



Diabetes Prevention and Management Programs

Presentation to the Mid Shore Health Improvement Coalition

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Center for Chronic Disease Prevention and Control**

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MISSION AND VISION

MISSION

The mission of the Prevention and Health Promotion Administration is to protect, promote and improve the health and well-being of all Marylanders and their families through provision of public health leadership and through community-based public health efforts in partnership with local health departments, providers, community-based organizations, and public and private sector agencies, giving special attention to at-risk and vulnerable populations.

VISION

The Prevention and Health Promotion Administration envisions a future in which all Marylanders and their families enjoy optimal health and well-being.

Learning Objectives

Identify two Diabetes Prevention and Management Programs supported by Maryland Department of Health (MDH)

Understand recommendations for identifying people with prediabetes and referral pathways

Identify five steps to take to increase access to prevention and management programs

The National Diabetes Prevention Program (National DPP)

National DPP

- Offered by CDC-recognized organizations
- Facilitated by trained lifestyle coaches
- 4 delivery methods
 - In-person
 - Distance Learning
 - Online
 - Combination
- One-year program
 - 16 weekly sessions
 - Bi-weekly or monthly the rest of the year
- Referrals are encouraged but not required

Prediabetes Risk Factors

- Have prediabetes
- Are overweight
- Are 45 years or older
- Have a parent, brother or sister with type 2 diabetes
- Are physically active less than 3 times a week
- Have ever had gestational diabetes
- Are African American, Hispanic/Latinx, American Indian, or Alaska Native

Encourage people to take the Prediabetes Risk Test
Health.Maryland.gov/prediabetes

National DPP Eligibility

- 18 years or older
- Overweight or obese (BMI ≥ 25 kg/m² or ≥ 23 kg/m², if Asian)
- Abnormal glucose or history of gestational diabetes or positive screening on the CDC Risk Test
 - Fasting glucose of 100 to 125 mg/dl (CMS eligibility requirement for Medicare DPP suppliers is 110 to 125 mg/dl)
 - Plasma glucose measured 2 hours after a 75 gm glucose load of 140 to 199 mg/dl
 - A1c of 5.7 to 6.4
- Never diagnosed with diabetes
- Not currently pregnant

CRISP Referrals

- CRISP – Maryland’s Health Information Exchange
- Referrals for National DPP
- Referral Path
- Integration with WW

Insurance Coverage

- Medicaid HealthChoice
 - 27 enrolled lifestyle change program providers
 - 13 programs with 35 contracts
 - 9 MCOs in Medicaid HealthChoice
- Medicare
 - 7 enrolled lifestyle change program providers
- Private
- Employers

Know Your Risk Campaign

Know Your Risk for Prediabetes

Take a 1-minute quiz at
health.maryland.gov/prediabetes



Diabetes Self-Management Education and Supports (DSMES)

DSMES

- 10-hour intervention provided by accredited program providers
- Eligibility
 - People with type 1 or type 2 diabetes
- ADA Clinical Guideline Recommendations
 - All people with diabetes should participate in diabetes self-management education
 - There are four critical times to evaluate the need for and refer to DSMES:
 - At diagnosis
 - Annually and/or when not meeting treatment targets
 - When complicating factors arise that influence self-management
 - When transitions in life and care occur
- DSMES consultant

Mid Shore Resources

Programs on the Mid Shore

Maryland

74 CDC-recognized Lifestyle Change organizations

37 DSMES programs in 47 locations

Mid Shore

4 Lifestyle Change organizations offering the National DPP

- Caroline County Health Department
- Eastern Shore Wellness Solutions
- Kent County Health Department
- YMCA of the Chesapeake

1 ADA-recognized or ADCES Accredited DSMES program providers

- UM Shore Regional Health

Access classes at Health.Maryland.gov/prediabetes

How to Get Involved

- Encourage people to take the Prediabetes Risk Test
Health.Maryland.gov/prediabetes
- Partner with program providers to make referrals
- Partner with a program to hold classes for your clients and patients
- Provide health insurance coverage for the National DPP as a preventive service
- Become a National DPP or DSMES provider
 - Consult with MDH for more information on becoming a provider

MDH Support for Program Providers

- Networking
 - Meetings
 - Basecamp
- Access to HALT Diabetes – an online delivery platform
- Skill-Building Training
- Workshop Wizard
 - Managing participant data
 - Publicizing classes
 - Managing referrals
 - Creating National DPP claims
- DSMES expertise for new and existing program providers

Questions?

Contact

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DEPARTMENT OF HEALTH

Prevention and Health Promotion Administration

<https://phpa.health.Maryland.gov>

