



Creating Better Health

With the Diabetes Prevention Program (DPP)



Minnesota
Department of Health

[date]

Presented by: [Presenter name/logo]

Agenda

- Introductions
- Diabetes and prediabetes facts
- Health and financial cost of diabetes
- How SHIP and the Diabetes Prevention Program (DPP) fit together
- Employer case studies and scenarios
- Steps to including DPP in your organization
- Finding the right DPP program for your employees
- Next steps

Americans are living with diabetes



Roughly **one of every 11** adult Americans is living with diabetes (type 1 and type 2)



And **one in three** have prediabetes
(and 90% of them don't know it!)

The rise of prediabetes

- If **one in three** people have prediabetes, that equals 86 million adults in the U.S.
- Within five years, **one in three** of those will move from prediabetes to diabetes!

86 million adults equals:

Everyone in the top 100 U.S. cities, PLUS everyone in



Diabetes: A costly proposition for employers

\$5,000

\$10,000

\$15,000

\$20,000

No chronic diseases

\$1,560

Diabetes without diagnosed comorbidities

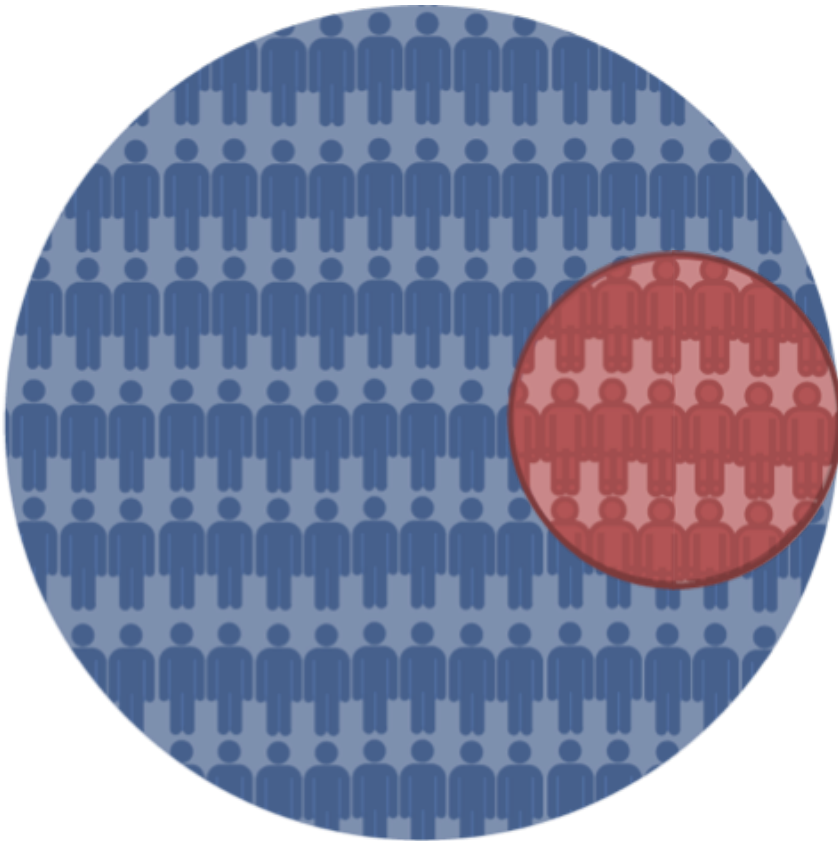
\$5,207

Diabetes with diagnosed comorbidities

\$16,779

\$11,507 average difference per person, per year

How a company with 2,200 is affected by prediabetes *(Based on general population data)*



2,200 employees

1 in 3 =
726

$\frac{1}{2}$, or 363 =
\$1.2 million

Insurance costs aren't the only diabetes-related costs employers bear

Cost component *	Cost attributable to diabetes
Days absent from work	\$5 billion
Reduced performance at work	\$20.8 billion
Reduced labor force participation due to disability	\$21.6 billion
TOTAL	\$27.4 billion

ADA. *The Economic Costs of Diabetes in the U.S. in 2012. Diabetes Care* 36: 1033-1046, 2013

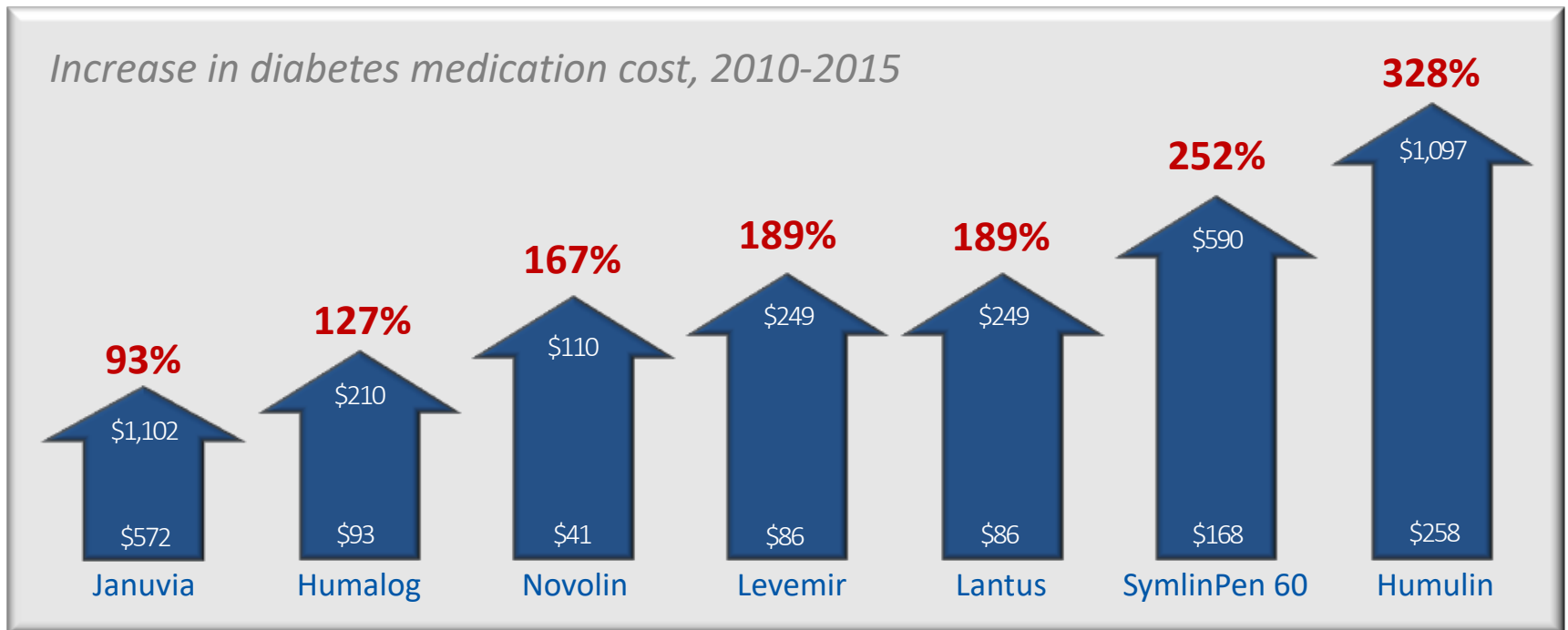
* Does not include mortality, but a portion of the \$18.5 billion attributed to mortality might cost employers

Diabetes treatment costs skyrocketing

The top seven medications have risen in cost by

93% to 328%

over five years!



Source: Medi-Span Price Rx

Stages of diabetes

- As blood glucose rises, that number places someone in one of categories on top (normal, prediabetes and diabetes).
- As an added side effect, a person's risk of heart disease and other chronic issues increase.

Prevention Goals

Normal glucose:

Strive for prevention and/or early detection

Prediabetes:

Prevent progression to Type 2 diabetes

Diabetes:

Minimize complications

Risk factors for prediabetes

- Obesity
- Family history
- Physical activity
- High blood pressure
- Race other than non-Hispanic white
- Diet

Screening Questions

- Male or female?
- Mother, father, sister or brother with diabetes?
- Ever diagnosed with high blood pressure?
- Are you over the age of 45?
- Are you physically active?
- What is your body mass index (BMI)?

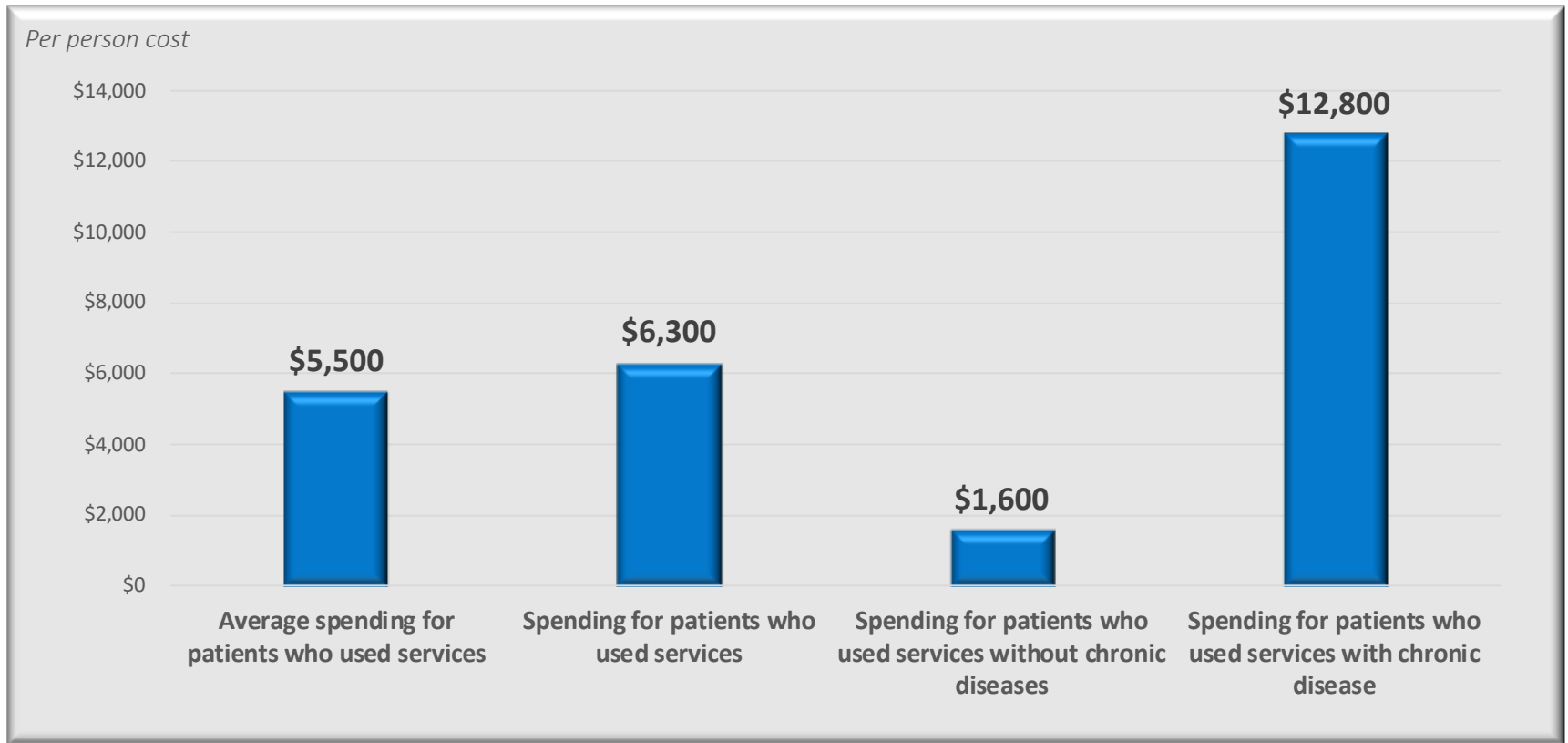
Employer actions

- As employers, we can offer the DPP to our employees.
- And for those with diabetes, we provide access to a diabetes self-management program.

Additional Support

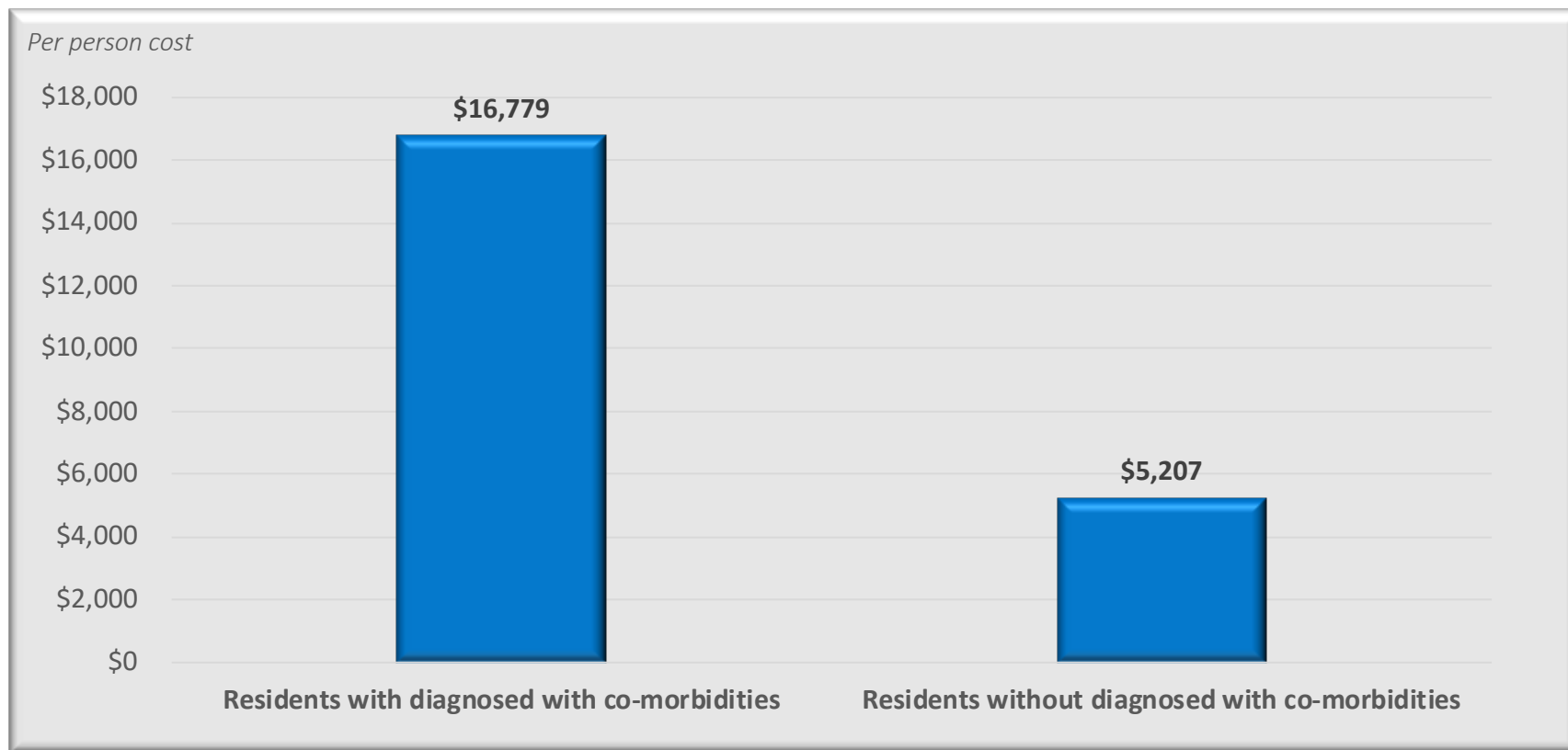
- Healthy choices at the workplace
- Support glucose testing
- Allowing time off for medical appointments
- Paying 100% for testing and monitoring equipment

Average health care spend by use



From Report: New Estimates of Prevalence, Cost and Geographic Variation for Insured Minnesotans, 2012. MN All Payor Claims Data, Minnesota Department of Health.

Minnesota: Average health care spend



From Report: New Estimates of Prevalence, Cost and Geographic Variation for Insured Minnesotans, 2012. MN All Payor Claims Data, Minnesota Department of Health.

Avoidable costs:

How employers are affected

ASSUMPTIONS:

- 1 in 3 people have prediabetes.
- Up to 30% of these will result in type 2 diabetes within 5 years.
- As complications increase, so will costs.
- Does not account for quality of life issues.

Enter the DPP

- A one-year personal investment to reduce the risk of type 2 diabetes
- CDC-approved suite of lessons, handouts and other valuable resources
- Led by skilled lifestyle coach
- Sustainable changes and peer support take aim at 5% weight loss
- Ramps up physical activity to 150+ minutes/week



Four convenient paths to access

MOBILE



Offered electronically by vendors and insurance companies

CLINICAL



Trained coaches employed by health care systems in your area may offer the program at local clinics

ONSITE



DPP provider offers program at employer sites or employee trained to offer program. Or, employer has trained an employee to be a coach and offer internally

COMMUNITY



YMCA, MN Extension Services, health departments, faith-based communities, community centers offer program at their locations

Case study: MN state employees

- Large employer, nearly 100,000 members (employees, spouses, and their adult dependents) over age 18 years
- Self insured, and contracted with 3 health plans
- Geographically located across Minnesota
- Mean age 43 years (of those over 18 years of age)



State employee DPP solution

- April 2015, the State Employee Group Insurance Program (SEGIP) selected a digital DPP provider (Omada Health)
- Online offered access to all state employees
- DPP provider offered
 - Dedicated Health Coach
 - Support group of peers
 - Weekly interactive lessons
 - Cellular weight scale
 - Digital pedometer/tracker integration
 - Unique branding and promotion materials



Case study: results

"I have very much enjoyed the Prevent Program. My coach is an awesome encouraging person. Not pushy, just full of good advice. I like the skill challenges, new ideas, grocery lists, and group encouragement. I would highly recommend the program to anyone who needs a little push to make better, healthier choices."

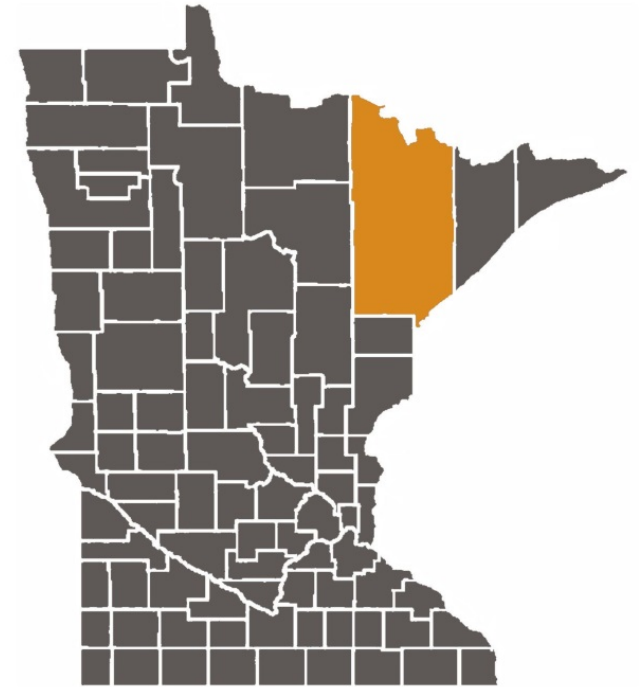
– Diane, Minnesota Department of Health

The results so far.....

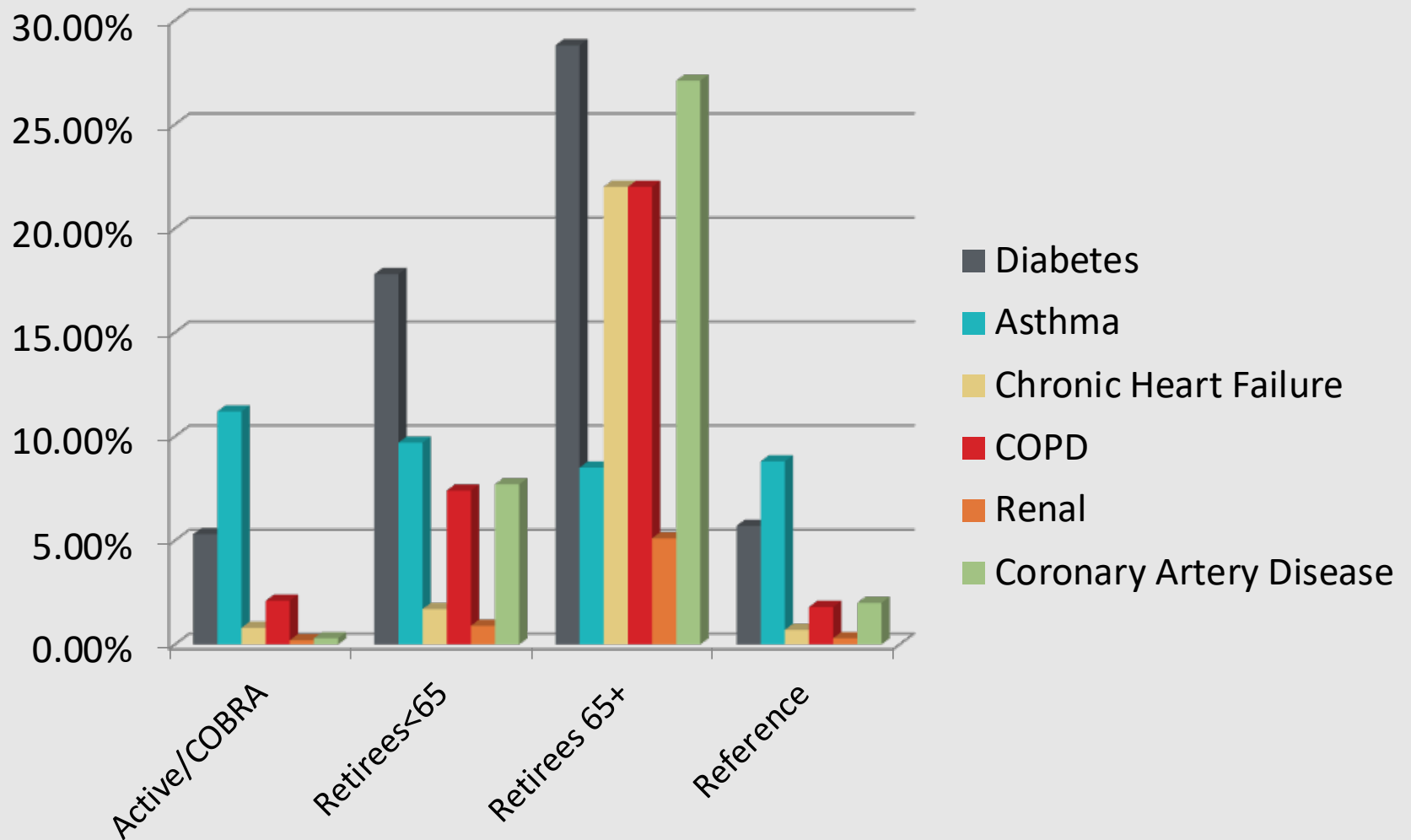
- **5,590** members have enrolled
- Enrollees have lost nearly **44,000 pounds**
- After graduating from the 16-week course, participants had lost an average of **4.3 percent of their body weight**
- **8.2 out of 10** participants reported overall satisfaction with the program
- **8.4 out of 10** of participants would recommend the program
- Past participants rave about their experience in the program

Case study: St. Louis County employees

- Self-insured health plan
- About 4,500 covered lives (actives, retirees, dependents)
- \$37 million in annual claims expenditures
- Located in Northeastern MN



Case study: Prevalence of chronic disease



St. Louis County DPP solution

MOBILE



Using Omada program similar to the State of Minnesota

CLINICAL



Two hospital systems, Essentia Health and St. Luke's, have credentialed DPP coaches

ON-SITE



An employee was trained to deliver internal programs; Essentia Health can offer DPP to groups of 10+ at clinics in smaller communities

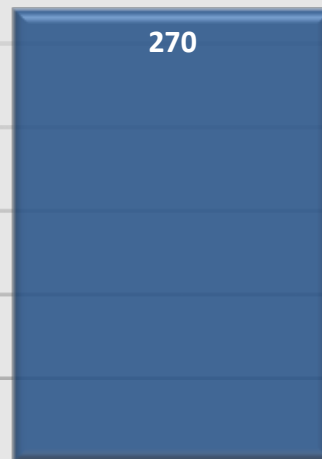
Online enrollment

Data as of 11/30/2016



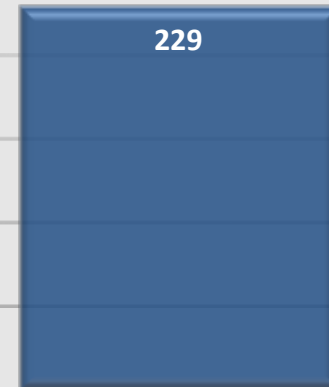
APPLIED

Participants who have submitted an online application on Omada Health's website



ACCEPTED (71%)

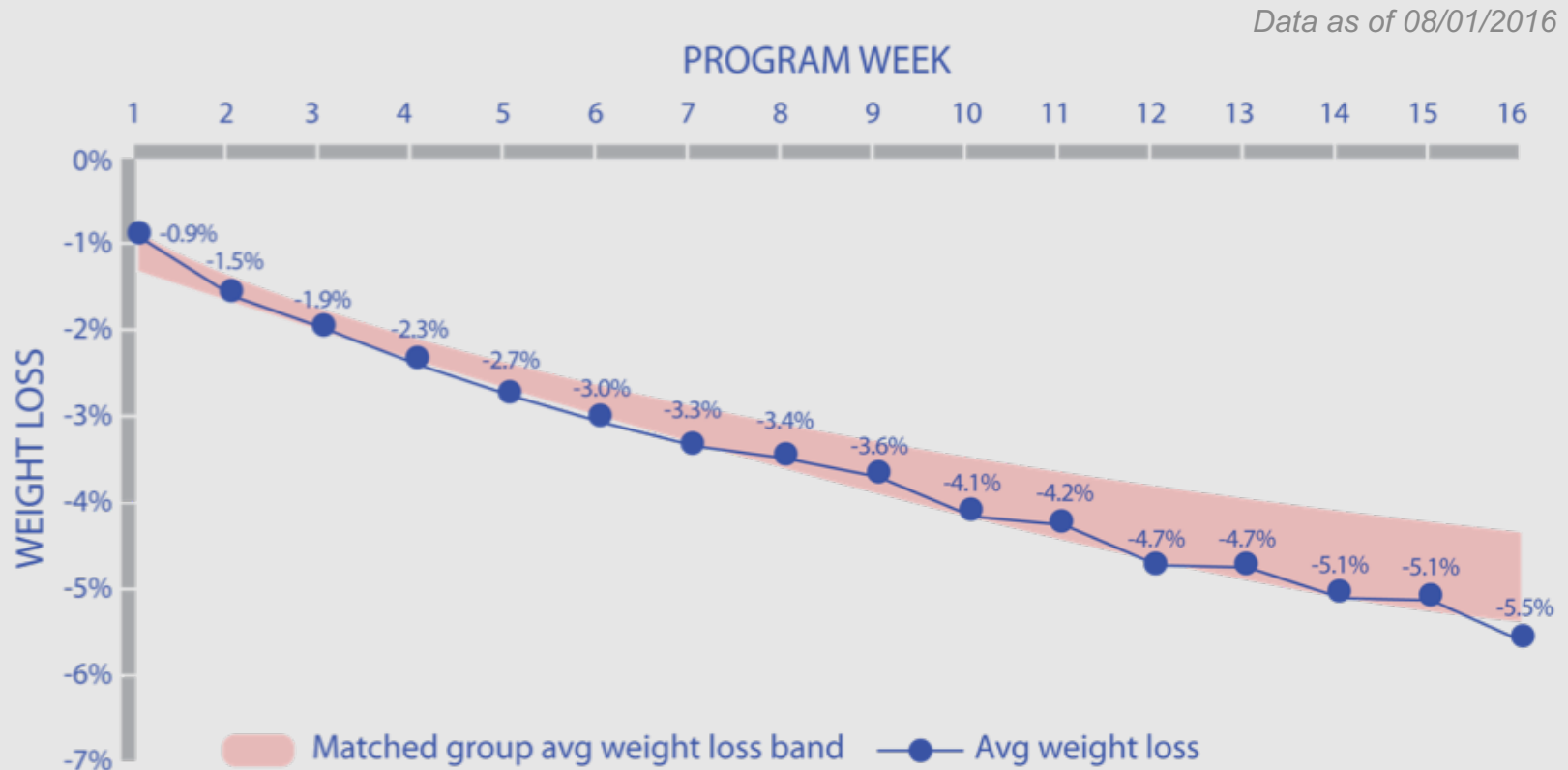
Applicants who have been accepted based on coverage and risk criteria



ENROLLED (85%)

Applicants who have formally kicked off in an Omada group

Weight loss outcomes



- The **red** shaded area represents the expected performance (95% confidence interval) of participants when compared to a matched cohort group (based on age, gender, starting BMI, etc.) from Omada's book of business data.
- The **blue** line represents the average weight loss of program Starters that have weighed in during that current week
- Expected performance is an estimate only based on Omada's proprietary data tool; actual results may vary

Outcomes at week 26

147

Graduate Starters Past
Week 26

41%

lost >5% of their initial
body weight

5.3%

Average weight loss

11.4 lbs.

Lost on average

Graduate starters:

Participants who have graduated the 16-week Foundations phase with an active account and have completed 4+ lessons

Small employer scenario: Pro-Com, Inc.

- Pro-Com Inc.: 23 mostly blue-collar workers
- Pro-Com Employee Landscape
 - Fully insured health plan
 - Rural MN
 - Single site



Pro-Com's DPP solution

- YMCA offers onsite classes
- Pro-Com pays for full year program for up to 15 people
- Model benefits:
 - Group meets onsite
 - Pro-Com offers 1 hour of class on company time and invites spouses to attend
 - Opened class to neighbors in office park to fill class



Keep learning as you begin to plan

- I CAN Prevent Diabetes website:
<http://icanpreventdiabetes.org/>
- Find programs in Minnesota
- Find DPP Links on CDC website
- Look for data about diabetes and prediabetes
- Download posters to promote DPP

Keep learning

www.cdc.gov/diabetes



If the DPP is right for your employees, what next?



The screenshot shows the homepage of the 'I CAN Prevent Diabetes' website. The header is a dark red bar with navigation links: 'HOME', 'ABOUT PREDIABETES & PREVENTION', and 'CONTACT US'. A search icon is on the right. Below the header is a large banner featuring a collage of hands in various colors (blue, red, orange) with the text 'I CAN Prevent Diabetes!' in the center. Below the banner is a dark blue navigation bar with links: 'COACHES CORNER', 'RESOURCES', 'HEALTH CARE PROVIDER TOOLKIT', 'PROGRAMS IN MINNESOTA', and 'ARTICLES'. The main content area is white. On the left, there is a paragraph about the program. On the right, there is a sidebar with a CDC logo and a message about diabetes risk.

HOME ABOUT PREDIABETES & PREVENTION CONTACT US

I CAN Prevent Diabetes!

COACHES CORNER RESOURCES HEALTH CARE PROVIDER TOOLKIT PROGRAMS IN MINNESOTA ARTICLES

*Individuals and Communities Acting Now to Prevent Diabetes©
Bringing the National Diabetes Prevention Program to Minnesota*

I CAN Prevent Diabetes is a collaborative, community-based, lifestyle change program designed for people with pre-diabetes. The Minnesota Individuals and Communities Acting Now Prevent Diabetes (I CAN PD) offers type 2 diabetes prevention education and support for people with pre-diabetes. ICANPD is a marketing term for promoting the National Diabetes Prevention Program (NDPP) in Minnesota. It is based on the Centers for Disease Control and Prevention's curriculum and National Diabetes Prevention Recognition standards.

DIABETES:
You could
be at **risk!**

Take the test—
Know your score!

CDC

Three steps to diabetes prevention planning



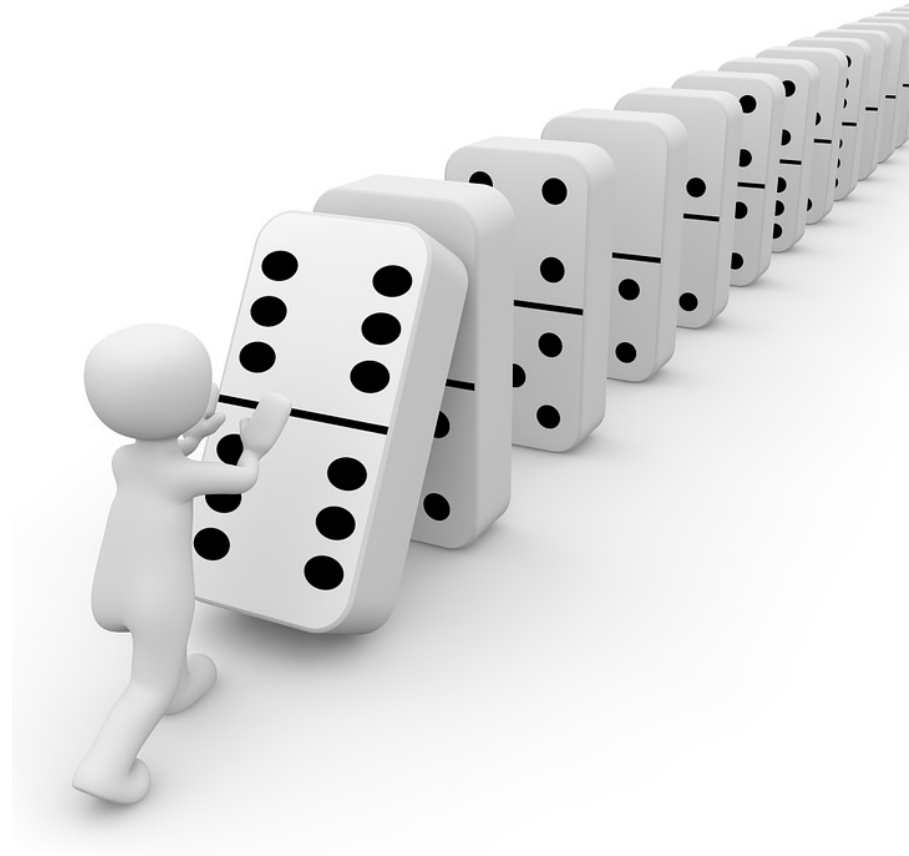
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Secure
leadership
buy-in

Determine your organization's risk

- Investigate the potential risk and cost to your organization
 - How much can you project your organization spends on diabetes annually?
 - What are the demographics of your staff?
 - How many people are at risk for type 2 diabetes in your organization?
- Share ROI and VOI information with leadership
- Share information about the evidence-based DPP results




DPP ROI calculators

- Begin the conversation within your organization:
 - Calculate potential medical costs savings from providing the DPP as a covered benefit.
 - Enter information unique to your population into this calculator to see potential cumulative and net savings over a 3-year period.
- Use one of these calculators:
 - Simple MDH worksheet “calculator”
 - CDC: <https://nccd.cdc.gov/Toolkit/DiabetesImpact>
 - AMA: <https://ama-roi-calculator.appspot.com/>

Three steps to diabetes prevention planning



2



Determine
your options for
offering DPP in
the workplace

Match the needs of your diverse population

- Consider:
 - Gender mix
 - Average age of your population
 - Ethnicities of your population
 - Access to online tools

Many paths to meet the needs of your group

One vendor's experience:

40%

Chose Community

40%

Chose Digital/online

20%

Chose At Work

Considerations for choosing a provider

- Employee learning preferences (e.g., face-to-face, online/digital, combination)
- Culture and language
- Cost

Vendor Services

- Lifestyle coaches
- Promotional materials and recruitment support
- Reporting
- Payment methods (e.g., will the organization pay 100% of the cost, require a copayment, or offer an incentive for completing the program?)

DPP provider options in our community

- Best practice: Interview several providers to learn more about what they have to offer (MDH has created a helpful vendor summary)
 - Online: [Omada, Solera AND MORE]
 - Face-to-face: [MN Extension, YMCA AND MORE]
 - Low cost:
 - Language needs:

Three steps to diabetes prevention planning



3



Develop a
strategy and
implementation
plan to introduce
DPP in your
workplace

MDH is here for you

- Connecting employers to resources
- Connecting employers to vendor solutions
- Assisting employers with ongoing planning and support
- Determining your options for offering the DPP (and related costs)
- Identifying DPP providers in your community
- Developing a strategy and implementation plan for offering DPP in the workplace

