

NATIONAL DIABETES PREVENTION PROGRAM (NDPP)

WHY HEALTH SYSTEMS ARE TAKING ACTION

1. NDPP¹ 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.
- It reduces claims related to pre-diabetes, diabetes and associated risk factors.
- NDPP has a cross-cutting health improvement impact on multiple conditions that can lead to chronic disease – the number one health insurance cost driver.

3. NDPP FITS IN TODAY'S HEALTHCARE LANDSCAPE

- A good fit for Accountable Care Organizations or Shared Savings agreements.
- Perfect demonstration of a community-clinical linkage for preventive health services.
- It has clear standards and operating procedures.
- Can be operated by health systems with delivery system resources located in the community at low cost.

ACTION STEPS FOR HEALTH SYSTEMS

1. INCREASE YOUR ORGANIZATION'S KNOWLEDGE OF PRE-DIABETES AND NDPP

- Assign a staff member to research pre-diabetes and NDPP.
- Locate NDPP and Diabetes Self-Management Training (DSMT)² sites in your region.
- Understand how NDPP helps achieve the Triple Aim³.
- Understand the evidence-base of NDPP and its published efficacy.
- Contact NDPP sites near you to discuss possible collaboration.
- Understand your organization's needs and opportunities related to Type 2 diabetes prevention.

2. START WITH YOUR STAFF

- Appoint Diabetes Educators or Employee Health Program staff to plan employee health strategies utilizing NDPP.
- Offer NDPP to your employees by implementing NDPP at your site(s) or partnering with existing community organizations that offer NDPP.
- Include the Pre-diabetes Risk Quiz on your website, on your Health Risk Assessment (HRA) tool and with wellness coaches.
- Apply the Pre-diabetes Algorithm when designing your own protocol for identifying employees at high risk of developing pre-diabetes or diabetes.

3. EXPLORE IMPLEMENTING NDPP WITHIN YOUR HEALTH SYSTEM

- Use your electronic medical records (EMR) to assess risk by understanding Type 2 diabetes prevalence within a patient panel.
- Use the Pre-diabetes Algorithm to implement an EMR protocol to identify "high risk", pre-diabetes and the diabetes population of active patients.
- Utilize existing DSMT expertise to align DSMT National Standards of Care with NDPP.
- Learn about the Diabetes Prevention Recognition Program (DPRP)⁴ Standards and Operating Procedures.
- Understand your health system's readiness and organizational capacity to sustain and deliver NDPP.
- Calculate the cost and potential revenue for NDPP delivery and sustainability.

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

² Diabetes Self-Management Training (DSMT) is the evidence-based program for educating and supporting self-management strategies for people with Diabetes. Link to Maine DSMT site Registry.

³ Triple Aim is an initiative, launched by the Institute for Healthcare Improvement, to help health care systems improve the health of their population, lower per capita cost of care, and provide high quality patient experience of care.

⁴ 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

4. GET US CDC PROGRAM RECOGNITION AND IMPLEMENT NDPP

- Complete the DPRP capacity assessment.
- Complete an online application with US CDC to achieve pending or full recognition status.
- Obtain a NDPP site current letter of understanding with the Maine CDC.
- Identify a program coordinator and lifestyle coaches.
- Train lifestyle coaches in US CDC NDPP curriculum.
- Schedule and run classes.

5. MONITOR IMPACT

- Monitor and track participation.
- Report participant data to DPRP.

6. PROVIDE NDPP LEADERSHIP TO THE HEALTH LANDSCAPE

- Discuss including NDPP as part of your health insurance book of business.
- Explore ways to include NDPP as part of your Accountable Care Organization (ACO).
- Recognize NDPP as a population health management strategy for your health system.

TOOLS AND RESOURCES

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

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