

## NATIONAL DIABETES PREVENTION PROGRAM (NDPP)

### WHY BUSINESSES ARE TAKING ACTION

#### 1. NDPP<sup>1</sup> IS NOT ANOTHER WELLNESS PROGRAM

- Type 2 diabetes is preventable. NDPP is an evidence-based program that works to prevent diabetes.
- In people with pre-diabetes, HALF of new cases of Type 2 diabetes can be prevented with structured lifestyle change programs like NDPP.
- NDPP is a high value program because so many people are eligible to participate.

#### 2. NDPP IS A POPULATION HEALTH APPROACH

- The program supports simple lifestyle changes that result in improved population health outcomes.
- NDPP reduces claims related to pre-diabetes, diabetes and associated risk factors.
- It helps prevent chronic disease – the number one health insurance cost driver.

#### 3. NDPP IS A MOVE TOWARDS VBID<sup>2</sup> HEALTH PLAN DEVELOPMENT

- The program has clear standards and operating procedures.
- It is simple to apply to your book of business for employee health plans.

### ACTION STEPS FOR BUSINESSES

#### 1. INCREASE YOUR ORGANIZATION'S KNOWLEDGE RELATED TO TYPE 2 DIABETES PREVENTION

- Assign a staff member to research pre-diabetes, diabetes and NDPP.
- Locate NDPP and Diabetes Self-Management Training (DSMT)<sup>3</sup> sites in your area.
- Understand your organization's needs related to Type 2 diabetes prevention.

#### 2. EXPLORE IMPLEMENTING NDPP WITHIN YOUR BUSINESS AND HEALTH PLAN

- Apply the Pre-diabetes Algorithm to your claims or health risk assessment data to identify employees at high risk of developing pre-diabetes or diabetes.
- Calculate the cost Per Member Per Year (PMPY) and use your PMPY to support a cost savings analysis for those at high risk for Type 2 diabetes.
- Conduct an environmental scan to learn more about the NDPP sites in your region.
- Contact NDPP sites near you to discuss possible collaboration.

#### 3. PARTNER WITH US CDC RECOGNIZED NDPP SITES TO IMPLEMENT NDPP

- Ensure the NDPP site near you has current US CDC recognition.
- Encourage the NDPP site to have a current letter of understanding with the Maine CDC.
- Develop performance-based contracts (in alignment with DPRP<sup>4</sup> standards) with NDPP sites.

#### 4. MONITOR IMPACT

- Monitor the impact of the program using outcome reports from NDPP sites that do not identify individual participants.
- Track reach and impact of NDPP with combined data on employees and health plan members over 18 year of age to determine Return on Investment (ROI).

#### 5. PROVIDE NDPP LEADERSHIP TO THE BUSINESSES LANDSCAPE

- Make NDPP a covered health benefit for your eligible employees and health plan members.
- Implement NDPP using a pay-for-performance model for health plan members.
- Apply NDPP to current payment reform strategies for population health management. This may include participation in Accountable Care Organization's contracts and VBID health plans.

<sup>1</sup> National Diabetes Prevention Program (NDPP) is the evidence-based approach for delaying or preventing the onset of Type 2 diabetes.

<sup>2</sup> Value Based Insurance Design (VBID) are health insurance plans that encourage patients to seek services where the clinical value outweighs the cost and is discouraged on seeking services where the cost far outweighs the clinical value.

<sup>3</sup> Diabetes Self-Management Training (DSMT) is the evidence-based program for educating and supporting self-management strategies for people with Diabetes.

<sup>4</sup> Diabetes Prevention Recognition Program (DPRP) is the US CDC's Diabetes Prevention Recognition Program Standards and Operating Procedures that details how NDPP should be implemented and the steps organizations can take to have their program recognized by the CDC.

# action brief

## TOOLS AND RESOURCES

RESOURCES	DESCRIPTION
<b>US CDC NATIONAL DIABETES PREVENTION PROGRAM (NDPP)</b> <a href="http://www.cdc.gov/diabetes/prevention/">http://www.cdc.gov/diabetes/prevention/</a> <ul style="list-style-type: none"><li>• Pre-diabetes Risk Quiz</li><li>• CDC NDPP Site Registry</li></ul>	US CDC website with information and resources on NDPP
<b>MAINE CDC NATIONAL DIABETES PREVENTION PROGRAM (NDPP)</b> <a href="http://www.ReThinkDiabetes.org">http://www.ReThinkDiabetes.org</a> <ul style="list-style-type: none"><li>• Fact Sheets</li><li>• Algorithms</li><li>• Talking Points</li><li>• PowerPoints</li><li>• Employee flyers</li></ul>	Maine specific website with information and resources on NDPP for payers, health systems and businesses
<b>DIABETES PREVENTION RECOGNITION PROGRAM (DPRP) STANDARDS AND OPERATING PROCEDURES</b> <a href="http://www.cdc.gov/diabetes/prevention/recognition/standards.htm">http://www.cdc.gov/diabetes/prevention/recognition/standards.htm</a> <ul style="list-style-type: none"><li>• DPRP Capacity Assessment</li></ul>	Details how NDPP should be implemented and the steps organizations can take to have their program recognized by the US CDC
<b>MAINE CDC DIABETES PREVENTION &amp; CONTROL PROGRAM</b> <a href="http://www.maine.gov/dhhs/mecdc/population-health/dcp/professionals.htm">http://www.maine.gov/dhhs/mecdc/population-health/dcp/professionals.htm</a> <ul style="list-style-type: none"><li>• Maine DSMT Registry</li></ul>	Maine CDC website with links to Maine statistics and diabetes resources

## CONTACT FOR ASSISTANCE

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