



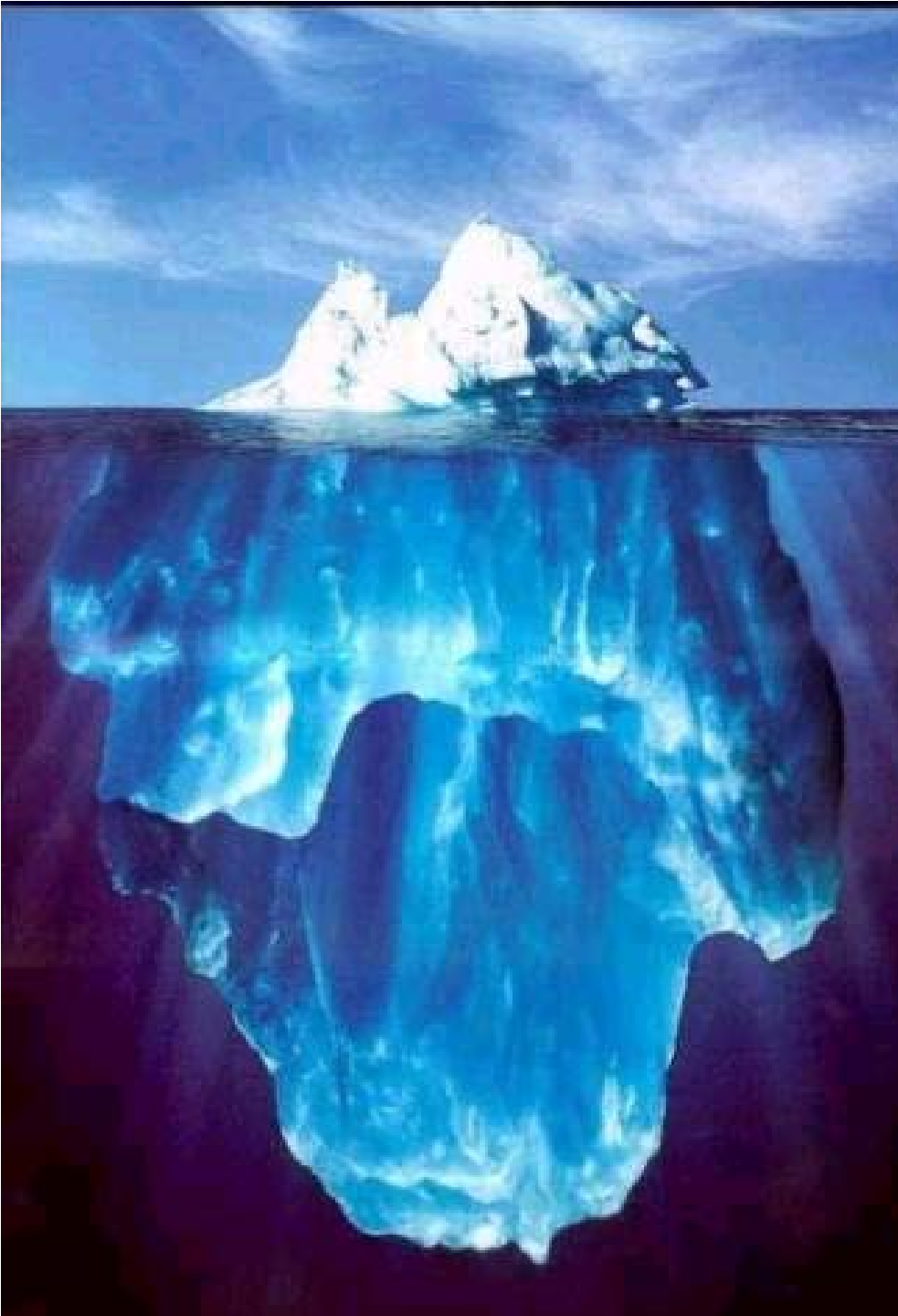
FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CHANGE TODAY FOR A HEALTHIER FUTURE

DIABETES PREVENTION PROGRAM OVERVIEW

June 14, 2013





## DIABETES

- 25.8 million Americans

## PREDIABETES

- 79 million Americans (35% of all adults) with progression to diabetes at rate of 10% per year

# BURDEN OF DIABETES IN THE U.S.

Diabetes...

...And its associated complications costs the national economy of the US approximately 245 billion dollars annually.

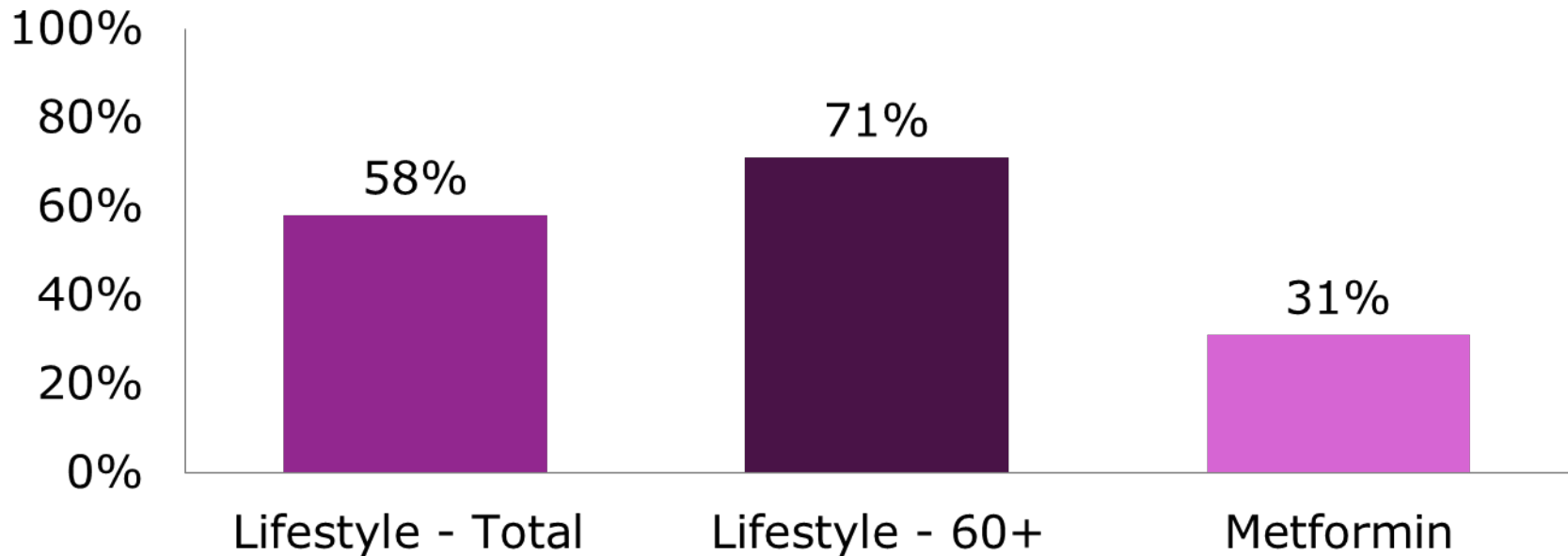
...Is the leading cause of kidney failure, nontraumatic lower-limb amputations, and new cases of blindness among adults in the United States. The risk for stroke and heart attack is 2-4 times higher in individuals with diabetes.

...Accounts for 17% of all deaths for ages >25.

# PROGRAM EVOLUTION

# SCALING: CHAPTER ONE – 90'S

**DPP** – NIH-led randomized clinical trial to prevent type 2 diabetes in persons at high risk



- Lifestyle intervention sharply reduced the incidence of developing type 2 diabetes (58%)
- Metformin group reduced the incidence of developing type 2 diabetes but not as much as the lifestyle group (31%)

*New England Journal of Medicine, 2002*

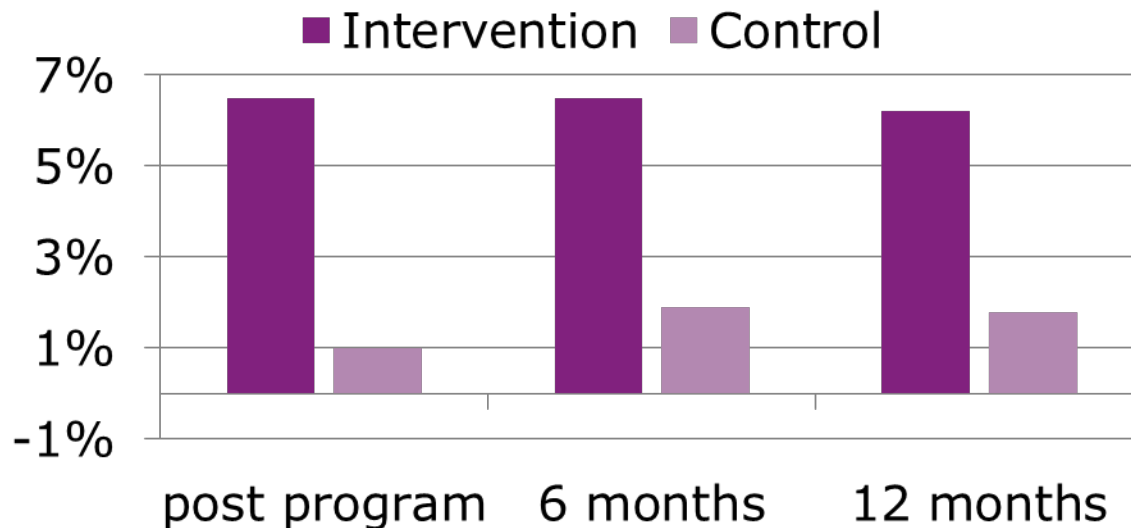
# SCALING: CHAPTER TWO - 2005

**Community translation of the DPP** - Indiana University School of Medicine works with the YMCA of Greater Indianapolis

- Aim: determine if a group-based adaptation of the DPP lifestyle intervention can be implemented through the Y

Question: Can the Y could achieve 5-7% weight loss for a fraction of the cost?

Answer: Yes



*Ackermann RT et al. AJPM; Oct 2008*

# SCALING: CHAPTER THREE - 2009

**YMCA's Diabetes Prevention Program** – with funding from CDC, Y-USA translated the program into the Louisville Y

Question: Can Y staff build a referral network for the prevention of diabetes?

Answer: Yes

What was needed:

- Six month start-up timeline included:
  - Creation of a Community Advisory Board
  - Development of a referral network
- National Y staff to capture learning for the initial development of support tools

# SCALING: CHAPTER FOUR - 2010

**Expansion of the YMCA's Diabetes Prevention Program –**  
launch of the program partnership and creation of a national infrastructure to support expansion

A game changer:

- Third party-payers paying for prevention
- In a group-based format
- To a community-based provider
- On a performance-basis
- At scale
- On the bleeding edge of a new healthcare delivery system

Our partnership with a third party administrator – the Diabetes Prevention and Control Alliance - allows third party payers: employers, private insurers, and government payers to reimburse the Y for the delivery of the evidence-based prevention program



# NATIONAL COORDINATION MODEL

National coordination model → local program implementation:

- **Program Partnership** – Centers for Disease Control and Prevention and the Diabetes Prevention and Control Alliance
- **System for Third Party Payment** – single system for private and public payers to reimburse the Y for participant performance
- **Training and Technical Assistance** – intensive support with for program implementation and delivery, including coach training on the curriculum, data collection system and privacy protection
- **Advocacy, Policy and Communications** – national efforts to raise awareness, advocate for coverage and drive participation
- **Quality Assurance, Impact and Evaluation** – adherence to strict data collection guidelines, privacy regulations, program quality and fidelity standards and program recognition

# WHERE THE PROGRAM IS TODAY

November 2010- March 31, 2013	143 participants attend 4 or more sessions 106 participants attend 9 or more sessions 18 Lifestyle Coaches 5.10% Average Wt. Loss
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2 <sup>nd</sup> Quarter of 2013:	17 On-site A1c screenings 3 new groups started
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1. YMCA –CTG grant- expanding number of coaches to serve inner city
2. YMCA-CTG grant-expanding number of coaches to serve the deaf community
3. To date, MVP Medicare Advantage is reimbursing the Y for participant performance.

# THE PROGRAM

# THE PROGRAM

## Who?

- **Overweight\* Adults (18+) with prediabetes**
- Confirmed via one of 3 blood tests or a qualifying risk score
- Or a previous diagnosis of gestational diabetes

## What?

- **12 month program: includes 16 weekly sessions followed by monthly maintenance sessions**
- **1 hour sessions**
- **8-15 people in group based, classroom setting**

## When? Where?

- **Anytime, anywhere (classroom-type setting)**

## How?

- **Weigh-in at every session**
- **Weight recorded in online tracking system**
- **Facilitated by Y Lifestyle Coach (person skilled in Listen First/motivational interviewing and group facilitation)**

<sup>12</sup> The YMCA's Diabetes Prevention Program is part of the CDC-led National Diabetes Prevention Program and nationally supported by the Diabetes Prevention and Control Alliance.

# INDIVIDUALIZED LIFESTYLE PROGRAM

## Program Goals:

*To reduce the risk of developing type 2 diabetes through...*

- $\geq 7\%$  loss of body weight and maintenance of weight loss
- $\geq 150$  minutes per week of physical activity

# WHO QUALIFIES?

Participant must have a blood value in the prediabetes range or a qualifying risk score

## DO YOU MEET THE PROGRAM REQUIREMENTS?

Please check each box that is true:

- ☐ I am at least 18 years old
- ☐ I am overweight (BMI  $\geq$  25)\*
- ☐ I am at risk for developing type 2 diabetes or have been diagnosed with prediabetes\* by a healthcare provider

## DO YOU HAVE ONE OF THE FOLLOWING LAB VALUES OR DIAGNOSIS?

Please check each box that is true:

- ☐ A1c: \_\_\_\_\_ (must be 5.7% - 6.4%)
- ☐ Fasting Plasma Glucose: \_\_\_\_\_ (must be 100 - 125 mg/dL)
- ☐ 2-hour (75 gm glucola) Plasma Glucose: \_\_\_\_\_ (must be 140 - 199 mg/dL)
- ☐ Prediabetes determined by clinical diagnosis of Gestational Diabetes (GDM) during previous pregnancy

## ARE YOU AT RISK FOR DEVELOPING DIABETES?

Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs. Take the first step. Find out your risk for prediabetes.<sup>1</sup>

## TAKE THE TEST – KNOW YOUR SCORE!

Answer these seven questions – for each “Yes” answer, add the number of points listed:

	YES	NO
Are you a woman who has had a baby weighing more than 9 pounds at birth?	1	0
Do you have a parent with diabetes?	1	0
Do you have a brother or sister with diabetes?	1	0
Find your height on the chart to the right. Do you weigh as much as or more than the weight listed for your height?	5	0
Are you younger than 65 years of age and get little or no physical activity in a typical day?	5	0
Are you between 45 and 64 years of age?	5	0
Are you 65 years of age or older?	9	0

TOTAL POINTS FOR ALL “YES” RESPONSES:

AT-RISK WEIGHT CHART	
Height	Weight (in pounds)
4'10"	129
4'11"	133
5'0"	138
5'1"	143
5'2"	147
5'3"	152
5'4"	157
5'5"	162
5'6"	167
5'7"	172
5'8"	177
5'9"	182
5'10"	188
5'11"	193
6'0"	199
6'1"	204
6'2"	210
6'3"	216
6'4"	221

# HOW YOU CAN HELP

- Help to champion program among other healthcare provider groups and stakeholders in the community
- Provide direct program referrals to eligible patients
- Add program to community-based resource directory
- Post/distribute marketing materials to raise program awareness
- Donate space for program sessions



# THANK YOU

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