

National Diabetes Prevention Program

Overview

April 2024



DEPARTMENT OF
**PUBLIC HEALTH &
HUMAN SERVICES**

Welcome & Overview

- Diabetes Overview
- Diabetes Prevention
- National Diabetes Prevention Program
- Coverage/Reimbursement
- Questions



Background

Prediabetes



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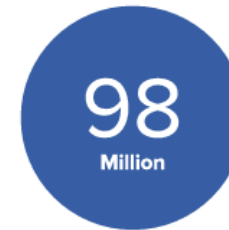
A Silent Precursor

- Prediabetes:
 - A serious health condition where blood sugar levels are higher than normal, but not high enough to be diabetes
 - Can lead to type 2 diabetes within 5 years if no action is taken.
 - By 2025, 1 in 5 adults could have diabetes if no change is made.

Prevent Type 2 Diabetes

Talking to your **patients** about lifestyle change

Threat of Prediabetes



About 98 million American adults—**more than 1 in 3**—have prediabetes



More than 8 in 10 adults with prediabetes **don't know they have it**

Prediabetes increases the risk of:



Type 2 Diabetes



Heart Disease



Stroke



Eating healthy



Being more active

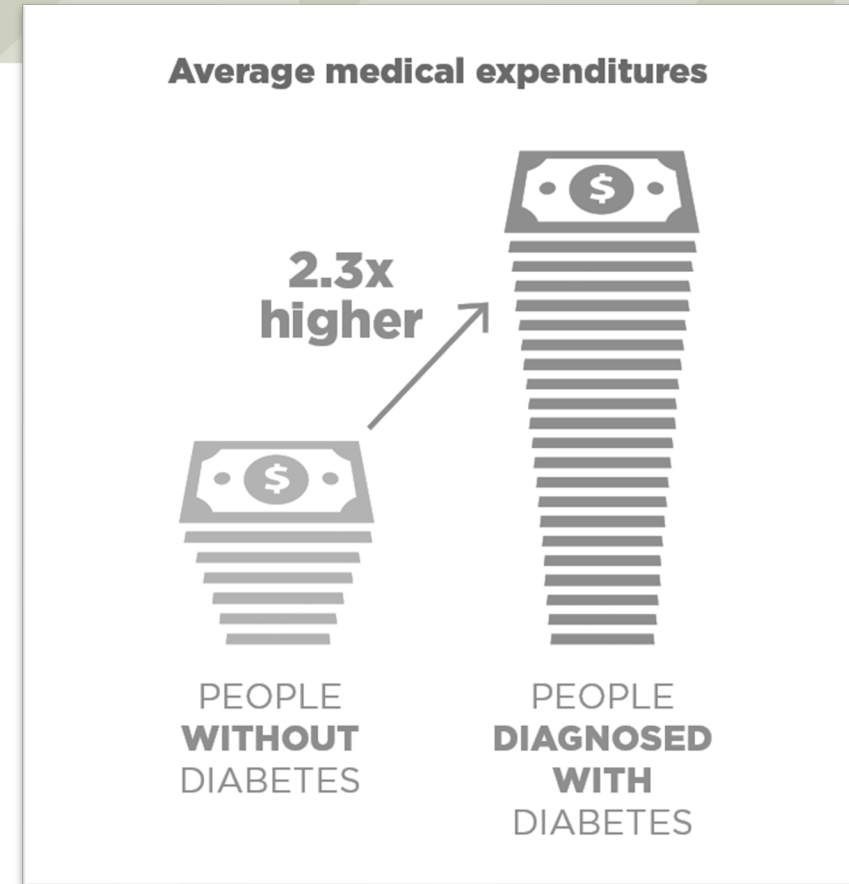
Can cut their risk of getting type 2 diabetes in half



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Prevention is Key

- People with prediabetes
 - 5 to 15 times more likely to develop type 2 diabetes.
 - Higher risk for heart disease and stroke.
- Health care expenses are 2.3 times higher for people with diabetes.



Small Changes have a Big Impact

Lifestyle Change Program

The lifestyle change program that is part of the CDC-led National Diabetes Prevention Program is **proven to help prevent or delay type 2 diabetes**. It is based on research that showed:

58%

58% lower incidence of type 2 diabetes **after weight loss of 5 to 7% body weight** achieved by reducing calories and increasing physical activity to at least 150 minutes per week

71%

71% reduced incidence of type 2 diabetes **for people 60 and older**

27%

27% lower incidence of type 2 diabetes in lifestyle change program participants **after 15 years**

Referring your patients to a National Diabetes Prevention Program (DPP) you can help your patients reduce their risk for developing type 2 diabetes.



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National Diabetes Prevention Program



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About the National DPP

- A 12-month program
 - 16 weekly group sessions
 - Focus on lifestyle change strategies to improve nutrition and exercise habits.
 - 6 monthly follow-up sessions
 - Designed to support and guide the nutrition and exercise goals met during the program.
- Delivered by trained Lifestyle Coaches
- Learn health lifestyle skills
- Offered in person and via distance learning
- Adherence to CDC quality standards



About the National DPP

The lifestyle change program provides



A trained lifestyle coach



CDC-approved curriculum



Group support over the course of a year



A full year of in-person or online meetings

Your patients will learn to make achievable and realistic life changes



Eat healthy



Manage stress



Incorporate physical activity into their daily routine

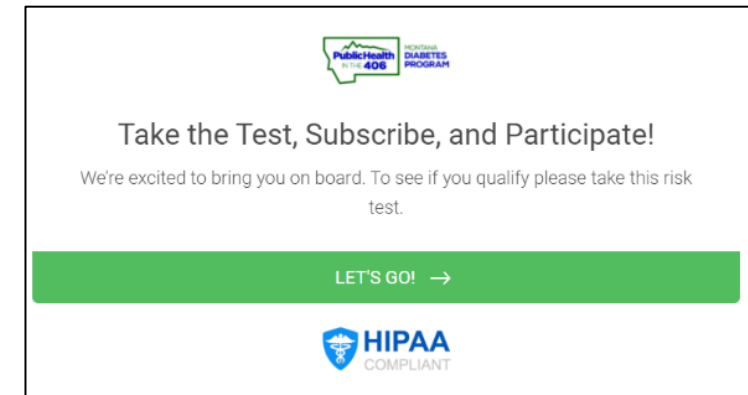
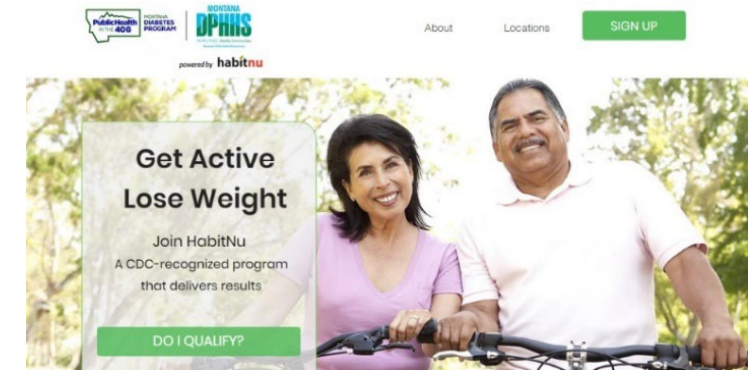


Solve problems that get in the way of healthy changes



HabitNu

- HabitNu is a virtual National DPP platform
- Utilized along with in-person and distance learning classes
- Helps to engage participants by providing a platform where they can:
 - Connect with their lifestyle coach via direct messages
 - Keep a food diary that can be shared with their lifestyle coach
 - Physical activity log & connects with Bluetooth devices
 - Set goals
 - Track weight, A1c, medications and habits
- Allows participants to engage in a discussion forum with other participants within their class
- Provides additional educational materials that supplement each class.



Participant Eligibility

- To be eligible for referral, patients must:
 - Be at least 18 years of age with a BMI of ≥ 25 (≥ 23 if Asian) **AND**
 - Have one or more of the following risk factors:
 - Fasting glucose of 100-125 mg/dL
 - A1c between 5.7% and 6.4%
 - Blood pressure of least 130/80 mmHg or treatment
 - Triglycerides greater than 150 mg/dL
 - LDL greater than 130 mg/dL or treatment
 - HDL less than 40 mg/dL for men, less than 50 mg/dL for women
 - History of gestational diabetes



Program Goals



Accomplish 150 minutes of physical activity per week.



Achieve 5% - 7% weight loss



Establish healthy eating strategies



Talk to your patients about participating in a DPP

Share program specifics with them:

- Group sessions
- Delivered by trained lifestyle coach
- Offered at community locations
- Delivery includes in-person or via distance learning
- Insurance coverage
- Meet new people



Track Patient Progress



Schedule a 16-week follow-up appointment



Ask patients about their participation and what they learned



What Can You Do?

Screen, Test, Refer



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How Can You Help Your Patients?



- Talk to your patients
- Administer the risk assessment quiz
- Test your patients
- Refer to or recommend a National DPP

The risk assessment quiz can be found at
<https://www.cdc.gov/diabetes/risktest/index.html>



Talk to Your Patients

- About their risk:
 - Being overweight
 - 45 years or older
 - Have a parent, brother, or sister with type 2 diabetes
 - Physically active less than 3 times a week
 - Have ever had gestational diabetes
 - Are African American, Hispanic or Latino, American Indian, or Alaska Native person. Some Pacific Islander and Asian American people are also at higher risk



Assess Patients' Risk for Prediabetes

Administer CDC's prediabetes risk test at:

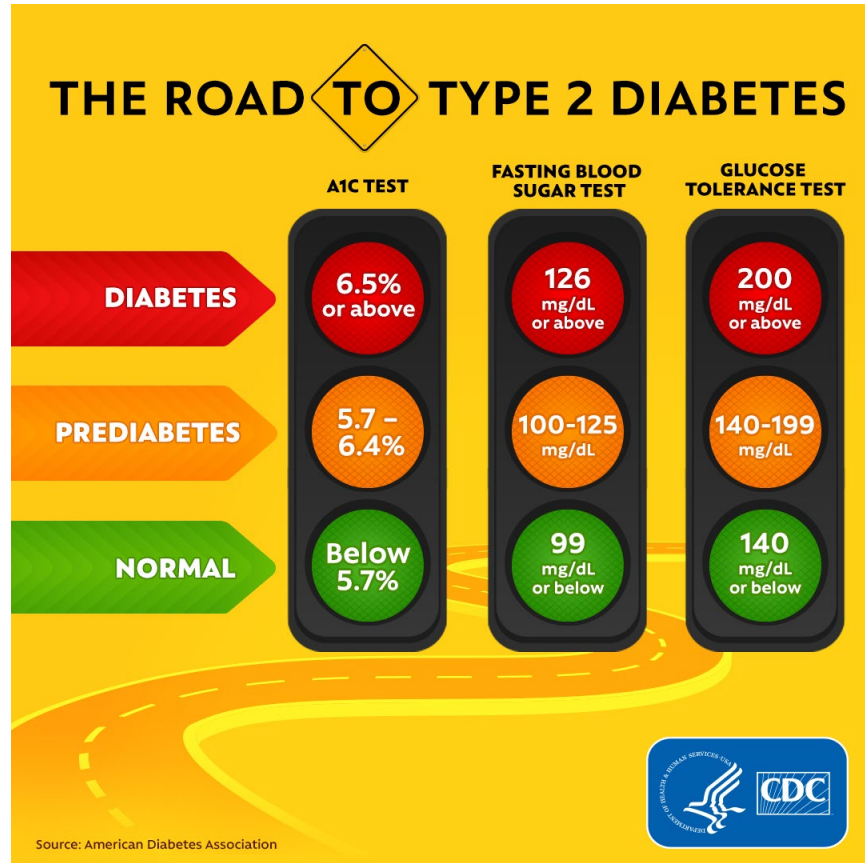
<https://www.cdc.gov/prediabetes/takethetest/>

Print a copy of the test to take later:

<https://www.cdc.gov/diabetes/prevention/pdf/Prediabetes-Risk-Test-Final.pdf>



Test Your Patients



Follow-up Action:

- Diabetes:
 - PCP follow-up for confirmatory diagnosis, diabetes self-management education and support, and treatment if appropriate.
- Prediabetes:
 - PCP follow-up and refer to a National DPP
- Normal:
 - Encourage patient to maintain a healthy lifestyle

Recommend a National DPP

- Recommend and refer eligible patients including adult Medicaid beneficiaries to a National Diabetes Prevention Program.
- For more information, to view locations, contact information, access the medical clearance form and find additional resources to support the program visit: <https://diabetes-prevention-mtdphhs.hub.arcgis.com/>



Coverage/Reimbursement



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Eligibility

- Eligible Provider Groups
 - Physicians
 - Mid-level Practitioners
 - RDs who also hold a current MT license as a nutritionist
 - Hospitals
 - Federally Qualified Health Centers
 - Rural Health Clinics
 - Indian Health Services/Tribal Health Services
 - Groups/Clinics, or
 - Public Health Departments
- A physician or mid-level practitioner supervising a provider not listed above, such as a licensed nurse, a diabetes care and education specialist, or an exercise physiologist, will assume professional liability for care of the patient and will furnish services within his or her scope of practice under State law.



How to Become A National DPP Delivery Site

- Providers must:
 - Enroll in the Montana Medicaid Program
 - Be approved by the Public Health and Safety Division
 - Adhere to the following:
 - Montana Medicaid State Plan, effective date 07/01/16, and Administrative Rule of Montana (ARM 37.86.5401-5404) - <https://rules.mt.gov/gateway/Subchapterhome.asp?scn=37%2E86.54>
 - Reimbursement is for group sessions only
 - Must have a trained Lifestyle Coach(es) on staff
 - Delivering standardized curriculum and reporting data
- If you have questions or need additional information about the National DPP, please contact Public Health and Safety Division at 1-844-684-5848 or email diabetes@mt.gov



How to Become a National DPP Delivery Site

- Reimbursement for diabetes disease prevention services to eligible providers is in accordance with fee-for-service fee schedules for appropriate provider types posted on the Montana Department of Health and Human Services website at <https://medicaidprovider.mt.gov/>
- Submit claim to Montana Medicaid on appropriate form for provider type:
 - CMS-1500
 - UB-04
- Revenue code 942 (Education)
- Procedure code 0403T
- Reimbursement effective July 1, 2024 - \$32.99
- Limitations:
 - Medicaid limits group outpatient DPP claims to one session per person per day.



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