



MI Diabetes Prevention Network Summer 2021 Meeting

Thursday, June 17, 2021

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Welcome and Overview

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Welcome!

- Thank you for coming!
- We encourage breaks and activity during the meeting
- Brief MI Diabetes Prevention Network (DPN) background

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Housekeeping

- Mute
- Closed captioning
- Questions
- Slides to be posted on www.MiDiabetesPrevention.org
- Join our DPN email list
- Evaluations and making this group better

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Objectives

MI DPN summer meeting attendees will be able to:

- Explain basic concepts of the MI Medicaid DPP coverage proposal
- Name key updates to the DPRP Standards
- Best practice share and troubleshoot with other lifestyle coaches to help increase enrollment and improve effectiveness of DPPs across MI



Agenda

- **1:00 p.m. – Welcome and MDHHS Updates**
- **1:15 p.m. – Medicaid DPP Coverage Proposal**
- **2:10 p.m. – Break**
- **2:20 p.m. – 2021 DPRP Standards**
- **3:00 p.m. – End**



MDHHS Diabetes Prevention Work Update

Adrienne Davenport, MDHHS – Diabetes Prevention & Control Program

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Work Coming In 2021-2022

- Covers years 3,4 of CDC 5-year grants
- DPP support
- Medicaid policy
- Media
- 5-year Diabetes Improvement Plan
- FREE growth opportunities

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DPP Support^{, p.2}

- Offering broad support to DPPs across Michigan through:
 - Diabetes Prevention Network
 - State Quality Specialist Training
 - Building relationships with organizations in the screen, test, refer chain
 - Manage www.MiHealthyPrograms.org for one-stop DPP listing

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Media Outreach



- **Diabetes management**

- Statewide to adults with emphasis on African Americans and rural northern lower peninsula
- January – April 2021
- Web and social outreach

- **Diabetes prevention**

- Statewide to adults with emphasis on African Americans, Arab Americans, and Spanish speakers in Kent County
- Late spring – late summer 2021
- Draft plan and creative coming soon
- Media type TBD (awaiting plan)



Spanish DPP Promo Materials Here!

- New CDC Spanish language DPP promotional materials
- On www.MiDiabetesPrevention.org
- Includes bundles for health awareness months, testimonials, newsletter write-ups
- You can add your own details



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Health Equity & Social Justice

- Health Equity section on DPN website, www.MiDiabetesPrevention.org
- Working to weave into the work we do
- Please share extra resources or feedback with MichiganDPP@gmail.com



FREE Growth Opportunities

- **FREE** Education Funded by MDHHS-DPCP
- Count towards new DPRP Standard req's
- Registration info will be sent to DPN email list
 - **Webinars**
 - On-Demand or TBD – Supporting Lifestyle Coaches
 - **Peer discussion sessions** – Webinar, topics, and lifestyle coach-led discussion
 - **English** – Dates TBD
 - **Spanish** – Next session July 12 from 12:30-1:30 (email DavenportA1@michigan.gov)

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We need your input!

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8/3 Facilitated Conversation

- 8/3 from 1:30 p.m. – 2:30 p.m.
- If interested, email DavenportA1@michigan.gov
- Quick 1-hour conversation for lifestyle coaches who have joined any MDHHS-DKU-sponsored advanced lifestyle coach training through DTTAC in past 1-2 years
- Types of trainings we've offered:
 - DTTAC Webinars
 - Peer Dialogue Sessions
 - August 2020 half-day virtual trainings



Email Us!

MichiganDPP@gmail.com

- Contact MDHHS – Diabetes Prevention & Control Program
- Submit your DPP class info for www.MiHealthyPrograms.org
- Make suggestions for the Michigan DPN or www.MiHealthyPrograms.org
- Add health equity resources
- Ask questions

www.MiDiabetesPrevention.org



Please add your DPP to

www.MiHealthyPrograms.org

- Statewide listing of DPPs all in one place
- Updated for finding remote options more easily

Living Healthy In Michigan	
Personal Action Toward Health (PATH)	What is the Diabetes Prevention Program (DPP)?
EnhanceFitness Physical Activity Program	Find a DPP Class in Michigan
Diabetes Prevention Program	The Diabetes Prevention Program (DPP) is a lifestyle change program that can help prevent or delay type 2 diabetes.
Find a DPP class	For participants who achieve modest weight loss (5-7% of body weight, about 10-14 pounds for a 200 pound person) and 150 minutes of physical activity a week , the program can help prevent or delay type 2 diabetes by 58% for people with prediabetes (71% for people over 60 years old).
DPP Class Submission Form (For Providers)	As part of a group, participants work with trained lifestyle coaches and other participants to learn skills to make lasting lifestyle changes.
Diabetes Self-Management Education	Participants learn to eat healthy, increase physical activity, manage stress, stay motivated, and solve problems that can get in the way of healthy habits. There are nearly 70 Diabetes Prevention Programs in Michigan!
Arthritis Foundation Programs	For the first six months, participants meet weekly for a total of 16 sessions. During the second 6 months, participants will meet monthly.
Resources and Links	



Questions?

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Medicaid DPP Coverage Proposal

MDHHS – Diabetes Prevention & Control Program

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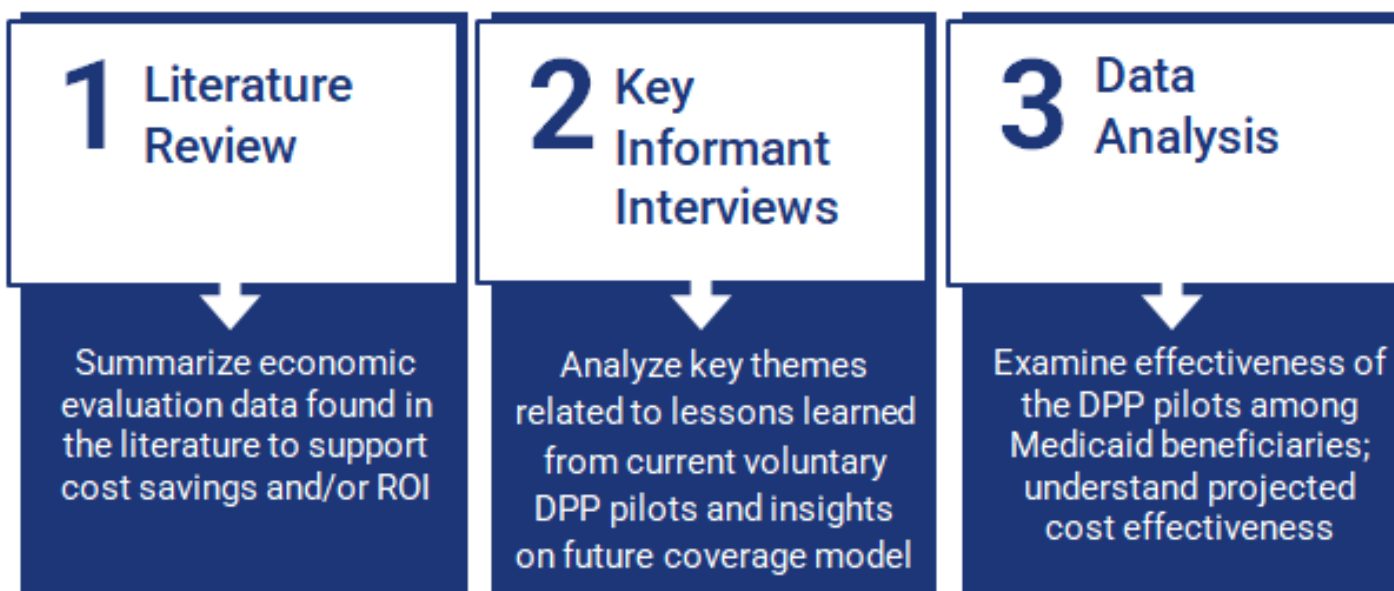
Medicaid DPP Coverage

- **Goal:** Secure Medicaid Coverage for DPP
- **Steps:** 1..2..3.....5,390...
- **Progress:** Secured approval of Public Health Proposal

Medicaid Proposal Presentation

Project Background

PROJECT GOAL: Work in partnership with the MDHHS Diabetes and Kidney Unit to explore why the CDC-recognized DPP should be a covered benefit under Medicaid



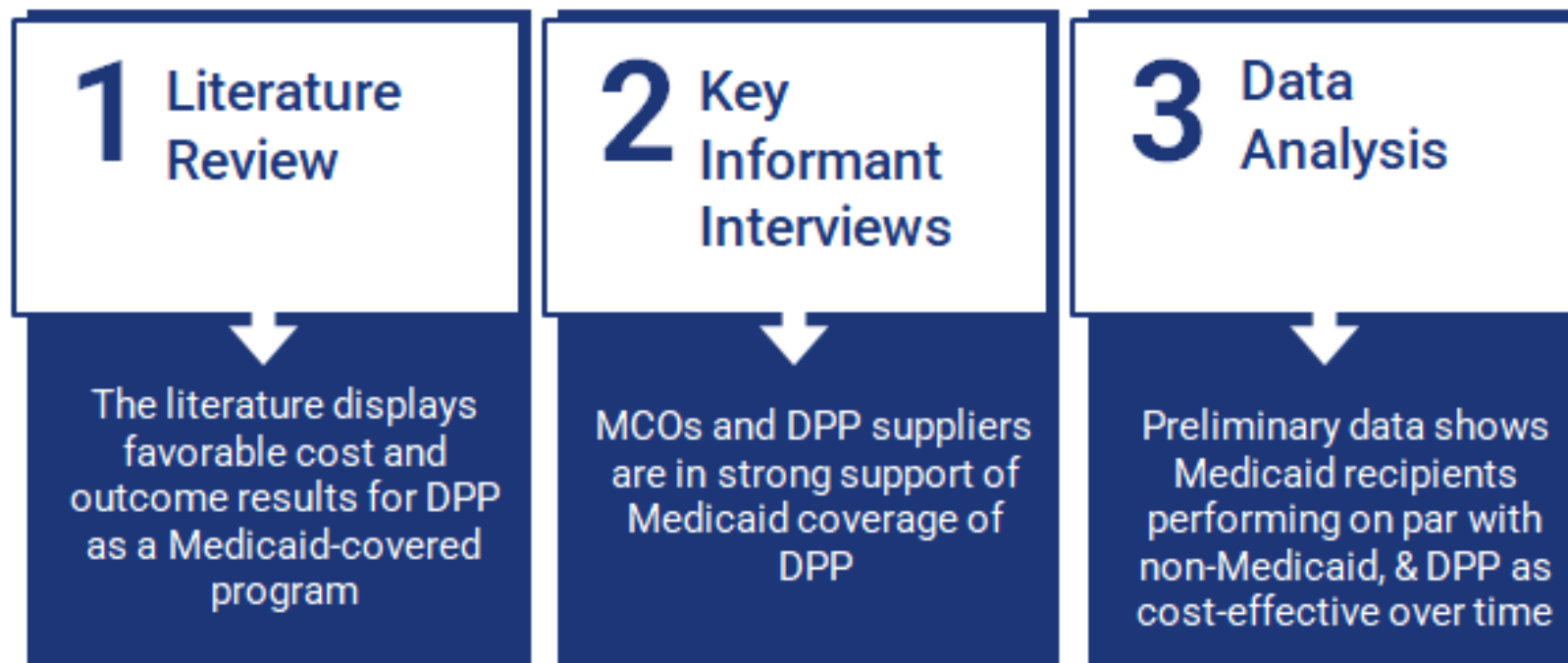


Public Health and Medicaid Presentation

- Showed presentation live; more information available upon request

Medicaid DPP Summary

Key Takeaways





DPP Medicaid Coverage Next Steps

- Medicaid Proposal
 - Built utilizing information from Capstone project
- Approach Medicaid Administration
 - Policy
 - Quality Improvement
- Build core policy
 - Input from pilot programs
- Goal – FY23



DPP Medicaid Coverage - Questions?

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2021 DPRP Standards Update

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2021 DPRP Standards Start Dates

- **May 1:** Effective date
- **June 1:**
 - DPRP portal release
 - Option to start using 2021 Standards
- **December 1:** Hard due date for using 2021 Standards and reporting format



Key Types of Changes

- Data
- Recognition status
- Lifestyle Coach training requirement
- Curriculum options



Eligibility is Not Changing

- Program eligibility has not changed from 2018 Standards.
- Requirements for DPP participants:
 - Adults 18+
 - Body mass index (BMI) ≥ 25 (≥ 23 if Asian American)
 - One of these:
 - Fasting glucose 100 to 125 mg/dl (CMS requirement for MDPP participants is 110-125 mg/dl)
 - Plasma glucose 140 to 199 mg/dl
 - HbA1c 5.7-6.4%
 - Diagnosed history of Gestational Diabetes Mellitus (GDM) during a previous pregnancy
 - Positive screening for prediabetes based on the Prediabetes Risk Test online at <https://www.cdc.gov/prediabetes/takethetest/> (Not an option for eligibility for MDPP participants.)



Decreased Participants with Eligibility through Bloodwork

- Organizations must show at least 35% of DPP completers are eligible based on either a blood test showing prediabetes or a history of gestational diabetes.
- This is a drop from the previous Standards.



Key Data Changes

- Additional organization-level info
- Session-level info on updated CSV (comma separated values) reporting spreadsheet
- Collect, track coach identifier data
- Change physical activity (PA) measurement to actual minutes and remove default value
- Collect optional pre- and post-HbA1c measures for CDC recognition



Organization-Level Data

- Collect additional organization-level information in the DPRP Portal (change any time):
 - Contact
 - Delivery mode
 - Delivery location
 - Coach
 - Confirm information in the month data are due



Changes in Data Collection (1/2)

- **NEW VARIABLES**

- **COHORTID:** Identifies group of participants who will be on same timeline.
- **COACHID:** Identifies Trained Lifestyle Coach delivering program content for the cohort.
- **A1c:** Collect optional pre- and post-HbA1c measurements for CDC recognition (as outcome measure for evaluation).
- **ENROLLMOT:** Main motivation for participant to enroll in yearlong program.
- **ENROLLHC:** Whether healthcare professional was the source leading to enrollment in yearlong program.
- **PAYERSOURCE:** Same variable PAYER, with one additional option, thus name change.
- **GENDER:** Participants indicate how they describe themselves (male, female, transgender, not reported)



Changes in Data Collection (2/2)

- **Removed Variables**

- **SESSID**
- **ENROLL** (Replaced with new ENROLLMOT and ENROLLHC variables)
- **PAYER** (Replaced with new variable PAYERSOURCE)

- **Updated Coding for Variable SESSTYPE**

- **MU-C:** Make-up sessions in Core Phase
- **MU-CM:** Make-up sessions in Core Maintenance Phase
- **MU-OM:** Make-up sessions in Ongoing Maintenance Phase



Physical Activity Minutes, Not Tracking Data

- Track actual number of physical activity minutes for the week for each participant (150 = 150 minutes of activity that week)
- No more default “999” if no info for the week



Optional Pre- and Post-HbA1c Measures

- Collect optional pre-and post-HbA1c measurements for CDC recognition (as an outcome measure for evaluation).
- If choosing to use, initial HbA1c value should be taken within a year of entering the program and reported within 14 days of the first session attended by the participant.
- It should be in the prediabetes range of 5.7 –6.4%.
- Values must be included in the last session record and recorded in months 9-12 to be evaluated.
- It can be self-reported at the participant level.
- Can only be used with data submissions under the 2021 DPRP Standards going forward. No retroactive adding of HbA1c values on previous data submissions.
- Does not have to be for all participants.



Sample 2021 Spreadsheet

DATA PREPARATION: 2021 DATA TEMPLATE – EXAMPLE CSV FILE (1/4)

ORGOE	PARTICIP	COHORTID	COACHID	ENROLLMOT	ENROLLHC	PAYERSOURCE	STATE	GLUCTEST	A1C	GDM	RISKTEST	AGE	ETHNIC	AIAN	ASIAN	BLACK	NHOPI	WHITE	SEX	GENDER	HEIGHT	EDU	DMODE	SESSTYPE	DATE	WEIGHT	PA



Using the 2021 DPRP Portal

- Organizations will use the DPRP Portal to:
 - Revise certain organization-level information such as contacts and public class locations.
 - Upload/validate/submit data files.
 - Retrieve documents such as error reports, evaluation reports, and recognition documentation.

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Converting from 2018 to 2021 Format

- The CDC slides and DPRP Standards doc offer more detail on how to convert from the 2018 to 2021 DPRP spreadsheet formats.
- Option to start with 2018 format and have the site convert to new format.



Key Recognition Changes

- *Recognition Status options: Pending, Preliminary, Full*
- Organizations may stay in Pending status indefinitely
- Preliminary – must meet requirements for pending and retain at least 5 completers in cohort
- Indefinite status – may remain in preliminary/full indefinitely if certain milestones met
- Full – can get an extra 2 years of status if meet certain milestones



Pending Recognition

- Organizations may remain in Pending status indefinitely: Must make all required 6-month data submissions.
- Can achieve Preliminary during this period.
- Can achieve Full during this period without going through Preliminary first.



Preliminary Recognition

- Must meet the requirements for Pending.
- Must meet Requirement 5 in the DPRP Standards: Must retain at least 5 completers in the evaluation cohort.



Preliminary/Full Recognition

- May remain in Preliminary/Full indefinitely if the organization: Makes all required 6-month data submissions, and
 - Re-achieves the requirements for Preliminary or Full recognition at least every 3 years after first achieving; requirements must be met by eligible participants who: Attended at least 8 sessions in the first six months and whose time from first session attended to last session attended was at least 9 months (“Completers”).
 - Enrolled in cohorts that held their first session at least one year but not more than 18 months before the submission due date (“Evaluation Cohort”).



Full Recognition

- Must meet the requirements for Pending (**Requirements 1-4**).
- Must meet **Requirement 5** for Preliminary.
- Must meet **Requirement 6 and 7** in the DPRP Standards:
 - **Requirement 6:** Organizations must show that there has been a reduction of risk of developing type 2 diabetes among completers in the evaluation cohort by showing that at least 60% of all completers achieved at least one of the following outcomes:
 - at least 5% weight loss 12 months after the cohort began, or
 - at least 4% weight loss and at least 150 minutes/week on average of physical activity 12 months after the cohort began, or
 - at least a 0.2% reduction in HbA1c.
 - **Requirement 7:** Organizations must show that at least 35% of completers in the evaluation cohort are eligible for the yearlong National DPP LCP based on either a blood test indicating prediabetes or a history of GDM. These can be self-reported.



Full Recognition Bonus

- Organizations will be granted an additional 2 years of Full recognition (for a total of 5 years) if, at the time Full recognition is achieved, the following is met:
 - Eligible participants in the evaluation cohort must have been retained at the following percentages:
 - A minimum of 50% at the beginning of the 4th month since the cohorts held their first sessions.
 - A minimum of 40% at the beginning of the 7th month since the cohorts held their first sessions.
 - A minimum of 30% at the beginning of the 10th month since the cohorts held their first sessions.

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Key Lifestyle Coach Training Changes

- Lifestyle coach certification training requirements adjusted for new lifestyle coaches
- All existing lifestyle coaches need 2 hours/year of Advanced Coach Training by training entities listed by National DPP Customer Service Center



Curriculum Updates

- Updating Prevent T2 (released 2016); available free for download
 - English to be released in July
 - Spanish to be released in September
- Not updating 2012 National DPP curriculum (orig. funded by NIH and University of Pitt., so CDC doesn't own)
- 2012 National DPP curriculum and 2016 version of Prevent T2 still okay to use



Customer Support

- Specific support at national CDC DPRP level
 - Data submissions: DPRPdata@cdc.gov
 - SAMS (DPRP portal access): samshelp@cdc.gov
 - Other help: visit www.NationalDPPCSC.cdc.gov
- State quality specialist (Adrienne) may possibly get access to system in some way; MI aims to provide more customer service moving forward



New Standards References

- **New DPRP Standards:** [2021 DPRP Standards](#)
- **Standards Webinar:** Copy of slides to be posted on www.MiDiabetesPrevention.org, www.dpacmi.org
- **Data Entry Webinar:** Copy of slides to be posted on www.MiDiabetesPrevention.org, www.dpacmi.org



Meeting Wrap-Up

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Mark Your Calendar

Upcoming 2021 Meeting Date

- All virtual
- Fall Mtg: September 15, 1:00 p.m. – 3:00 p.m.

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Next Steps

- Evaluation survey link will be emailed by Adrienne to all on registration list
- Feedback encouraged
- Who are we missing?
- What are additional ways we could support diversity, equity, and inclusion in our work?



Extra Resources & Updates

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Recruiting in a **VIRTUAL ENVIRONMENT**

**NATIONAL
DIABETES
PREVENTION
PROGRAM**

Ready. Set. **GO!**

Introduction

Virtual recruitment has become increasingly important because of emerging public health concerns and as digital technology and the Internet have become universal tools to communicate with people. This toolkit is a resource for the National Diabetes Prevention Program (National DPP) that helps CDC-recognized organizations seek guidance on how to effectively recruit program participants in a virtual or remote environment. The toolkit comprises resources, tips, and examples of organizations that have found creative ways to market their programs.

How to Use This Toolkit

Use this **Ready. Set. Go!** framework for inspiration to prepare, kickstart, and sustain your virtual recruitment strategies. If you are already doing virtual recruitment, this document can provide helpful resources and recommendations to help sustain your ongoing efforts or inspire new ideas.



Ready.

The **Ready** phase poses questions and offers considerations to ensure your organization is prepared for virtual recruitment.

Virtual Recruitment Toolkit

- <https://nationaldppcsc.cdc.gov/s/article/Virtual-Recruitment-Toolkit>
- Includes:
 - Skills and connections needed
 - DPP requirements
 - Recruitment strategies
 - Session zero guide
 - Engagement ideas

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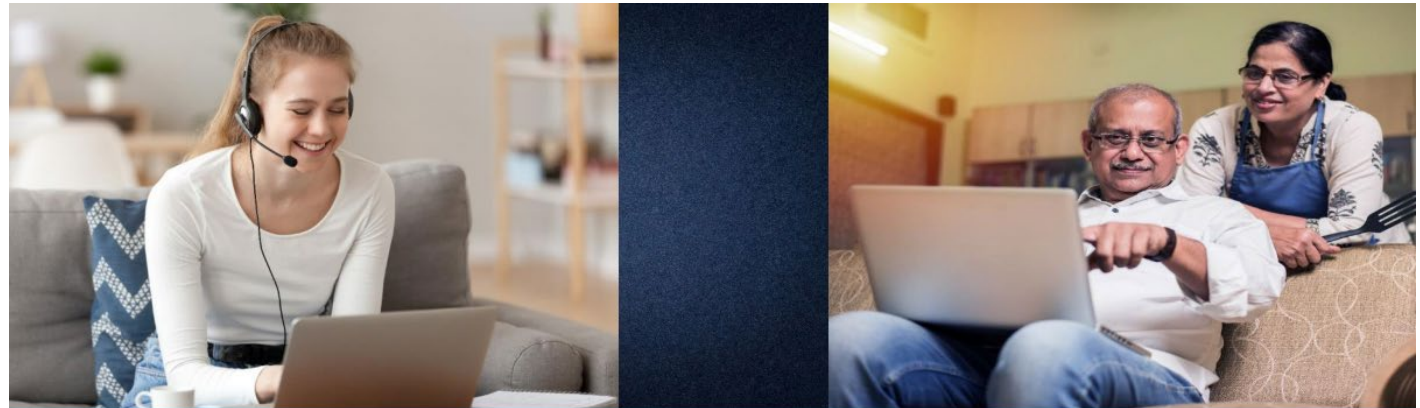
MDPP Supplier Learning Series

- MDPP Supplier Learning Series Recording:
<https://chronicdisease.zoom.us/rec/share/TfNt-l1uivRLneGEA4CO5fDMT5-WSme7GdbF5VXaYUibnmxyirkGLiW8bT-gGJOu.JsoWIToGmZ5FkN1h>
- Handout – Will be sent with evaluation. Shares examples for
 - Transitioning to virtual delivery
 - Adapting to a new normal
 - Thriving (not just surviving)
 - MDPP updates



Webinar Recording: Delivering from a Distance

- Webinar recording available
- [Delivering from a Distance: Reaching People at Home Webinar \(cdc.gov\)](https://www.cdc.gov/diabetes/prevention/program/lifestyle-change-program/delivering-from-a-distance-reaching-people-at-home-webinar)



Delivering from a Distance: Reaching People at Home
with the National DPP Lifestyle Change Program



Having diabetes can put your brain health at risk. Diabetes can damage blood vessels, which results in reduced or blocked blood flow to the brain. This can increase your risks for Alzheimer's disease, memory loss, and confusion.

It is important to keep your blood sugar levels under control to stay healthy. Visit your doctor regularly to help manage your diabetes. Here are some other ways to help you manage your blood sugar and protect your brain health:



Aging and Chronic Diseases Resources

- Resources and downloadable PDFs for aging and blood sugar, diet, blood pressure, healthy body
- www.cdc.gov/aging

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