

NATIONAL DIABETES PREVENTION PROGRAM (NDPP)

WHY PAYERS 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 AN EFFECTIVE, EVIDENCE-BASED COST AVOIDANCE STRATEGY

- NDPP supports simple lifestyle changes that result in improved population health outcomes.
- Plan members at high risk for pre-diabetes and diabetes are the most common and costly.
- Per Member Per Year (PMPY) costs for persons with no diabetes are significantly lower than for persons with diabetes. Even after 10 years, those who participated in NDPP had a lower rate of Type 2 diabetes.

3. NDPP IS A POPULATION HEALTH APPROACH

- 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.

4. 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.
- Community-based lifestyle interventions are associated with low costs.

ACTION STEPS FOR PAYERS

1. INCREASE YOUR ORGANIZATION'S KNOWLEDGE OF NDPP

- Assign a staff member to research pre-diabetes and NDPP.
- Engage your Medical Director in designing health plan options that include NDPP.
- Understand how NDPP helps achieve the Triple Aim².
- Understand the evidence-base of NDPP and its published efficacy.
- Learn about the Diabetes Prevention Recognition Program (DPRP)³ Standards and Operating Procedures.

2. UNDERSTAND HEALTH PLAN PURCHASERS' NEEDS RELATED TO TYPE 2 DIABETES PRIMARY AND SECONDARY PREVENTION

- Work with plan purchasers to conduct a Type 2 diabetes risk assessment on their health plan population.
- Apply the Pre-diabetes Algorithm to plan purchasers' claims or health risk assessment data to identify members at high risk of developing pre-diabetes or diabetes.
- Work with plan purchasers to understand the cost Per Member Per Year/Per Member Per Month (PMPY/PMPM) and what the potential cost avoidance could be within one year if NDPP is applied to the book of business for the health plan.

3. MAKE NDPP A COVERED HEALTH BENEFIT

- Incorporate NDPP into new health plan designs.
- Recommend inclusion of NDPP in existing plan purchasers' book of business.
- Align NDPP with pay-for-performance models.
- Apply NDPP to population health management strategies.

4. PROVIDE NDPP LEADERSHIP TO THE HEALTH LANDSCAPE

- Share NDPP Return on Investment (ROI) results.
- Promote NDPP as a population health management strategy.

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

² The Triple Aim Initiative was 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.

³ 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
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

CONTACT FOR ASSISTANCE

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