Implementing the National Diabetes Prevention Program: Intensive Lifestyle Modification for Diabetes Prevention and Diabetes Self-Management Education

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The National Diabetes Prevention Program (NDPP) is a Centers for Disease Control (CDC) – Recognized ‘Lifestyle Change Program’ designed to address the epidemic of prediabetes in the US.

The NDPP is also known as:

Diabetes Prevention Program (DPP) and Diabetes Prevention Recognized Program (DPRP)
Prediabetes: Facts

86 million American adults—more than 1 out of 3—have prediabetes.

9 out of 10 people with prediabetes do not know they have it.

Goal: Prevent or Delay Type 2 Diabetes

Prediabetes is treatable.

Research has shown that lifestyle change programs can prevent or delay the onset of type 2 diabetes, through:

- Modest weight loss (5% to 7% of body weight)
- Healthy eating
- Physical activity

The National Diabetes Prevention Program Overview

- Year-long, group-based (cohort) program. Classes are usually an hour.
- Meets weekly at first 16 times, then transitions to bi-weekly or monthly classes at least 6 times.
- Trained lifestyle coaches deliver the program.
- It is evidence-based. It has been shown to be effective at preventing or delaying type 2 diabetes and to be cost-effective. In many cases, it is cost-saving.
- Delivered in a variety of settings, including community-based organizations such as YMCAs, worksites, and healthcare organizations. There are also online programs.

DPRP Eligibility

1. 18 years of age or older and

2. BMI $\geq 24$ ($\geq 22$ if Asian) and

3a. Prediabetes based on a blood test or a history of GDM (minimum of 50% of participants)

Or

3b. Eligible based on:
   - CDC Prediabetes Screening Test,
   - American Diabetes Association Type 2 Diabetes Risk Test
   - Or a claims-based risk test (maximum of 50% of participants)
Classes

- Multiple curriculums are approved by CDC but must meet certain standards.
  - *PreventT2* is the newest curriculum released by CDC. The curriculum is available on the CDC website at no charge.
- Overarching goal of preventing type 2 diabetes.
- Focus on making lasting lifestyle changes.
- Build up to moderate changes in diet and physical activity that lead to 5% to 7% weight loss in the first 6 months.
- Weigh participants at each session.
- Record minutes of activity performed at each session.
- Provide participant materials to support program goals.

Recognized Status

- **PENDING RECOGNITION**—granted when organization agrees to:
  - Submit an application for recognition
  - Use an evidence-based curriculum that meets duration, intensity, and reporting requirements described in the DPRP Standards
  - Provide data reports to CDC every 12 months
  - Offer first class within 6 months of receiving pending recognition (i.e., the “effective date” on an approved application)

- **PENDING AND FULL RECOGNITION**
  - Organizations submit data every 12 months to CDC DPRP
  - Technical Assistance provided by CDC throughout entire process regardless of org status

- **FULL RECOGNITION**
  - Evaluated by CDC based on 2 sets of 12-month data
  - Recognition status is evaluated every 24 months
DPP Sites in Arkansas with ‘Pending Recognition’

- AllCare Pharmacy in Arkadelphia
- Harding University in Searcy
- Mercy Medical Center in Rogers
- White CO Medical Center in Cherokee Village
- YMCA in Hot Springs
- Conway Regional Medical Center in Conway
- Lee County Cooperative Clinic in Marianna
- UAMS East in Helena-West Helena
Is My Facility Ready to Start a DPP?

- READ – STANDARDS DOCUMENT ON CDC DPRP WEBSITE

- COMPLETE – CAPACITY ASSESSMENT POSTED TO THE CDC DPRP WEBSITE (Appendix A of the Standards)

  - Note: CDC-approved lifestyle coach training is available online through Solera Health at:
    https://store.soleranetwork.com/
Location / Staffing

• Lifestyle programs should provide private settings in which participants can be weighed or meet individually with lifestyle coaches as well as in groups.

• Some organizations may choose to deliver the lifestyle intervention virtually or via one or more distance-learning modalities.

• Lifestyle coaches should deliver the program in a way that increases the capacity of participants to make and sustain positive lifestyle changes.

• Programs should designate an individual to serve as the diabetes prevention coordinator.

• It is the organization’s responsibility to determine staffing needs.
Recognition Benefits

• Recognition may facilitate reimbursement from a growing number of insurers paying for the program:
  – 60+ private insurers covering DPP regionally
  – CMS Medicare expansion: Medicare will begin covering DPP on 1/1/18

• CDC provides technical assistance including feedback on data submitted with a new “look ahead” section
  – Enhanced technical assistance calls

• There is no charge to become recognized by CDC
## Projected ‘Billing Potential’ for a DPP Based on the ‘Cohort’ Model

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Participants</th>
<th>Fee per participant</th>
<th>Annual Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yearly</td>
<td>5-10</td>
<td>$425.00 (projected Medicare fee)</td>
<td>$2,125 - $4,250</td>
</tr>
<tr>
<td>Every six months</td>
<td>5-10</td>
<td>$425.00</td>
<td>$4,250 - $8,500</td>
</tr>
<tr>
<td>Monthly</td>
<td>5-10</td>
<td>$425.00</td>
<td>$25,500 - $51,000</td>
</tr>
</tbody>
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Providing Quality Diabetes Self-Management Education (DSME)
National Standards for DSME

- **Quality Diabetes Education** is based on the 2012 Revised National Standards for Diabetes Self-Management Education.

- The National Standards are designed to define quality DSME and support and assist diabetes educators in solo practice as well as those in large multi-center programs – and everyone in between.

- The Standards do not endorse any one approach, but rather seek to delineate the commonalities among effective self-management education strategies. They also serve as a guide for non-accredited and non-recognized providers and programs.
Acronyms

- **DSME** – Diabetes Self-Management Education; can include education provided by certified AND non-certified programs.
- **DSMES** – Diabetes Self-Management Education and Support; recognizes the emphasis on ‘continuing support’ provided by recognized / accredited programs.
- **DSMT** – Diabetes Self-Management Training; The term used by Medicare for a DSME/DSMES program that has the ability to charge for services rendered.
Who Oversees Recognition / Accreditation?

- There are two bodies that oversee this process:
  - The ADA – They call their process ‘Recognition’
  - The AADE – they call their process ‘Accreditation’

- There are minimal differences between attaining ADA ‘recognition’ and AADE ‘accreditation’.

- Both types of certification allow a program to bill for their services.

- Both require that the 2012 National Standards for Diabetes Education are in place.
Why Become Recognized / Accredited?

- Recognized / Accredited programs are able to bill Medicare and private insurers for their services:
  - Up to 10 hours of initial education in the first calendar year after a referral is received.
  - Up to two hours follow-up education each additional year beginning one year after initial education has been completed.

- Non-accredited / recognized programs can deliver quality education per the guidelines for an approved curriculum. However, they do not offer the continuing support, goal attainment, and communication with participant providers that certified programs do.
Putting the Standards Into Place

- Both the ADA and the AADE have templates to guide you in this process.
- The Standards are your program’s policies and should be written in policy format and reviewed regularly.
What Type of Space Does a Facility Need to Hold DSME Classes?

• A facility can have a dedicated classroom to hold regularly scheduled classes, or a common area classroom for a facility can be utilized on a scheduled basis.
  – The area should be large enough to comfortably accommodate 2-20 participants as well as visual aids, including a projector and screen for video educational classes.

• Initial assessments (one-on-one) should be held in a private setting.
  – The program educator’s office may be used for this assessment.
When Can a Facility Submit for Recognition / Accreditation?

- When all standards have been put into place, including developing a curriculum, a program may begin holding classes.
  - A minimum of two participants are required for a group class for Medicare reimbursement.

- When at least one participant has completed all areas of the education process, an entity can apply for recognition / accreditation by filling out the online application and sending in the supporting documents and fee to the selected credentialing body.
Billing Potential For DSMT

Consider that a small hospital has 5-10 participants per month in their DSMT classes and that they all finish the Initial Assessment (1 hour) and 9 hours of group education:

- The reimbursement per participant (Medicare & most insurances – Medicaid does not cover this service) would be: $364.84

- The ‘billing potential’ (based on 5-10 participants) would range from $1824.20 - $3648.40, or, $21,890.40 to $43,780.80 for the year.
What’s Happening in Arkansas?

• We currently have a total of 59 recognized / accredited programs in the state
  – 25 are ADA recognized
  – 34 are AADE Accredited
  – Several new sites are currently in varying stages of the process of obtaining recognition/accreditation which will bring certified programs to formerly unserved Arkansas counties.
What is the Role of the Arkansas Department of Health in Preventing/Treating the Epidemic of Diabetes in Our State?

• We are committed to working with our DSMEs across the state to provide technical assistance with the goal of improving quality and sustainability to our existing programs and also to assist in the establishment of new programs that broaden the reach of DSMT to our underserved counties.

• We are looking to the future to provide an active role in assisting our health care providers in the establishment of Diabetes Prevention Programs in order to decrease the incidence of diabetes in our state.
Thank You!

• Questions?

• Comments?