diabetes each year

The CDC projects that as many as one in three adults in the U.S. could have diabetes by 2050 if current trends continue.

Trends in Incidence and Prevalence of Diagnosed Diabetes Among Adults Aged 20 to 79, United States, 1980-2014

Age-adjusted Percentage* of People Aged 20 Years or Older with Diagnosed Diabetes, by Race/Ethnicity, United States, 2010-2012

- Non-Hispanic whites: 7.6%
- Asian Americans: 9.0%
- Hispanics: 12.8%
- Non-Hispanic blacks: 13.2%
- American Indians/Alaska Natives: 15.9%

*Based on the 2000 U.S. standard population.

The Cost of Inaction

86 Million people have “prediabetes”

1 in 3 Adults will develop diabetes in 2050

$245 Billion total costs of diagnosed diabetes

$176 Billion in direct medical expenses

$69 Billion in reduced productivity
Highlights of the AHIP-CDC cooperative agreement and the work of 4 AHIP-member health plans to sustain and scale successful diabetes prevention programs (DPP)
AHIP and Our Role in the National DPP

**Grantee:**
- One of six grantee organizations funded to launch and scale the National Diabetes Prevention Program
- Initiative is led and managed under AHIP’s Clinical Affairs and Strategic Planning department, works closely with the chief medical officers, quality, prevention and public health staff within our member companies.

**Training:**
- Coordinates LSC training for AHIP participating member companies

**Support:**
- Manage CDC-funded initiative, including reporting, marketing and evaluation of national efforts
- Provides technical assistance to participating health plans through monthly conference calls and evaluation

America’s Health Insurance Plans is the national trade association representing the health insurance industry. AHIP’s members provide health and supplemental benefits to more than 200 million Americans through employer-sponsored coverage, the individual insurance market, and public programs such as Medicare and Medicaid.
# How is the National DPP Structured?

|------------------------------|------------------------------------|-------------------------------------|------------------------------------------|
| • Train the workforce that can implement the program cost effectively | • Implement a recognition program that will:  
  • Assure quality  
  • Lead to reimbursement  
  • Allow CDC to develop a program registry | • Develop intervention sites that will build infrastructure and provide the program | • Increase referrals to and use of the prevention program |
AHIP Products

- Infographics
- Posters
- Issue Brief
- Webinars
- Videos

www.ahip.org/diabetes
Learning Collaborative

Participating Health Plans

Denver Health

EmblemHealth

Florida Blue

Molina Healthcare, Inc

- Using multiple delivery models to demonstrate value and scalability across diverse communities
- Support 10 site organizations with more than 20 locations across 6 states.
- EmblemHealth recognized as the first US insurer to earn full recognition for its DPP!
DPP in Action

Let’s take a look at a class...

Health Plans Preventing Diabetes and Improving Well-Being
A National Diabetes Prevention Program Initiative

From the Emblem Health experience
Recognition Status

• Pending recognition is granted when an organization agrees to:
  o use an evidence based curriculum
  o meet duration and intensity of the program
  o provide data reports every six months as described in the DPRP Standards

• CDC DPRP evaluates program 24 months after first class

• CDC grants full recognition status if outcomes are met

• Recognition status is evaluated every 24 months thereafter
EmblemHealth is the first US insurer to have its DPP FULLY recognized by the CDC for meeting program goals!
Top Tips for a Successful National DPP
Introductions

Patricia Kidd-Arlotta
David Carter
Alicia Johnson
Tip #1 — Involve Trusted Messengers to Deliver a Positive Message to Potential Participants

Who do you trust for healthcare information?

• Emphasis the positive, the opportunity to live a better, healthier life

• Deliver culturally sensitive and culturally diverse messages with your staff and your curriculum

• Utilize the DPP resources and materials available from trusted sources

• Involve physicians, organizational / health plan leadership, workplace wellness coordinators, human resource champions to support participants.
Tip #2 — Build Your 12 Month Timeline for a Successful Diabetes Program

Timing is key!

• This is a year long, 12 month commitment – not 6 months

• Conduct a “Session 0” or a pre-class to introduce the program, set expectations, and gauge participant readiness for change.

• Establish group or team goals for different points of the 12 months.

• The more, the better!
Tip #3 — Let’s Get Digital

• There are various apps and tools participants and coaches can use to track exercise and food

• Wearables are popular – encourage their use!
  o Emphasize team goals again
  o LSCs can use the technology to follow up with participants, those reaching goals and those who are not

• Encourage data gathering and tracking progress real-time
Tip #4 — Track Privately, Praise Publicly

• Ensure participants meet all the criteria, including A1c blood tests

• MAP it out
  o Measure – Establish a process to collect, enter, and analyze data timely, delivering feedback timely to participants and to coaches.
  o Act – Based on the feedback, what changes need to be made?
  o Partner - Partner with organizations and groups that can extend your reach.

• Incentivize appropriately
Tip #5 — Remember to Market Your Program, Even at the End!

Marketing the program in creative ways

• Hosting a meeting for employers or community partners

• Sponsor a webinar or an open house to showcase what a session is like

• Encourage friends, family and co-workers to attend a “graduation ceremony” after 12 months, and highlight future class schedule

• Promote with articles in new papers and on health plan websites

• Capture the DPP experience from each participant along the way
Questions and Answers
National Diabetes Prevention Program: Helpful Websites

www.cdc.gov/diabetes/prevention

www.cdc.gov/diabetes/prevention/recognition
Resources

Health Plans Preventing Diabetes and Improving Well-Being

A CDC cooperative agreement to launch and scale the National Diabetes Prevention Program

www.ahip.org/prediabetes
Thank You