

# Carolina complete health...

### Provider Training: Diabetes Prevention Program

*Hosted in partnership with:* 







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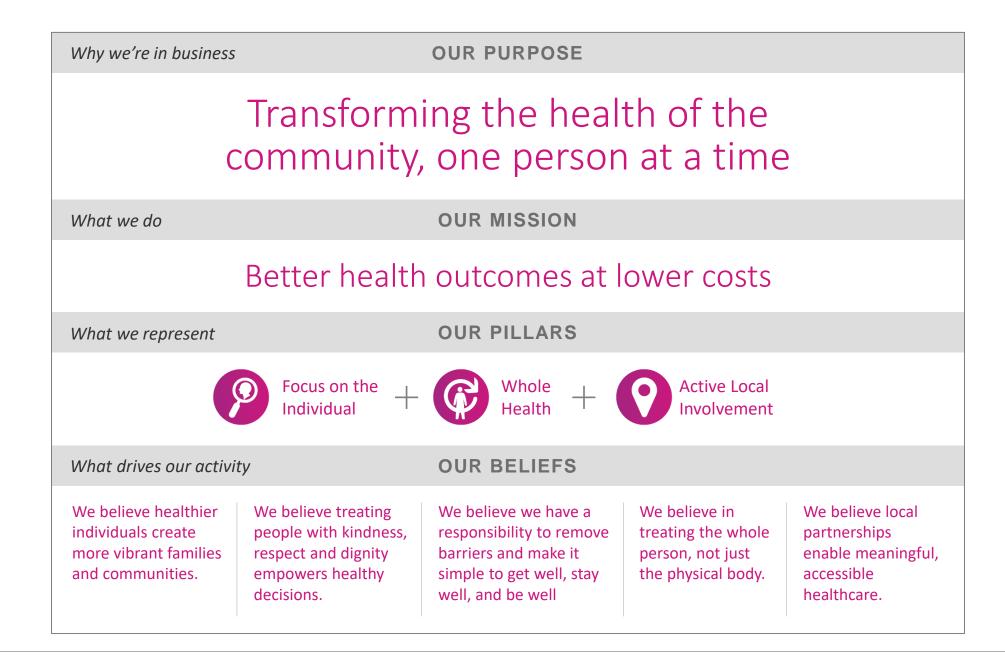
# Agenda

- DiabetesFreeNC Initiative
- Clinical Pathways for Prevention
- Diabetes Prevention Program
- Member Incentives



### Presenters

- Jesse Hardin Director of Provider Education, Carolina Complete Health Network
- Bonnie Coyle, MD Public Health Director, Cabarrus Health Alliance
- Brian Klausner, MD Medical Director, Community Population Health, WakeMed
- Angela Rogers Community Integrated Health Project Consultant, NC Alliance of YMCAs



## DiabetesFreeNC

Type 2 diabetes affects over a million North Carolinians

### 1,014,358

#### North Carolina adults with diagnosed diabetes

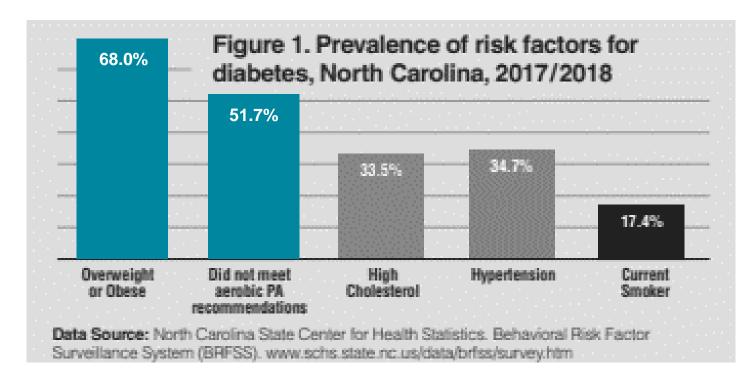


2018 Behavioral Risk Factor Surveillance System (BRFSS)



#### Current state of diabetes in North Carolina

- Over 50% of adults have a BMI that is categorized as overweight or obese
- Each year, more than 50,000 adults are diagnosed with diabetes
  - The estimated total cost of diabetes is more than \$13 million
- An estimated 2.8 million adults have prediabetes; that's **34.6%** of our state population

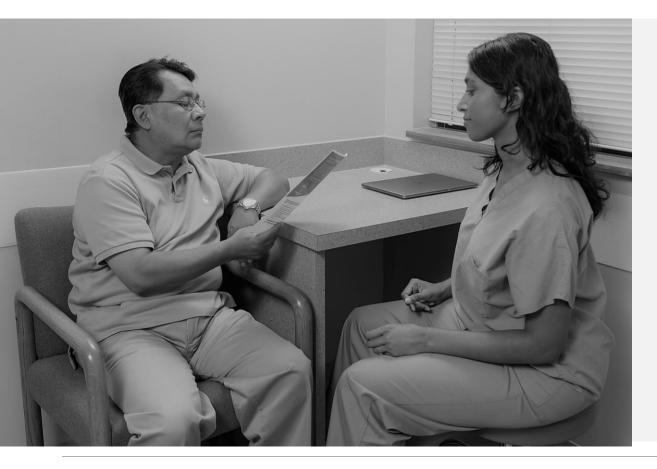


Dall, Timothy M., et al. The Economic Burden of Elevated Blood Glucose Levels in 2017: Diagnosed and Undiagnosed Diabetes, Gestational Diabetes, and Prediabetes. *Diabetes Care.* 2019;42(9):1661-1668. doi: 10.2337/dc18-1226: dc181226.

Health care organizations, physicians and other providers, and care team members all play essential roles in preventing diabetes with their patients

#### Let's make North Carolina diabetes free

#### Through the statewide initiative DiabetesFreeNC



Health care organizations, physicians and other providers, and care teams have an opportunity to support patients with prediabetes by referring them to a National Diabetes Prevention Program (National DPP) lifestyle change program with free or low-cost options available





### How can you help make North Carolina diabetes free?

We're asking Carolina Complete Health Providers to lead the way by:

- 1. Identifying patients with prediabetes
- 2. Treating patients with prediabetes with an evidence-based intervention, such as the National DPP lifestyle change program
- 3. Supporting patients with prediabetes in monitoring and follow-up



### Clinical Recommendations and Evidence Related to Diabetes Prevention

#### 2021 United States Preventive Services Task Force (USPSTF) Recommendation

Best Practice Recommendation:

- Screen for prediabetes and type 2 diabetes in adults aged 35 to 70 years who have overweight or obesity
- Clinicians should offer or refer patients with prediabetes to effective preventative interventions

US Preventive Services Task Force. Screening for Prediabetes and Type 2 Diabetes: US Preventive Services Task Force Recommendation Statement. JAMA. 2021;326(8):736–743. doi:10.1001/jama.2021.12531

### USPSTF recommendation: additional details

Consider screening at an earlier age in patients if:



#### Family history of diabetes

(includes first-degree relatives: a person's parent, sibling or child)



Member of group with disproportionately high incidence and prevalence of diabetes



#### Medical history of

Gestational diabetes (GDM) or Polycystic ovary syndrome (PCOS) Black American Indian / Alaskan Native Asian American Hispanic Latino Native Hawaiian or Pacific Islander

US Preventive Services Task Force. Screening for Prediabetes and Type 2 Diabetes: US Preventive Services Task Force Recommendation Statement. *JAMA*. 2021;326(8):736–743. doi:10.1001/jama.2021.12531



#### USPSTF recommendation: additional details

- Consider screening at a lower BMI ( $\geq$  23) if the patient is Asian American
- Screening lab testing can be done with HbA1C, fasting plasma glucose level, or an oral glucose tolerance test (2-hour)
- Unclear optimal screening interval for adults with an initial normal glucose test result → reasonable to screen every 3 years
- Both lifestyle interventions and metformin\* can prevent/delay diabetes in those with prediabetes

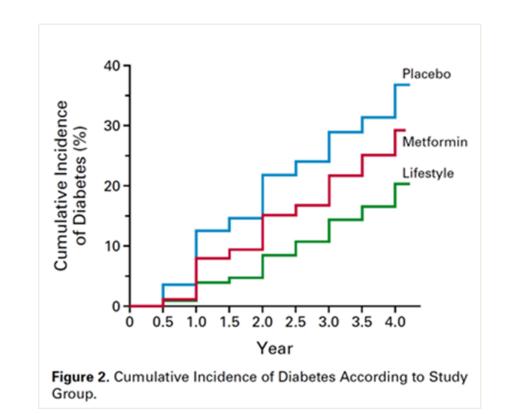
\*metformin is not FDA-approved for this indication

US Preventive Services Task Force. Screening for Prediabetes and Type 2 Diabetes: US Preventive Services Task Force Recommendation Statement. JAMA. 2021;326(8):736–743. doi:10.1001/jama.2021.12531



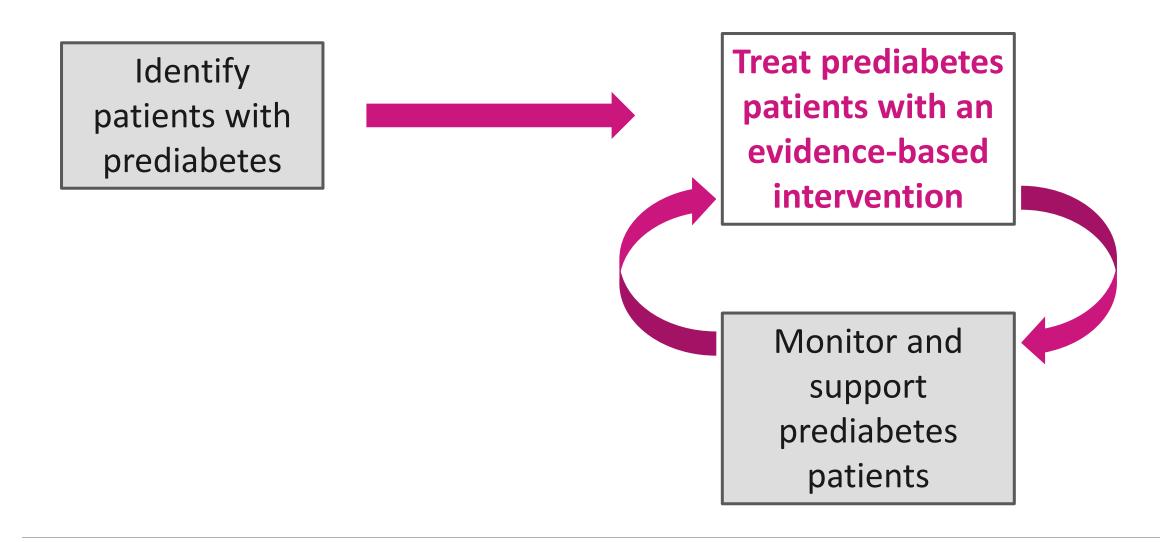
#### Historical starting point: DPP study

- NIH-funded 3-arm RCT (N>3000) comparing placebo vs metformin vs intensive lifestyle counseling
- At average follow-up of three years, the lifestyle intervention reduced the incidence of diabetes by 58% compared to placebo
- Metformin reduced the incidence of diabetes by 31% compared to placebo



Knowler WC, Barrett-Connor E, Fowler SE, et al.; Diabetes Prevention Program Research Group. Rduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. N Engl J Med. 2002;346:393–403. doi:10.1056/NEJMoa012512

### Physicians and providers can lead the way in diabetes prevention



#### Case Study

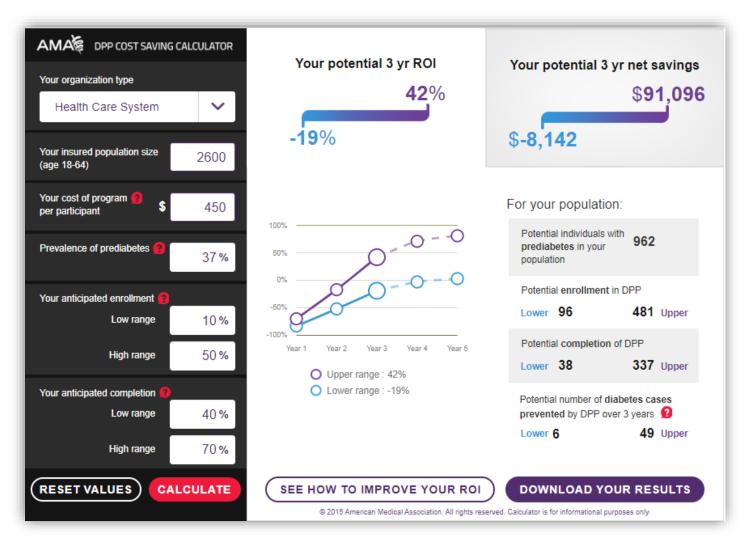
- 52 yo male in for an annual physical
- A1c (last checked 2 years ago) returned as 6.3
- He had recent reported loss of job, increased depression and weight gain of 10 lbs
- Referral made to local YMCA for DPP program
- Improved outcomes....



## AMA: Return on Investment Calculator

Estimate the medical cost savings of prioritizing diabetes prevention for your patients with prediabetes.

Learn more at: ama-roi-calculator.appspot.com/



# CCH Value Added Services: Diabetes Prevention Program

#### Value-Added Services



At Carolina Complete Health, we understand that health is more than what happens at a doctor's office.

Social Determinants of Health (transportation, education, housing) can account for up to 80% of the factors that influence overall health and longevity.

That's why Carolina Complete Health developed Value-Added Services to support the children, expectant parents, and families covered by Medicaid.

For more information, visit our website!

#### YMCA Diabetes Prevention Program

CCH is partnered with the YMCA to provide DPP at no cost to qualifying CCH members.

The Y in North Carolina works to increase partnerships in community integrated health networks to:

- Improve the health and wellbeing of our residents in North Carolina
- Improve our state's health ranking



YMCAS

#### YMCA Diabetes Prevention Program

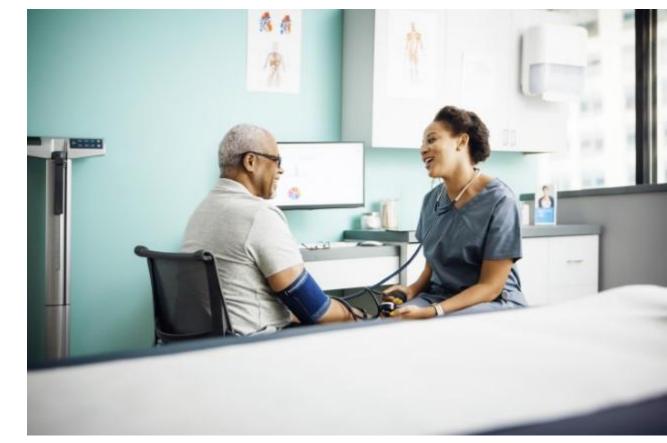
- Year-long program: 25 sessions
- Centers for Disease Control and Prevention (CDC) approved curriculum
- Recognized by the National Institutes of Health, CDC, American Medical Association, American Diabetes Association
- A trained lifestyle coach teaches groups about physical activity, nutrition, and behavior change.
- Program Goals:
  - Reduce body weight by 5-7%
  - Increase physical activity to 150 minutes/week

### **DPP Eligibility Criteria**

The program is available to Carolina Complete Health members:

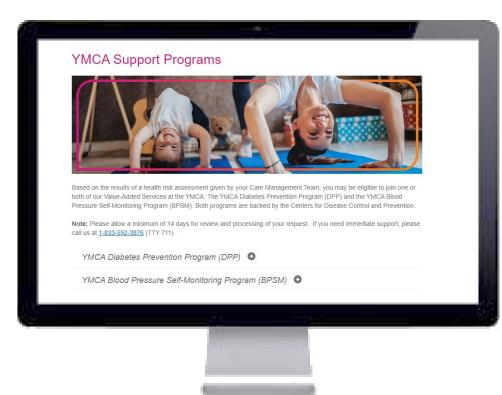
- Age 18 years or older
- At risk for diabetes
- A BMI equal to or greater than 25
- Adult members with an A1C between 5.7% 6.4%

Members who currently have diabetes would not be eligible since this program is preventative.



### Referring Carolina Complete Health Members to DPP

<u>CCH Referral Form</u>



Physician Referral Form	carolina complete health.
I am referring my patient to	the following YMCA program(s).
YMCA Diabetes Prevention Progra	m (for those with pre-diabetes)
and nutrition leading to weight loss and risk reduc	converting to full diabetes by learning about physical activity tion. Who is eligible? For Active adult members age 18 es, Adult members with a BMI equal to or greater than 5.4%.
Blood Pressure Self-Monitoring Pressure Self-M	ogram (BPSM)
Adults: 4-month program. Participants measure to	heir blood pressure twice a month, attend two monthly nutrition seminars. Who is eligible? 18 years or
	pressure. Participants cannot have experienced a recent
older and have been diagnosed with high blood p cardiac event, have atrial fibrillation or other arr	pressure. Participants cannot have experienced a recent
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Confidential and Proprietary Information

# Member Incentives Associated with DPP

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### \$75 Healthy Rewards

- All members receive a My Health Pays Rewards Visa Card within two weeks of enrollment.
- Members can earn up to \$75 in rewards loaded on the card when they complete specific healthy activities such as a care needs screening or a wellness visit.
- Members can also receive an additional \$75 reward for their first, second, or booster vaccination received between 11/15/21 – 12/31/22.



#### Healthy Activities Eligible For Rewards

- \$20 Care Needs Screening.
  Must be completed within the first 90 days of becoming a member
  - \$20 Child Well Care Visit.
  - Ages 2-20 years old. Once per year.
- \$25 Infant Well Care Visit.

Must complete all six visits with assigned PCP. 2, 4, 6, 9, 12, and 15-month infant well care visits.

#### \$20 - Adult Well Care Visit.

Ages 21-65. Cannot earn the same year as Care Needs Screening reward.

• \$10 - Flu Vaccine.

Ages 18 and up. Once per flu season: September-April.

• \$20 - Comprehensive Diabetes Care

Ages 18 and up. Must complete all of the following once per year:

HbA1c test

Kidney screening

Retinopathy screening (dilated eye exam)

#### Contact Us:

Carolina Complete Health Provider Engagement Team: Contact Us

NC Alliance of YMCAs: ncymcas.org

Angela Rogers: <a href="mailto:angela.rogers@ncymcas.org">angela.rogers@ncymcas.org</a>

# Questions?