

National Diabetes Prevention Program Demonstration Project: Building Provider Capacity to Screen, Identify, and Refer Disparate Populations with Prediabetes

July 31, 2023 marked the end of our 4-year grant funded by the American College of Preventive Medicine (ACPM), the American Medical Association (AMA) and the Black Women's Health Imperative (BWHI). We were given the following project goals:

Screen and test patients from the targeted population at high-risk for prediabetes and refer these patients to a CDC-recognized type 2 diabetes prevention program.

Address a social driver of health that is an identified barrier to enrollment and retention in the program.

Engage patients from the targeted population to enroll in the program and support the CDC-recognized organization in retaining participants for the duration of the three-year-long program to achieve program goals.

Collect and report data on process and outcome measures relevant to experiences of the targeted population in achieving goals and assess the impact of interventions taken.

Established leadership structure to assure accountability and engagement. Providers feel informed via standard processes and able to easily connect patients to lifestyle support systems with a trusted community partner. Employed process improvement methods to streamline and hardwire standard work.

Challenge: Establishing electronic closed loop communication

Improve Joy in Work:
"Having access to DPP for our patients has improved our ability to provide proactive, comprehensive, and equitable care."

Enhance Patient Experience:
"I appreciated that the doctor really listened to me, and when she mentioned the program, I didn't even know something like this existed."

Cobranded resources to support community partnership and reassure patients. Transition to virtual classes and return of in-person programming. Improved and standardized education available in different delivery methods. Support from BWHI to create tailored outreach and patient education for target population.

Challenge: Promoting Patient Engagement

Reduce Costs:

Potential \$264,000 savings from 99 patients who participated in DPP. Additional potential savings of \$2,500,000 with continued enrollment of eligible patients.

Improve Population Health:

*1,070 patients referred to Diabetes Prevention Program
Average weight loss 8.8%
(Patients who participated in 20+ sessions)*

Challenge: Increasing enrollment and conversation rates

Posters and social media to increase prediabetes awareness. Integrated electronic clinical support tools that allow quick and efficient screening and referral of patients meeting criteria. Systematic review to identify and reduce barriers to enrollment.

Challenge: Value of disease prevention may take years to show cost savings

Healthcare dollars are saved as lifestyle habits improve, blood sugar improves, and risk for progression to diabetes decreases. Developed strong partnership with the YMCA, a community-based organization, by creating structures and processes which are designed to be sustainable past the life of the project as well as include other health conditions.

	Overall	Target Pop.
Patients screened	↑ 13%	↑ 14%
Patients diagnosed	↑ 25%	↑ 26%
Patients enrolled	↑ 10%	↑ 14%

YMCA DPP Cohort Outcomes

Year-long cohorts starting between 1/1/2020 and 8/30/2022
(cohorts starting after 9/1/2022 excluded from analysis as participants will not complete program until September 2023)

	# of Participant s	Avg Attendance (% of 25 total sessions)	Avg Weight Loss
All DPP Participants	180	80%	-6.6%
VMC Referred Participants	69	76%	-7.3%
VMC Referred Participants - Target Population	15	68%	-5.1%

Referral Conversion Rates

VMC referrals sent to YMCA from 1/1/2020 through 7/31/2023

	All Patients	Black Women	Latina Women
# of Referrals to YMCA DPP	1,399	110	58
% of Referrals YMCA staff made successful contact with	63.2%	69.1%	60.3%
% Enrolled from those patients the YMCA made contact with	17.5%	30.3%	34.3%

“DPRP data from the first 4 years (February 2012–January 2016) of the National DPP, describing the experience of 14,747 participants who attended 4 or more sessions of the lifestyle change program in 220 organizations, showed an average weight loss of **4.2%**”

Gruss, S.M., Nhim, K., Gregg, E. *et al.* Public Health Approaches to Type 2 Diabetes Prevention: the US National Diabetes Prevention Program and Beyond. *Curr Diab Rep* **19**, 78 (2019). <https://doi.org/10.1007/s11892-019-1200-z>



Diabetes Prevention Program Flyer (.DPPFLYER)

Updated Flyer

Diabetes Prevention Program

Which location is best for you?

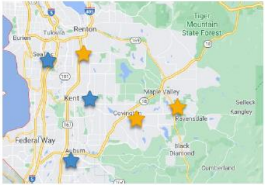
The Diabetes Prevention Program (DPP) is an evidence-based lifestyle change program to reduce patients' risk of developing type 2 diabetes. The program is designed for patients who are diagnosed with prediabetes. Prediabetes is identified when your blood sugar level is higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Research shows that structured lifestyle interventions can cut the risk of developing type 2 diabetes in half.

Here at Valley Medical Center, patients have the option to participate in the Diabetes Prevention Program at two different locations, the YMCA, and the Lifestyle Medicine Clinic. While the programs are both recognized by the Center for Disease Control (CDC), there are a few differences.

	Valley Lifestyle Medicine	YMCA
Program Highlights		
CDC-Recognized	■	■
Medicare Certified	■	■
Instruction provided by Certified Lifestyle Coaches	■	■
Prevent T2 Curriculum	■	■
Facilitated Group Sessions (Virtual through Zoom/Teams)*	■	■
Languages Offered	English	English, Spanish
Cost	Dependent on insurance	Dependent on insurance Sliding Scale Available
Gym Membership	Not included	Included for the first 3 months ¹

*Sessions are weekly for the first four months, then every other week for two months, then monthly for the remainder of the program (Program length: One year)

¹ Membership to the YMCA starts after session 5, and includes access to all facilities, including the gym, pool, and group fitness classes. Childcare is also available.



When choosing your location for the Diabetes Prevention Program, it is important to consider where the facilities are located.

- ★ Lifestyle Medicine & Fitness Center
- ★ YMCA

You Can Prevent Type 2 Diabetes

Diabetes Prevention Program

We Can Prevent Diabetes Together

In the U.S., 1 in 3 adults has prediabetes and is at risk for type 2 diabetes, yet nearly 85% don't know they have it. Learning about diabetes and how to prevent or delay it is the first step toward living a longer, healthier life.

CDC-Recognized Education & a Proven Intervention System



The Diabetes Prevention Program is a year-long, lifestyle change program for people diagnosed with prediabetes. Prediabetes means that blood sugar levels are higher than normal, but not high enough yet to be diagnosed as

type 2 diabetes. Research shows that programs like the DPP can cut the risk of developing type 2 diabetes in half.



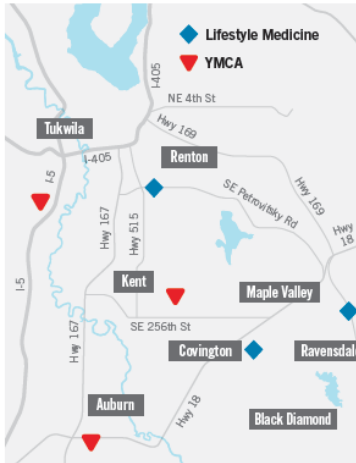
"Diabetes incidence in high-risk adults was reduced by 58% with intensive lifestyle intervention and by 31% with just metformin compared with placebo."

—Centers for Disease Control (CDC)

Group Support & Gym Access

Meet online weekly for the first 6 months, then once or twice a month for the second 6 months. The YMCA also offers an in-person option. Led by certified Lifestyle Coaches, the program focuses on physical activity, healthy eating and other behavior changes. The program was developed by the CDC's PreventT2.

Which Location is Best for You—Lifestyle Medicine or YMCA?



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Which Facilities are Best for You—Lifestyle Medicine or YMCA?

Lifestyle Medicine

Our three Lifestyle Medicine centers have skilled medical professionals onsite with services to support you on your path to improved health. Whether you want to begin with physical movement or nutrition, the Lifestyle Medicine Center is ready to partner with you to improve health. Many of our services are also covered by medical insurance, including Medicare. The Diabetes Prevention Program cost is \$299 + tax (payment plans available.) Register at events.valleymed.org. Questions? Call 425.690.3520.

The Lifestyle Medicine Diabetes Prevention Program includes:

Virtual Support Group

- Virtual small group meetings with a trained lifestyle coach guiding and encouraging you
- Support from other group members with the same goals as you

Prescribed Exercise Plan

- Locations in Renton, Maple Valley and Covington
- Jump-start to exercise education program with an exercise specialist—three 30-minute sessions of exercise fundamentals and training to develop a plan that works for you
- 24-hour fitness access available in our Lifestyle 365® prescriptive exercise program*, with first month free for DPP participants

Extras

- Get \$200 toward joining Lifestyle 365®
- Free virtual HealthyCare informational session available to learn more about all our services

*Additional fees or insurance billing apply for our partner clinical programs and gym memberships

YMCA

The YMCA of Greater Seattle is here to support you in reaching the health goals that matter to you. Visit Diabetes Prevention | YMCA of Greater Seattle at seattleyymca.org to learn more or register.

Virtual and In-person Support Group

- Virtual and in-person small group meetings with a trained lifestyle coach guiding and encouraging you
- Support from other group members with the same goals as you

Physical Activity & Other Health Activities

- Free access to 13 YMCA facilities across King County and virtual exercise and health programs through temporary program membership
- Non-prescriptive approaches to health behavior change in a non-clinical environment
- Vast array of virtual online resources to support physical activity and healthy eating goals, including group exercise, mental health counseling, or a family cooking class
- Childcare available onsite* in YMCA facilities and other individual and family programs**

*Childcare services available if participant registers for full membership. May incur drop-in fee for temporary members. Times and availability vary by facility.

**Some YMCA programs and services are free to members and some incur a separate fee. Financial aid is available to all.



Lifestyle Medicine & Fitness Center
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Diabetes Prevention Program Video



NEW Patient Education Video:

[How Valley's Diabetes Prevention Program Provides Long-Term Value](#)

Lifestyle Medicine received 26 inquiries about the program in the first 24 hours after it was published in the Community Care Update (9/20/2023)

Current YMCA DPP Opportunities

Financial aid is available to all not covered by insurance.

Patients do not need to be YMCA members to participate in health programs – participation comes with a free temporary Y membership.

Free DPP for patients with Medicare and Molina Medicaid

DPP is currently 100% covered by insurance for all Medicare plans and by Molina Apple Health (Medicaid).

In Person DPP Program starting at Kent YMCA on October 24th

In-person programming is a great option for people looking for social connectivity and community belonging in addition to support in meeting their clinical and lifestyle health goals.



Thank You

Steering Committee Members:

- Shannon Markegard
- Philip Chan
- Kris Nakanishi
- Maria Cook
- Judith Puzon
- Lisa Rogers
- Katrina Ashlock
- Liz Nolan
- Robert Molina
- Staci Lyons
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- Verle-Ranae Hoskins
- Kawai Kaneali'i
- Courtney McCliment
- Kimberley Herner
- Sally Sundar
- Lindsey Whitney

These accomplishments would not have been possible without the engagement and participation of our front-line caregivers. A HUGE THANK YOU to everyone involved in making this project a success!