

# EARLY RESULTS OF STATES' EFFORTS TO SUPPORT, SCALE, AND SUSTAIN THE NATIONAL DIABETES PREVENTION PROGRAM

Preventing Chronic Disease Special Collection Brief:

STATE PUBLIC HEALTH ACTIONS TO PREVENT AND CONTROL CHRONIC DISEASES



## PROGRAM OVERVIEW

More than 34 million Americans have diabetes, and about 88 million American adults have prediabetes.<sup>1</sup> The National Diabetes Prevention Program (National DPP) is a partnership of public and private organizations working to build a nationwide delivery system for a proven lifestyle change program (LCP) to prevent or delay the onset of type 2 diabetes in adults with prediabetes or at risk of developing type 2 diabetes.<sup>2</sup>

## PURPOSE OF THIS STUDY

This study was conducted to understand the early results of state health departments' activities to support, scale, and sustain the National DPP during the first 3 years, from 2013 through 2015, of the CDC-State Public Health Actions cooperative agreement (SPHA DPI3-1305) 5-year funding cycle.

The strategies developed to support, scale, and sustain the National DPP were grouped into four categories that were recommended as essential to long-term success:

1. Increasing the number of CDC-recognized organizations that are offering the National DPP LCP.
2. Implementing referral policies and mechanisms.
3. Establishing payment mechanisms.
4. Identifying and enrolling people with prediabetes or at high risk for type 2 diabetes in the National DPP LCP.

## DATA COLLECTION AND ANALYSIS

State health departments report their progress on key activities put into action and the results to CDC annually. Below state health departments summarize data from years 2 and 3 about the activities carried out.



Centers for Disease Control  
and Prevention  
National Center for Chronic Disease  
Prevention and Health Promotion

## ACTIVITIES IMPLEMENTED BY STRATEGY

State health departments implemented 295 activities to support, scale and sustain the National DPP. Below are some activity examples that are based on the four categories of activities that were recommended as essential to long-term success.



### INCREASING THE NUMBER OF CDC-RECOGNIZED ORGANIZATIONS OFFERING THE NATIONAL DPP LCP

**N=35 state health departments**

- Creating a network of partners for scaling and sustaining the National DPP,
- Meeting with key stakeholders to address potential barriers.
- Examining state data to prioritize the location of new programs.
- Establishing a mechanism to increase the availability of CDC-recognized organizations.
- Identifying organizations capable of delivering programs,
- Influencing state resources to support their partners to start new programs.



### IMPLEMENTING REFERRAL POLICIES AND MECHANISMS

**N=47 state health departments**

- Promoting the use of the American Medical Association and CDC provider toolkit.
- Providing technical assistance for prediabetes screening and testing.
- Integrating referrals into coordinated care models.
- Using existing electronic health records.



### ESTABLISHING PAYMENT MECHANISMS

**N=42 state health departments**

- Developing a state-specific business case.
- Enlisting the state insurance commissioner as a champion for the National DPP.
- Engaging stakeholders to discuss coverage for state employees and Medicaid beneficiaries.



### IDENTIFYING AND ENROLLING PEOPLE WITH PREDIABETES OR AT HIGH RISK FOR TYPE 2 DIABETES IN THE NATIONAL DPP LCP

**N=22 state health departments**

- Creating culturally appropriate marketing materials.
- Directing culturally appropriate marketing materials to people at high risk of developing type 2 diabetes.

## LESSONS LEARNED

Improving and maintaining collaboration among public health agencies and health systems is crucial to the success of the National DPP. Understanding which activities are effective allows CDC to provide a higher level of technical assistance to expand and sustain the National DPP.<sup>2</sup>

### References:

<sup>1</sup>Centers for Disease Control and Prevention. *National Diabetes Statistics Report, 2020*. Atlanta, GA: Centers for Disease Control and Prevention, US Department of Health and Human Services; 2020.

<sup>2</sup>Centers for Disease Control and Prevention. The National Diabetes Prevention Program website. <https://www.cdc.gov/diabetes/prevention/index.html>. Accessed June 17, 2020.