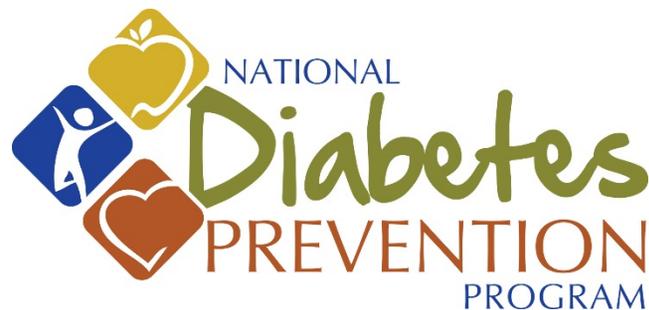


Preventing Prediabetes through the National Diabetes Prevention Program

Lessons Learned from Local Health
Departments



June 24, 2015



Acknowledgements

- This project is funded by the Centers for Disease Control, Office for State, Tribal, Local and Territorial Support under cooperative agreement #5U38OT000172-02
- NACCHO thanks its staff and the local health officials who shared their expertise and support of this webinar



CDC, Division of Diabetes Translation



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NACCHO's Diabetes Translation Initiative



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Housekeeping / Logistics

- This webinar will be recorded & posted on NACCHO's website
- You will have an opportunity to submit questions throughout the webinar by using the chat feature in the lower left
- At the end of the webinar we will address your questions
- We ask that each participant complete the post-webinar evaluation

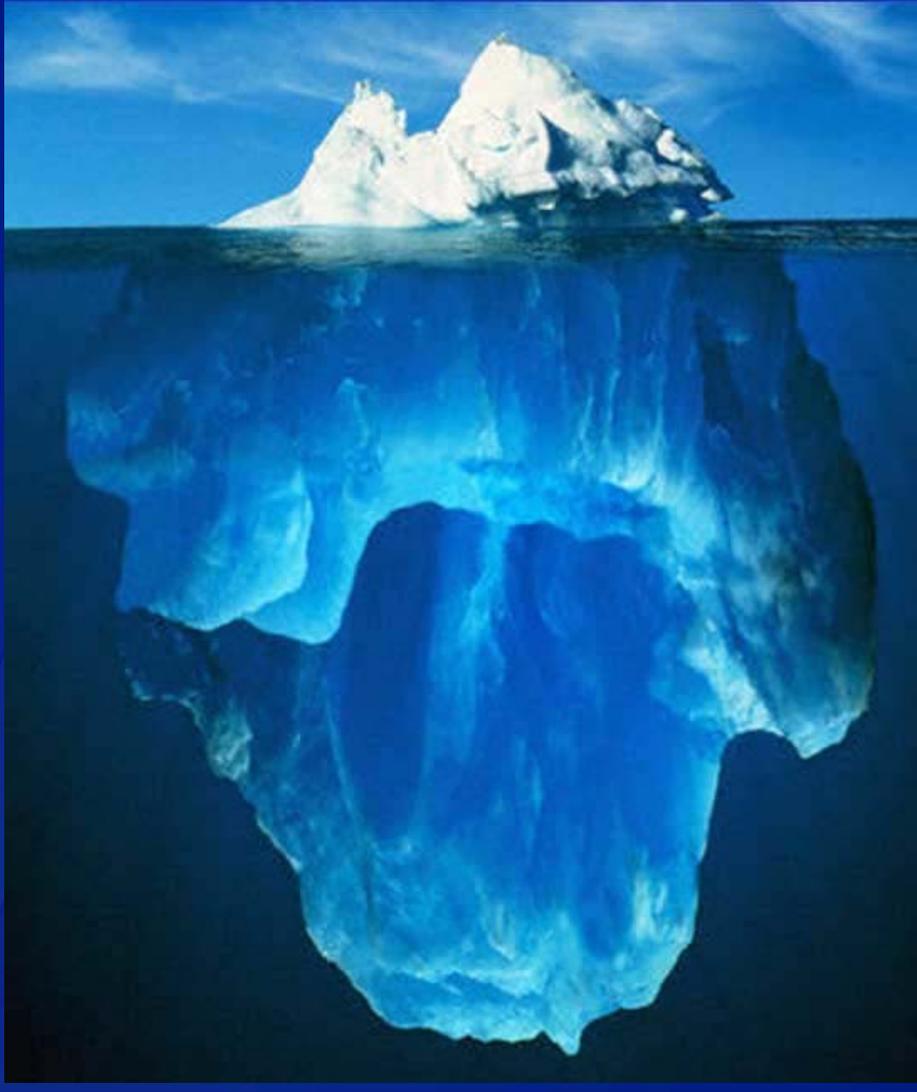


The CDC National Diabetes Prevention Program

Pat Schumacher, MS, RD, Lead, State Consultation Team
CDC, Division of Diabetes Translation



Our Public Health Challenge...



**29 million
with Diabetes**

**86 million
with Prediabetes**

National Diabetes Prevention Program

Join the largest national effort to bring diabetes prevention lifestyle programs to communities

REDUCING THE IMPACT OF DIABETES



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

It brings together:



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



National Diabetes Prevention Program

COMPONENTS



Training: Increase Workforce

Train the workforce that can implement the program cost effectively.



Recognition Program: Assure Quality

Implement a recognition program that will:

- Assure quality.
- Lead to reimbursement.
- Allow CDC to develop a program registry.



Intervention Sites: Deliver Program

Develop intervention sites that will build infrastructure and provide the program.



Health Marketing: Support Program Uptake

Increase referrals to and use of the prevention program.

CDC Investments in Scaling and Sustaining the National Diabetes Prevention Program

- 2012: Funded 6 national orgs. with existing networks/affiliates to increase the number of CDC-recognized lifestyle change programs in multiple states and communities and engage employers and insurers to expand coverage (4-year funding)
- 2013: *State Public Health Actions (1305)*—5 year funding
 - Funded 50 states and D.C. to raise awareness of prediabetes, increase referrals to CDC-recognized programs, and work with State Employee Benefit Plans and Medicaid to support coverage (5-year funding).
- 2014: ***State and Local Public Health Actions (1422)***—4 year funding
 - Funded 17 states/4 cities to expand on the work of 1305 by enrolling vulnerable, high-risk populations into CDC-recognized programs in targeted areas.
 - States were asked to sub-award funds to local entities—including local health departments—to support this work in 4-8 targeted communities.

The NACCHO Diabetes Translation Project

Brandie Adams-Piphus, MPH
Senior Analyst, NACCHO



Local Health Departments' Role in Implementing the National Diabetes Prevention Program

- Implement National DPP Components
- Expand infrastructure
- Promote and market
- Reach, recruit, refer, and/or enroll high-risk populations
- Forge cross-sector partnerships
- Engage providers
- Sustain the program
- Disseminate lessons learned

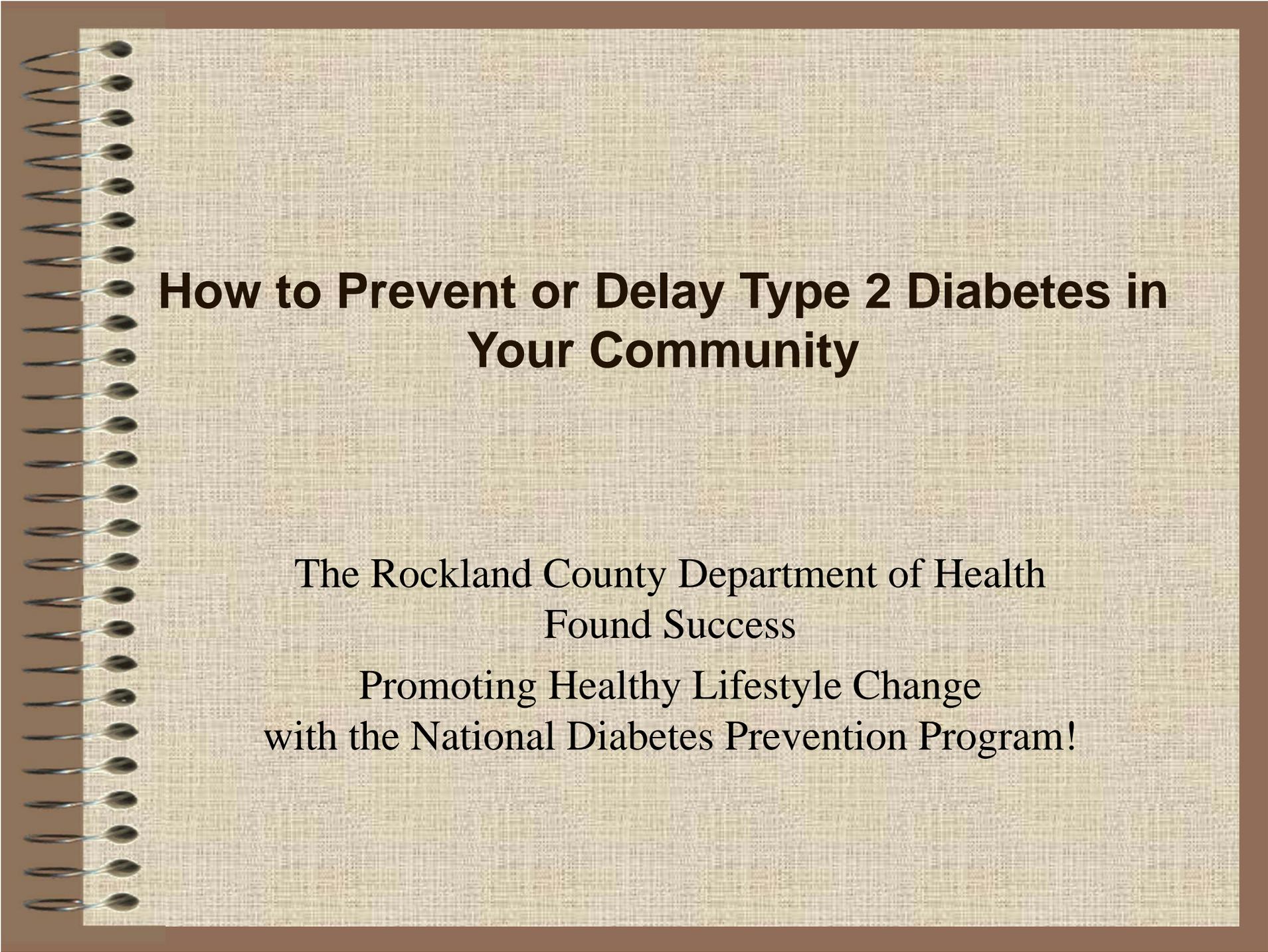
Coming Soon: National DPP Local Implementation Roadmap





Lessons from the Field



The background of the slide is a spiral-bound notebook with a light-colored, textured cover and a dark brown spine on the left side. The metal spiral binding is visible along the left edge.

How to Prevent or Delay Type 2 Diabetes in Your Community

The Rockland County Department of Health
Found Success

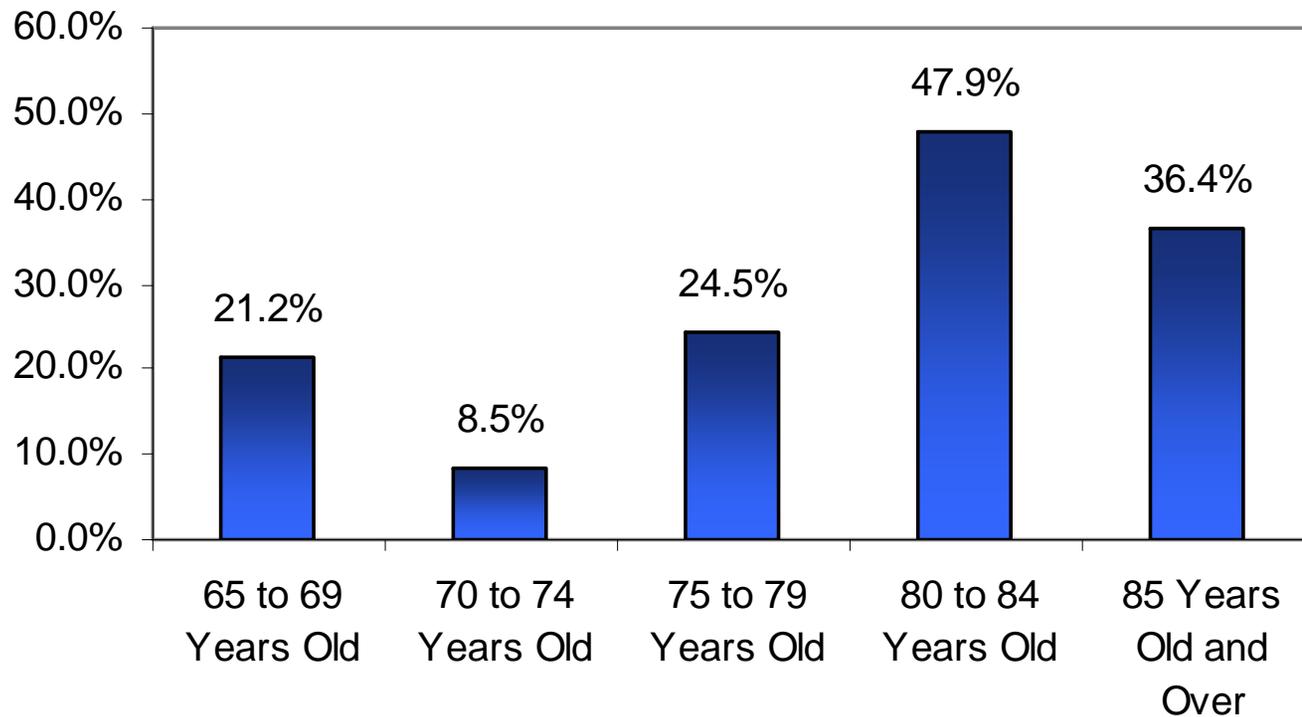
Promoting Healthy Lifestyle Change
with the National Diabetes Prevention Program!

The Problem

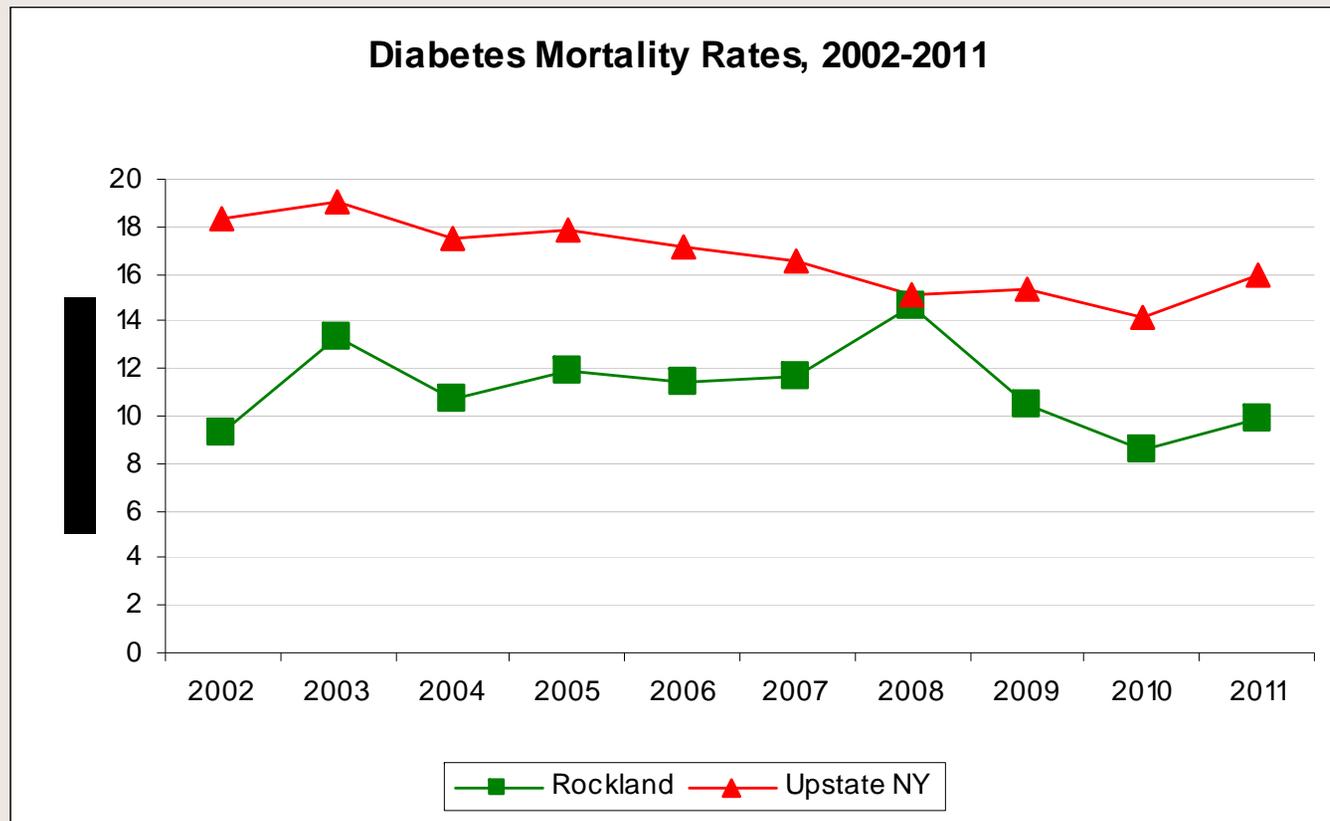
- CDC reports that 26.9% of people aged 60 years or older- more than **1 in 4** - have been diagnosed with diabetes
- Rockland County has a large and growing aging population

The need in Rockland County

**Growth in Population Age 65 and Older,
Rockland County 2000-2010**



Diabetes Mortality Rates



Implementing National DPP in Rockland County

- Established partnership with Center for Excellence in Aging & Community Wellness, Quality & Technical Assistance Center (QTAC) since 2010
- QTAC provides technical assistance, training, education, and support on evidenced based programs
- QTAC provided free training for 3 DOH staff , additional staff training funded thru grant
- Received pending CDC recognition

RCDOH National DPP Program Success:

- (9/16/13) program: 12 completers lost total of 134 pounds
- (1/28/14) program: 8 completers lost a total of 92.8 pounds
- (6/23/14) program: 5 completers lost a total of 62.4 pounds
- (1/13/15) program: 7 completers lost a total of 115.8 pounds

These weights were after the first 16 week's of the program

Why RCDOH ?

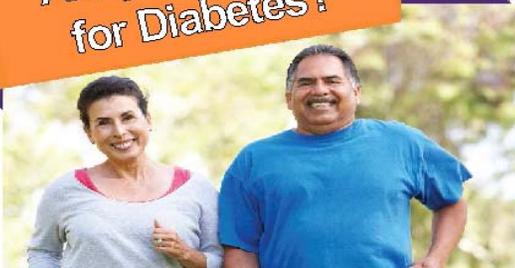
- Professional staff experienced facilitating evidenced-based programs, reliable, committed, and skilled
- Large reach in the community, many community partners, including in the health care community viewed in the community as the prevention experts
- Past experience training volunteers: not very successful
- Relatively low cost with potential high returns

Recruitment and Marketing

- Office for Aging *Looking Forward* newsletter, VA newsletter
- Flyers and presentations to community collaboratives, senior centers and clubs, Retired Senior Volunteer Program (RSVP)
- RCDOH tabling at community, school, and faith based health fairs include program flyers and Diabetes Risk Test
- Flyers distributed to food pantries, community organizations
- Partner agencies email our flyers to their email list serve
- Press releases, FB, Twitter, program listing in free community papers ie Penny Saver

Sample flyer

Are you at risk for Diabetes?



You could be eligible for the Diabetes Prevention Program (DPP), a 16-week lifestyle modification program.

Even if you are at risk, you can prevent or delay Type 2 Diabetes by learning how to change your life.

Are you at risk for diabetes?

1. Is your BMI 24 or greater? *and*
2. Have you been diagnosed by a doctor with pre-diabetes? *or*
3. Did you score 9 points or higher on the Diabetes Risk Test?

If your BMI is 24 or greater *and* you answered yes to question 2 or 3, you may be eligible to participate in our free Diabetes Prevention Program.

For more information call The Division of Health Promotion and Chronic Disease Prevention at 845-364-2502.

A new class starts Thursday, May 28th (5:15-6:15 PM) at the Rockland County DOH. The program runs for 16 weeks.



New York State
DPP
Diabetes Prevention Program

Ed Day
County Executive

The Rockland County Department of Health



CENTER FOR EXCELLENCE
IN AGING & COMMUNITY WELLNESS
**Quality & Technical
Assistance Center**
Supporting Evidence-Based Health Promotion

Patricia Schnabel Ruppert, DO, FAAFP
Commissioner of Health



The good news is that type 2 diabetes can be prevented with small lifestyle changes that improve your health!







**NATIONAL
DIABETES
PREVENTION
PROGRAM**
PREVENTING TYPE 2 DIABETES IN NEW YORK STATE

Promotional support for the NDPP in NYS is provided by the NYS Department of Health Diabetes Prevention and Control Program, part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention.



CENTER FOR EXCELLENCE
IN AGING & COMMUNITY WELLNESS
**Quality & Technical
Assistance Center**
Supporting Evidence-Based Health Promotion

For more information, please contact the Center for Excellence in Aging & Community Wellness at the School of Social Welfare, University at Albany, via e-mail at OTA@albany.edu, by phone at 518-406-2780, or through www.cesaw.org.

You Can Prevent Type 2 Diabetes



If you are at risk for Type 2 diabetes, you may be eligible for the Diabetes Prevention Program.



Take the
Risk Test
inside!

Recruitment and Marketing to the Health Care Community

Outreach to the healthcare community achieved via:

- Letters to physicians from our Health Commissioner
- Targeted visits to doctor offices with packet of information including “prescription pad”
- Program participants as ambassadors
- “Prescription for Health” card for pharmacies
- Fidelis Care referrals

Sample of promotional materials



The Rockland County Department of Health
Division of Health Promotion and Chronic Disease Prevention
50 Sanatorium Road, Building J, Pomona, New York 10970
845-364-2500 • www.rocklandgov.com/health
www.facebook.com/rockhealth • www.twitter.com/rockhealth

"PRESCRIPTION FOR HEALTH"

- Better Choices, Better Health**
Learn ways to manage your ongoing health conditions.
- Living Well With Diabetes**
Learn to manage your diabetes and prevent complications.
- Diabetes Prevention Program**
Learn to eat better, move more, and prevent diabetes.
- Lose to Win Weight Loss Program**
Learn effective ways to lose and maintain weight loss.
- A Matter of Balance**
Learn to improve your balance and reduce falls.
- Put It Out Rockland**
Get help to successfully quit smoking.



Prescription For Health



The Rockland County Department of Health offers the following workshops to help you feel better, take control of your life, and get connected with others.

Better Choices, Better Health
Learn ways to manage your ongoing health conditions.

Living Well With Diabetes
Learn to better manage your diabetes and prevent complications.

Diabetes Prevention Program
Learn to eat better, move more, and prevent diabetes.

Lose to Win Weight Loss Program
Learn effective ways to lose weight and maintain weight loss.

A Matter of Balance
Learn to improve your balance and reduce falls.

Call 845-364-2501 to find out which workshop is right for you.

Take charge of your life!



Effective outreach strategies

- Office for Aging newsletter very effective in reaching our target population of older adults
- Providers: word of mouth of program participants... priceless
- Partnership with Diabetes Educators at local hospital

Lessons learned

- Managed care: incentives?
- Difficult to get referrals from the medical community
- Large corporate medical practices not willing to promote the RCDOH programs, see us as competition
- Some primary care doctors telling patients they have prediabetes when A1C values above the Eligibility range for National DPP

Sustainability

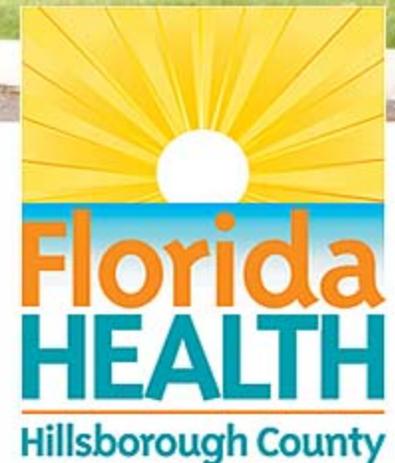
- Long term sustainability- insurance reimbursement
- Direct referrals from physicians using electronic health records (EHR)
- Data collection showing a reduction in diabetes and diabetes hospitalizations



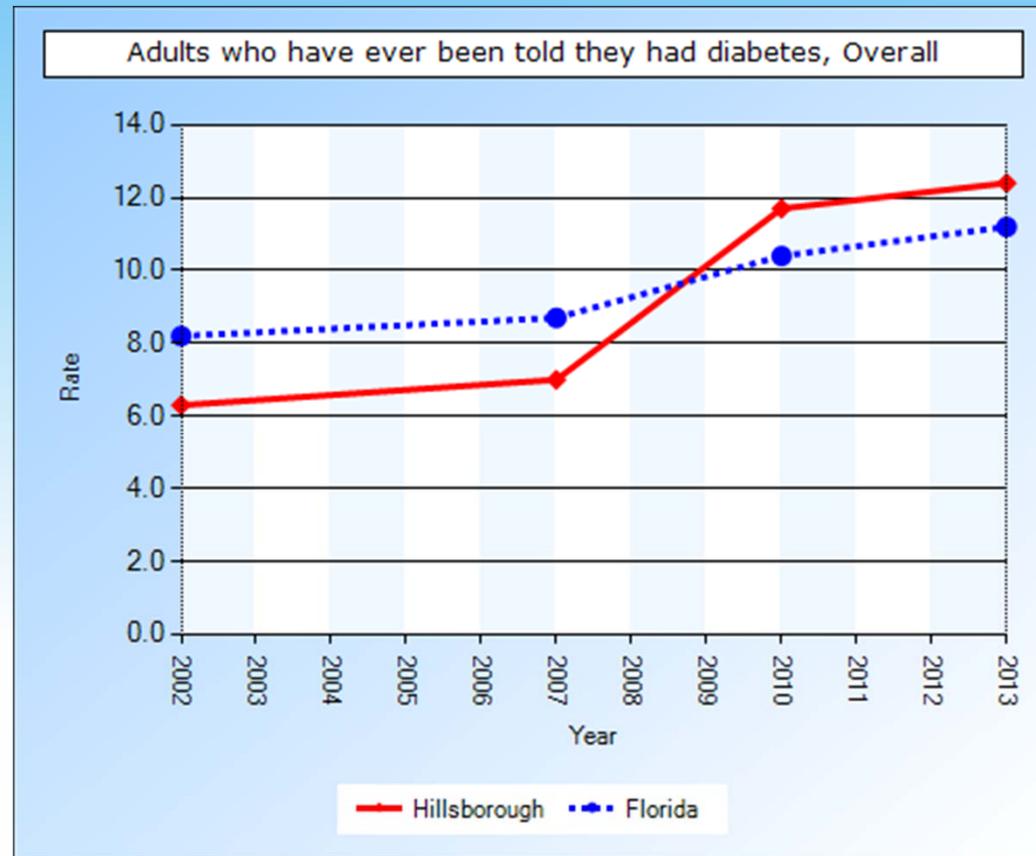
National Diabetes Prevention Program

Barbara Roberts, MS, RD, LD/N

Nailah Ramsingh, BS, DTR



Our diabetes rates



Data Source: FloridaCHARTS.com and the Florida Behavioral Risk Factor Surveillance System county-level telephone survey conducted by the Centers for Disease Control and Prevention (CDC) and Florida Department of Health Bureau of Epidemiology.



Staff Training

- Staff member hired with background in public health and nutrition
- Funding for this training was provided by our Central Office
- 2012- 3 staff members attended a 2 day Lifestyle Coach training



Funding

- Central Office funding FY 13-14 to increase medical provider referrals
- 2015-Central Office is funding Amer Diab. Assn-Florida as a Lifestyle Change Hub offering grants to increase medical provider referrals and increase awareness of AMA/CDC Prevent Diabetes STAT campaign
- Humana Foundation grant



Marketing

- Newspaper ads
- Direct Mail targeted to location of class
- Host sites
 - Local independent pharmacy
 - Florida Blue Centers
- Partnership with Breast & Cerv Cancer Prevention and Early Detection program
- Word of Mouth from previous participants



Medical Providers

- Marketed to Primary Care Providers, Internal Medicine, Family Practice
- Presentation to local medical society
- Florida Blue partnership to host presentation for BCBS medical providers



Participant Recruitment

- Referrals from medical practices
- Word-of-mouth from previous participants



Achieving Recognition

- Motivating
 - Readiness to change questionnaire
- Food Diaries
 - RD and DTR staff members
- Follow-up calls/emails to strugglers
- Stress Management
 - Online tools
- Guest speakers
 - Physical Therapist
 - Group Fitness instructor
- Walking plan
- Healthy Eating Out tips
- Food Models
- Incentives
 - Calorie King
 - Portion Plates
 - Measuring Cups



Sustainability

- Master trainer select
 - Train individuals in an organization
 - First training July 30-31
- Seek out grants
- Health dept chronic disease funding
- Billing insurance in the future



Lessons Learned

- Lack of motivation among participants
- Difficulty maintaining weight loss in maintenance
- “Diabetes” in name
 - Prefer “Lifestyle Change Program”
- Recruiting
 - “it’s a whole year?!”
- Limited physician referrals
 - “great program”
 - “will refer”



Recognition

- In 2014, FDOH-Hillsborough successfully achieved full recognition from the CDC
- FDOH-Hillsborough was the 1st health department to receive full recognition



Lifestyle Coach Training

- July 30-31, 2015
- Tampa, Florida
- Led by Nailah Ramsingh, BS,DTR, CWWS
- Cost \$150 per person
- Must be associated with an organization & work with CDC DPRP
- 813-307-8071





Summary and Closing



Join Us in this National Effort!

The image shows a screenshot of a web browser window. The address bar contains the URL http://www.cdc.gov/diabetes/prevention/pdf/NDPP_Infographic.pdf. The browser window displays an infographic with a blue background and white text. The main heading reads "Everyone can play a part in preventing type 2 diabetes". Below this heading are four circular icons, each with a corresponding text block: 1. A lightbulb icon with the text "RAISE AWARENESS of prediabetes". 2. An icon of two people talking with the text "SHARE INFORMATION about the National DPP". 3. A map of the United States with the text "ENCOURAGE PARTICIPATION in a local lifestyle change program". 4. A health insurance card icon with the text "PROMOTE the National DPP as a covered health benefit". At the bottom of the infographic, there is a white box with the text "Find out how to get involved with the National Diabetes Prevention Program" and the URL www.cdc.gov/diabetes/prevention. The browser's taskbar at the bottom shows various application icons and the system clock indicating 1:24 PM on 6/4/2015.

Everyone can play a part in preventing type 2 diabetes

- 
RAISE
AWARENESS
of prediabetes
- 
SHARE
INFORMATION
about the
National DPP
- 
ENCOURAGE
PARTICIPATION
in a local lifestyle
change program
- 
PROMOTE
the National DPP
as a covered
health benefit

Find out how to get involved
with the National Diabetes
Prevention Program

www.cdc.gov/diabetes/prevention

Additional Resources

- **CDC – National Diabetes Prevention Program website**
<http://www.cdc.gov/diabetes/prevention/>
- **NACCHO's Diabetes Translation webpage**
<http://www.naccho.org/topics/HPDP/diabetes/index.cfm>
- **AMA Prevent Diabetes STAT Initiative** www.preventdiabetesstat.org
- **CDC Diabetes Prevention Recognition Program**
<http://www.cdc.gov/diabetes/prevention/recognition/index.htm>
- **AMA/CDC Provider Referral Guide**
http://www.cdc.gov/diabetes/prevention/pdf/STAT_Toolkit.pdf





Q & A



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Webinar Evaluation

Please complete the online evaluation for this webinar!



Thank you!

