Diabetes Prevention in Wisconsin

4 in 10

American Diabetes Association
2017 Professional Diabetes Education Conference
March 17, 2017 • Middleton, WI
Presenter Disclosure Information

In compliance with the accrediting board policies, the American Diabetes Association requires the following disclosure to the participants:

Pamela Geis, BA
Disclosed No Conflict of Interest
Objectives

- Understand the work of the State of Wisconsin Division of Public Health around diabetes prevention strategies
- Describe the science and theory behind the National Diabetes Prevention Program
- Identify how to locate National Diabetes Prevention Programs in your immediate area.
Now

- Prediabetes in Wisconsin

4 in 10

2 out of 5 Wisconsin adults will develop type 2 diabetes in their lifetime

Future
Strategies

- Increase implementation of quality improvement processes in health systems
- Increase use of team-based care in health systems
- Increase use of diabetes/chronic disease self-management programs in community settings, as well as lifestyle intervention programs for primary prevention of type 2 diabetes
- Increase use of health-care extenders in community in support of self-management of high blood pressure and diabetes
- Implement policies, processes, and protocols in schools to meet management and care needs of student with chronic conditions
Partners

- MetaStar
- WI Collaborative for Healthcare Quality (WCHQ)
- WI Primary Health Care Association (WPHCA)
- WI Nurses Association (WNA)
- Pharmacy Society of WI
- UW Population Health Institute
- WI Medical Society (WMS)

- WI Council on Medical Education and Workforce (WCMEW)
- WI Institute for Healthy Aging
- United Voices / Core-El Centro
- WI Department of Instruction
- WI Community Health Fund
- Local Health Departments
- And many more . . .
National Diabetes Prevention Program (DPP)

- Year-long, evidence-based lifestyle change program
- FACILITATED by a trained Lifestyle Coach
- 16 one-hour weekly classes held over 26-weeks
- Minimum of six one-hour monthly classes held over 8-6 months
- Topics areas related to healthy eating, increased activity, identifying and addressing barriers
- Goal: weight loss of 5%-7% from starting weight
Who Can Participate?

- Age 18 years or older
- BMI of 24 or greater *(Asian Americans: 22 or greater)*

**AND**

- Medical diagnosis of prediabetes, **OR**
- History of gestational diabetes, **OR**
  
  *Women with a history of gestational diabetes have a 35% to 50% chance of developing diabetes in the next 10-20 years.*

- Positive screen on CDC Prediabetes Screening Test
Evidence

- 3-year study - Diabetes Prevention Program research trial
- Led by National Institutes of Health (NIH)
- Largest clinical trial of lifestyle intervention for prevention of type 2 diabetes ever conducted
- Compared individuals with Impaired Glucose Tolerance (IGT)


Study Outcomes

- 50% experienced >7% weight loss from their starting weight
- Lifestyle Change Program: reduced risk for developing type 2 diabetes by 58%
- Metformin: reduced risk for developing type 2 diabetes by 31%

### Selected US Research Studies That Have Translated the DPP Trial Lifestyle Intervention

<table>
<thead>
<tr>
<th>First author</th>
<th>N* (% pre-diabetes)</th>
<th>Age</th>
<th>Mean BMI</th>
<th># Core Sessions (wks)</th>
<th>During “Core” Intervention</th>
<th>Mean Sessions Attended (%)</th>
<th>Wt loss (kg)</th>
<th>Wt loss (%)</th>
<th>≥ 7% loss (%)</th>
<th>≥ 5% loss (%)</th>
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<tbody>
<tr>
<td>DPP</td>
<td>1079 (100)</td>
<td>50.6</td>
<td>33.9</td>
<td>16 (24)</td>
<td>15 (95%)</td>
<td>6.5</td>
<td>7</td>
<td>50</td>
<td>nr</td>
<td>nr</td>
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<tr>
<td>Ackermann</td>
<td>46 (100)</td>
<td>56.5</td>
<td>32.0</td>
<td>16 (20)</td>
<td>9 (57)</td>
<td>5.5</td>
<td>6</td>
<td>36</td>
<td>59†</td>
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<tr>
<td>Amundson</td>
<td>295 (52)</td>
<td>53.6</td>
<td>35.9</td>
<td>16 (16)</td>
<td>14 (91)</td>
<td>6.7</td>
<td>6.7</td>
<td>45</td>
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<td>Aldana</td>
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<td>32.0</td>
<td>16 (24)</td>
<td>11 (67)</td>
<td>2.9</td>
<td>3.3</td>
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<tr>
<td>Boltri</td>
<td>8 (100)</td>
<td>nr</td>
<td>31.6</td>
<td>16 (24)</td>
<td>10 (65)</td>
<td>3.4</td>
<td>3.6</td>
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<td>Seidel</td>
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<td>54</td>
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<td>12 (14)</td>
<td>9 (75)</td>
<td>nr</td>
<td>nr</td>
<td>26</td>
<td>46</td>
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<tr>
<td>Kramer</td>
<td>93 (46)</td>
<td>54.8</td>
<td>35.7</td>
<td>12 (14)</td>
<td>8 (67)</td>
<td>3.4</td>
<td>3.5</td>
<td>24</td>
<td>52</td>
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<tr>
<td>McBride</td>
<td>40 (70)</td>
<td>51.9</td>
<td>37.4</td>
<td>12 (12)</td>
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<td>5.0</td>
<td>4.6</td>
<td>nr</td>
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<td>Davis-Smith</td>
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<td>6 (6)</td>
<td>5 (78)</td>
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</table>

*In lifestyle arm of study  
nr = not reported  
†Personal communication with Dr. Ronald Ackermann
Health Impact

According to numerous studies, for every 100 high-risk adults (age 50) completing the program:

- Prevents 15 new cases of type 2 diabetes\(^1\)
- Prevents 162 missed work days\(^2\)
- Avoids need for blood pressure or cholesterol medications in 11 people\(^3\)
- Adds equivalent of 20 perfect years of health\(^4\)
- Avoids $91,400 in health care costs\(^5\)

\(^2\) DPP Research Group. Diabetes Care. 2003 Sep;26(9):2693-4
\(^3\) Ratner, et al. 2005 Diabetes Care 28 (4), pp. 888-894
Recognition Program

- CDC Diabetes Prevention Recognition Program (DPRP)
- Three key objectives:
  - Assure program quality, fidelity to scientific evidence
  - Develop and maintain a registry of recognized organizations
  - Provide technical assistance in effective program delivery and problem-solving to achieve and maintain recognition status
Medicare Coverage

- Beginning January 1, 2018
- CMS will sign up providers later in 2017
- Tiered payment approach based on outcomes
- For more information: innovation.cms.gov/initiatives/medicare-diabetes-prevention-program/
Commercial Payer Coverage

- U.S. Preventive Services Task Force Recommendation
- Beginning January 1, 2017, coverage of diabetes screening and referral into intensive behavior therapy mandated by Affordable Care Act
USPSTF Recommendation: Screening for Abnormal Blood Glucose and Type 2 Diabetes Mellitus

<table>
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<tr>
<th>Population</th>
<th>Recommendation</th>
<th>Grade</th>
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<td>Adults aged 40 to 70 years who are overweight or obese.</td>
<td>The USPSTF recommends screening for abnormal blood glucose as part of cardiovascular risk assessment in adults aged 40 to 70 years who are overweight or obese. Clinicians should offer or refer patients with abnormal blood glucose to intensive behavioral counseling interventions to promote a healthful diet and physical activity.</td>
<td>B</td>
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</table>

www.uspreventiveservicestaskforce.org/Page/Name/grade-definitions
Further Clarification . . .

- Recommendation applies to adults aged 40 to 70 years who are seen in primary care settings and do not have obvious symptoms of diabetes.

- Persons who have a family history of diabetes, have a history of gestational diabetes or polycystic ovarian syndrome, or are members of certain racial/ethnic groups may be at increased risk for diabetes at a younger age or at a lower body mass index.

- Clinicians should consider screening earlier in persons with 1 or more of these characteristics.
Connection to Coverage

- Affordable Care Act (ACA) requires private health insurers to cover USPSTF recommendations rated “A” or “B” at no cost to patients.
- Prediabetes/diabetes recommendation received “B” rating.
- Beginning January 2017, health plans are required to cover (at no cost to patient):
  - Screening for prediabetes and diabetes.
  - Participation in intensive behavioral counseling interventions (i.e. diabetes prevention programs) for individuals screened and determined to have prediabetes.
CDC-Recognized Lifestyle Change Programs
In Wisconsin by Setting and Status as of 3/5/2017

- Health Systems: 4 (Full Recognition), 10 (Pending Recognition), 5 (Preparing to Launch)
- YMCAs: 5 (Full Recognition), 9 (Pending Recognition), 2 (Preparing to Launch)
- Worksites: 3 (Full Recognition), 5 (Pending Recognition), 1 (Preparing to Launch)
- Local Health Dept: 1 (Full Recognition), 1 (Pending Recognition), 2 (Preparing to Launch)
- Tribal Health: 3 (Full Recognition), 2 (Pending Recognition), 1 (Preparing to Launch)
- Health Plans: 2 (Full Recognition), 1 (Pending Recognition), 3 (Preparing to Launch)
- Community: 1 (Full Recognition), 1 (Pending Recognition), 3 (Preparing to Launch)

Total Full Recognition: 10
Total Pending Recognition: 29
Total Preparing to Launch: 20
Growth of Diabetes Prevention Program Participation in Wisconsin, Jan 2015-Jan 2017

- Jan-15: 21 providers, 657 participants
- Jul-15: 22 providers, 717 participants
- Oct-15: 20 providers, 1,010 participants
- Apr-16: 19 providers, 2,177 participants
- Jul-16: 20 providers, 2,311 participants
- Oct-16: 19 providers, 2,314 participants
- Jan-17: 29 providers, 2,314 participants

Participants

---|---|---|---|---|---|---
21 providers | 22 providers | 20 providers | 19 providers | 20 providers | 19 providers | 29 providers
657 participants | 717 participants | 1,010 participants | 2,177 participants | 2,311 participants | 2,314 participants | 2,314 participants
CDC-Recognized Lifestyle Change Programs in Wisconsin by Location

- Full CDC Recognition Status
- Pending CDC Recognition Status
- Preparing to Launch Program
One-Stop Shop

- wihealthyaging.org/diabetes-prevention-program

Diabetes Prevention Program

Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Diabetes is a serious disease that can cause heart attack, stroke, blindness, kidney failure, or loss of feet and legs. Type 2 diabetes can be prevented in people with prediabetes, or who are at risk for developing type 2 diabetes, through effective lifestyle programs. Read more about diabetes prevention in Type 2: Connections to Better Health.

Find a Diabetes Prevention Program workshop here!

The Diabetes Prevention Program is a high-intensity, evidence-based behavior change course introduced by the Centers for Disease Control and Prevention (CDC) for people who have prediabetes or are at risk for developing type 2 diabetes. The year-long course, led by trained Lifestyle coaches, consists of 16 one-hour core classes held over a 6-month period and six two-hour post-core classes held over a six-month period that include topics such as eating healthy, increasing physical activity, and losing weight.

Classes are highly participative. Mutual support and success build participants confidence in their ability to manage their health condition and maintain active and fulfilling lives. The program is facilitated by trained Lifestyle coaches in a classroom style, but most of the learning comes from sharing and helping others with similar challenges.

Who should consider taking the Diabetes Prevention Program?

You are eligible to participate in this program if:

- You are 18 years of age or older.

Click
One-Stop Shop

- wihealthyaging.org/diabetes-prevention-program
For More Information

Pamela Geis, BA  
Health Promotion Specialist *(contracted)*  
Chronic Disease Prevention Program  
State of Wisconsin, Division of Public Health  
www.dhs.wisconsin.gov/disease/chronic-disease.htm

(262) 573-3983  
Geis.Pamela@gmail.com

Thank You!