

PROJECT TITLE: Effectiveness of a National Health Care Community Partnership to Prevent Diabetes

PRINCIPAL INVESTIGATOR AND PROJECT TEAM:

Northwestern University:

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Indiana University:

Ann M. Holmes, PhD (Co-Investigator); Chandan Saha, PhD (Co-Investigator).

KEY PARTNERS/COLLABORATORS:

UnitedHealth Group (UHG)

YMCA of the USA (the Y)

Centers for Disease Control and Prevention (CDC)

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK).

DEMOGRAPHIC/GEOGRAPHIC AREA: 10,000 adults with prediabetes in 44 cities throughout the United States

PROJECT HIGHLIGHTS:

Goals: To address the growing incidence of type 2 diabetes in the United States by bringing a group-based adaptation of the Diabetes Prevention Program (DPP) lifestyle intervention to a national scale, and evaluating the reach, implementation, effectiveness, and costs of this program. Evaluation results will provide information about the unique role of a health care–community partnership to prevent type 2 diabetes.

Study Aims:

- 1) Determine whether UHG efforts to identify and engage high-risk adults can efficiently promote use of the group-based adaptation of the DPP delivered by the Y.
- 2) Ascertain whether participation in this model for DPP delivery results in meaningful weight loss;
- 3) Determine whether use of the program reduces the need for medications to treat diabetes, high blood pressure, or high cholesterol.

4) Discover whether DPP participants have lower overall health care use and costs.

Study Design: The research will employ a variety of experimental study designs, combining administrative, clinical, and program data from existing sources to derive reliable, timely, and policy-relevant estimates of the program's impact and potential for sustainability.

POTENTIAL IMPACT:

Health Insurance Providers/Healthcare Providers: Health insurance policies have begun to provide more extensive coverage for wellness and prevention programs such as the DPP, but a need for reliable and accurate data about the most effective ways to implement these programs still exists. This research will provide information about optimal strategies for targeting high-risk adults and increasing participation in the DPP, and whether the health improvements gained from participation results in reductions in future health care expenditures.

Policy partners: The findings of this research will inform policy decisions that could impact the future health of millions of Americans who are living with prediabetes today. It will also provide information about how CDC and other public health and policy stakeholders can leverage natural experiments to build the knowledge base necessary for identifying effective policies to battle this and other population health challenges.

Employers: As employers begin to expand wellness initiatives, they are increasingly seeking reliable data about the effectiveness of such programs. This research will provide additional relevant information about the DPP, an evidence-based wellness program, allowing employers to make the most informed decisions when considering the health and well-being of their employees.

Patients/general public: Patients will benefit from these results by knowing and understanding how the DPP program can affect their life.

FOR MORE INFORMATION: go to an [article about this study](#) in *Preventing Chronic Disease*.