

Diabetes Employer Learning Collaborative

June 7, 2022

12:00 Noon – 1:00 PM EST

Many thanks to the **National Association of Chronic Disease Directors**
for their support!

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Learning Objectives for Today's ELC

- Understand the difference between a “fully recognized” National Diabetes Prevention Program (National DPP) and others
- Learn about approved National DPP vendors
- Learn from an employer with experience implementing and promoting the National DPP
- Understand the business case for implementing a National DPP



Future ELC Session Topics

- Diabetes and obesity statistics pertaining to Black, Indigenous, and People of Color (BIPOC)
- Unique factors BIPOC face in receiving diagnoses and accessing treatment
- Social determinants of health impacting health outcomes
- Employer's role in achieving health and racial equity
- Vendor offerings



AGENDA



- **Why Recognition Matters** – Sara Hanlon, NACDD
- **Combatting Diabetes at MNPS** – David Hines, Metro Nashville Public Schools
- **The National DPP: The Business Case for Inclusion as a Covered Health Benefit** – Karen van Caulil, PhD, Florida Alliance for Healthcare Value

Today's Presenters



Sara Hanlon
*National Association of
Chronic Disease Directors*



David Hines
Metro Nashville Public Schools



Karen van Caulil
Florida Alliance for Healthcare Value

FLORIDA ALLIANCE FOR HEALTHCARE VALUE EVENT

JUNE 7, 2022

Getting results from your diabetes prevention program

Sara Hanlon, MBA
Consultant, Worksite Health



**NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS**
Promoting Health. Preventing Disease.



Questions we'll answer

- Why does it matter if I choose a CDC-recognized program to address diabetes prevention?
- Who is offering the program in Florida?
- What else should I think about to help me select a provider that will deliver results we expect?

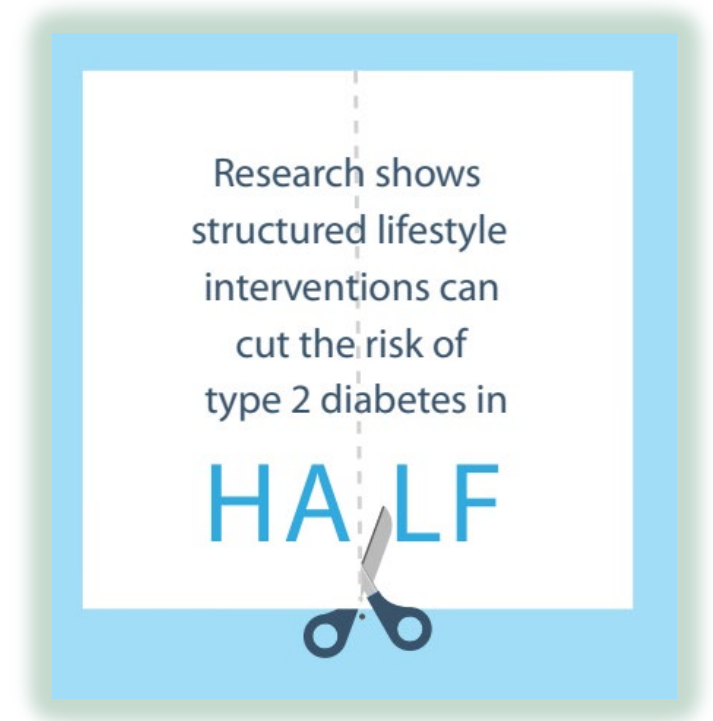


Why Recognition Matters

Most prevention programs focus on weight loss. The National DPP lifestyle change program is different.

We focus on a **reduction in A1C for those at highest risk for developing type 2 diabetes** through increased activity, weight loss, and a year of support for lifestyle change.

This doesn't happen by accident. It's based on research and held to quality standards.





Evidence-based interventions to prevent diabetes have been intensively studied and proven to be effective across multiple populations, both in the US and abroad.





Diabetes Prevention Recognition Program (DPRP)

Established by CDC to recognize organizations that have proven their ability to provide and facilitate the National DPP lifestyle change program.

- Adhere to the National DPP lifestyle change program evidence-based curriculum,
- Meet data gathering prerequisites,
- Meet program evaluation requirements.

The goal of the DPRP is to "assure decisions about participant eligibility, program content, data collection and reporting that could lead to health insurance benefits are based on accurate, reliable, and trustworthy information...one of the DPRP's main objectives is to assure program quality and maintain fidelity to scientific evidence."



New PreventT2 curriculum

The PreventT2 curriculum is based on the original 2002 DPP trial and follow-up studies. It promotes modest weight loss (5%), increased physical activity, and reduction in HbA1C through a 12-month lifestyle change program. This curriculum includes cultural representations of people and foods while also reflecting new literature on self-efficacy, physical activity, and diet.

Updates to PreventT2 Curriculum:

- Virtual Delivery
- Nutrition and Weight Loss Themes
- Personal Success Tool (PST) Modules
- Session Checklists
- Participant Profiles
- Action Planning
- Activity Log
- Food Tracking
- Nutritional Content
- Participant Guides
- Participant Guide Stories





Who provides the National DPP
lifestyle change program in
Florida?



National Organizations

Not inclusive- represents organizations currently covered for some books of business. Check the DPRP registry for additional national program providers who may be available in this market.





Local CDC-Recognized Organizations

Name	City	State	Recognition Status	Class open To	Delivery Mode
WellDyneRx	Lakeland	FL	Full Plus	Employees	In-person
Lakeland Regional Health Grasslands Campus	Lakeland	FL	Full	Public Employees Other	In-person
Unique Unity, INC	LAKEWOOD RCH	FL	Pending	Public Employees Members	Combination
Empath Health Pharmacy	Largo	FL	Pending	Members	In-person
Florida Department of Health-Jackson	Marianna	FL	Pending	Public Employees Other	In-person
Baptist Health South Florida- Beat Diabetes- Tal	Miami	FL	Full Plus	Public	In-person
INDEPENDENT LIVING SYSTEMS LLC	Miami	FL	Pending	Public Employees Members Other	Distance Learning
Venom Performance Training	Miami	FL	Pending	Public	In-person
Baptist Health South Florida-Wellness Advanta	Miami	FL	Preliminary	Employees	Combination
INDEPENDENT LIVING SYSTEMS LLC	Miami	FL	Preliminary	Employees Members Other	In-person
Mount Sinai Medical Center	Miami Beach	FL	Pending	Employees	In-person
DOH Santa Rosa	Milton	FL	Full Plus	Public	In-person
Fricks Pharmacy LLC	MILTON	FL	Pending	Public	In-person
Sacred Heart Hospital on the Emerald Coast	Miramar Beach	FL	Pending	Public	In-person
Dynamic Therapy & Wellness Services, Inc.	Ocala	FL	Pending	Public Employees Members	Distance Learning
Dynamic Therapy & Wellness Services, Inc.	Ocala	FL	Pending	Public Employees Members	Online
Pathway Pharmacy	Ocala	FL	Pending	Public	In-person
Dynamic Therapy & Wellness Services, Inc.	Ocala	FL	Preliminary	Public	In-person
YMCA of Central Florida	Orlando	FL	Full	Public	In-person
Five Loaves & Two Fish Healthy Teaching Kitche	Orlando	FL	Pending	Public Employees Members Other	Combination
Get Fit By Journey Inc	ORLANDO	FL	Pending	Public Employees Members Other	In-person
UF IFAS Extension Orange County	Orlando	FL	Full	Public	In-person
Hispanic Federation	Orlando	FL	Full Plus	Public	In-person
Whole Family Solutions	Orlando	FL	Pending	Public	In-person
Whole Family Solutions	Orlando	FL	Pending	Public	Combination
Whole Family Solutions	Orlando	FL	Pending	Public	Distance Learning
Whole Family Solutions	Orlando	FL	Pending	Public	Online
Grace Medical Home	Orlando	FL	Preliminary	Public	In-person
Putnam County-DOH	PALATKA	FL	Preliminary	Public Employees Members	Combination
THE BEST YOU	Palm Springs	FL	Preliminary	Public Other	In-person
Florida Department of Health Bay County	Panama City	FL	Full	Public Other	In-person
Florida Department of Health Bay County	PANAMA CITY	FL	Preliminary	Public	Online
Epic Care Pharmacy	Pembroke Park	FL	Preliminary	Public Other	Combination
Florida Department of Health in Escambia Cour	Pensacola	FL	Full	Public	In-person
Sacred Heart Health System	Pensacola	FL	Full	Public Employees Members Other	In-person
Florida Department of Health in Escambia Cour	Pensacola	FL	Pending	Public Employees	Online
Florida Department of Health in Charlotte Cour	Port Charlotte	FL	Pending	Members Other	In-person
Florida Department of Health in St. Lucie Count	Port Saint Lucie	FL	Pending	Public	Online
Florida Department of Health in St. Lucie Count	PORT ST LUCIE	FL	Pending	Public	In-person
Florida Department of Health - Gadsden Count	Quincy	FL	Preliminary	Public Employees	In-person
Sarasota Memorial Hospital - Diabetes Treatme	Sarasota	FL	Pending	Public	In-person

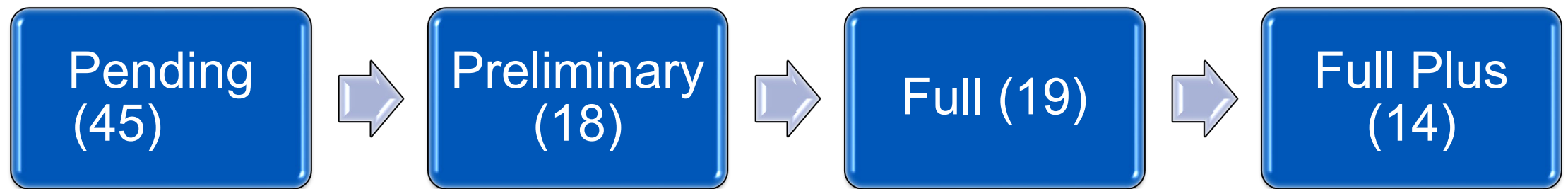
96 total offerings
across 83
organizations in
FL.

<https://dprp.cdc.gov/Registry>

From DPRP registry, 6/5/22



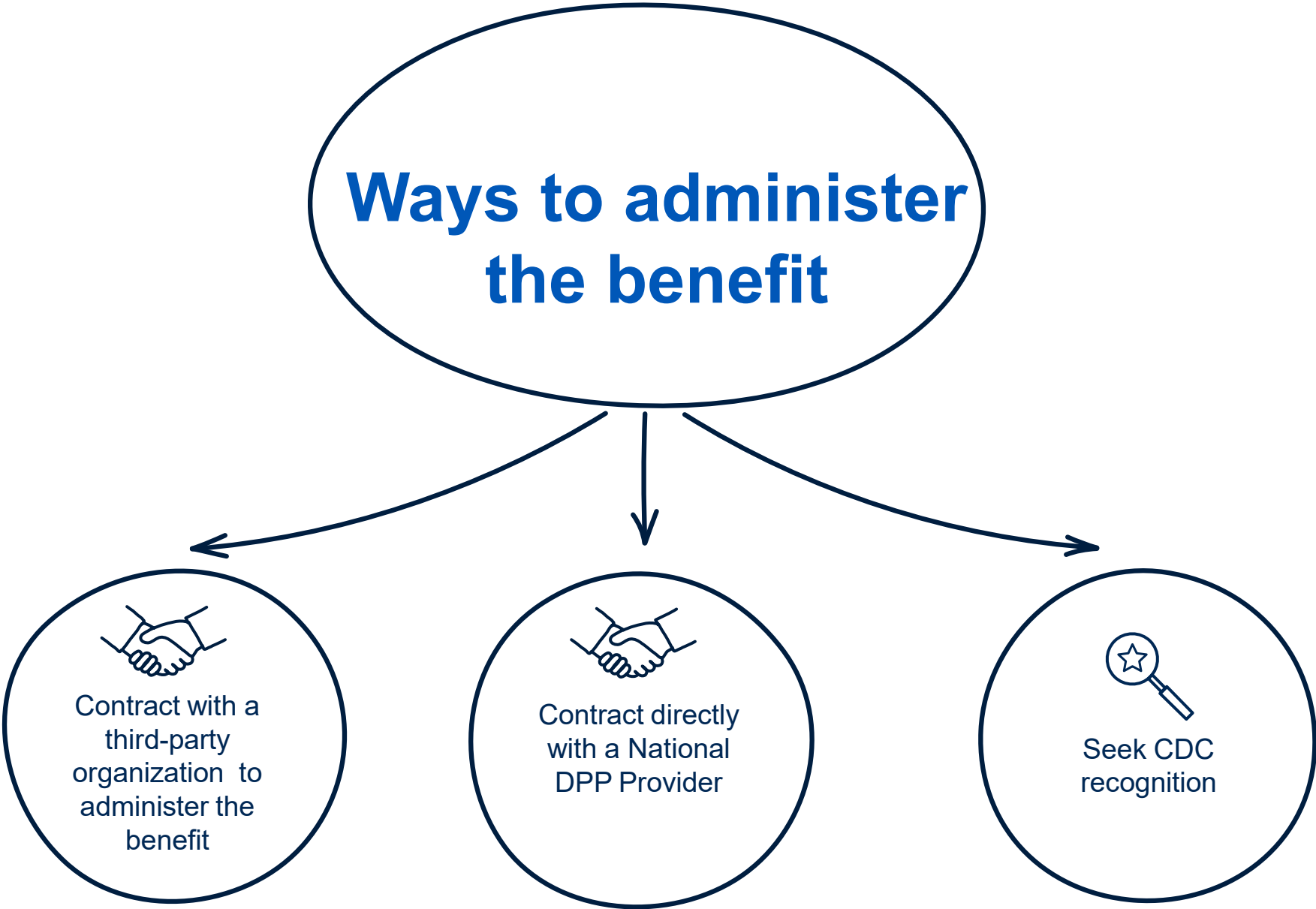
FL offerings by recognition status





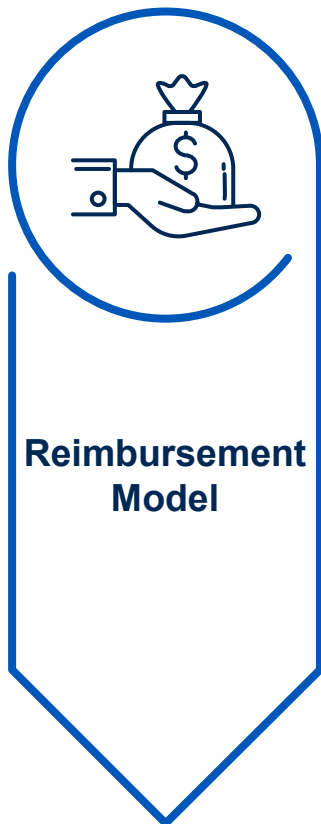
Identifying a National DPP Provider (CDC-Recognized Organization)

Additional Considerations





Provider Selection Considerations





Provider Selection Considerations



**Employee
Engagement
Strategies**



**Billing and
Administrative
Capabilities**



**Reporting
Capabilities**



**HIPAA
Compliance
and Virtual
Security**



Thank you!

Sara Hanlon

Shanlon_ic@chronicdisease.org

Combating Diabetes @ MNPS

David Hines

Executive Director, Employee Benefits

Metro Nashville Public Schools

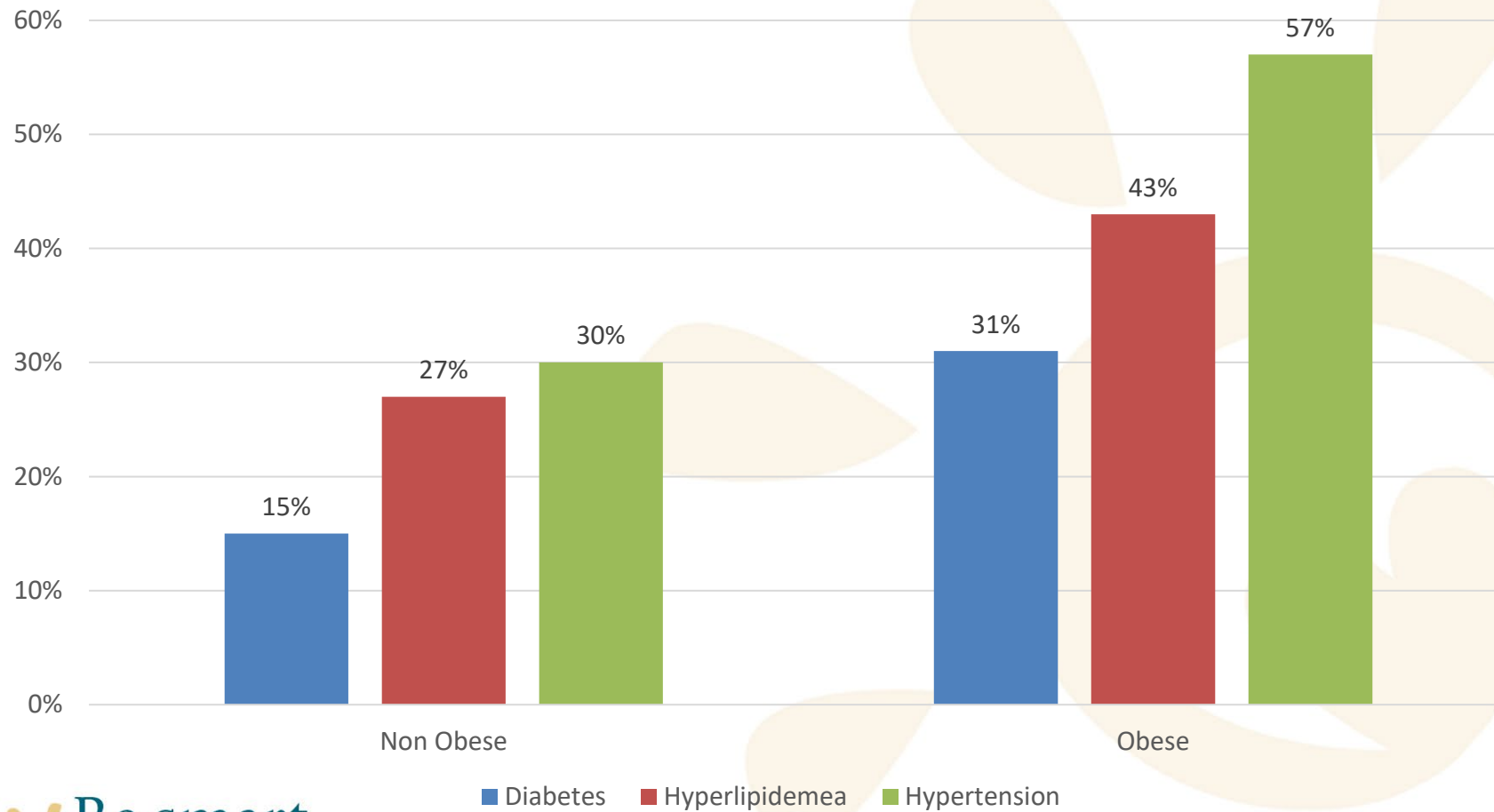
Nashville, TN



Diabetes@ MNPS

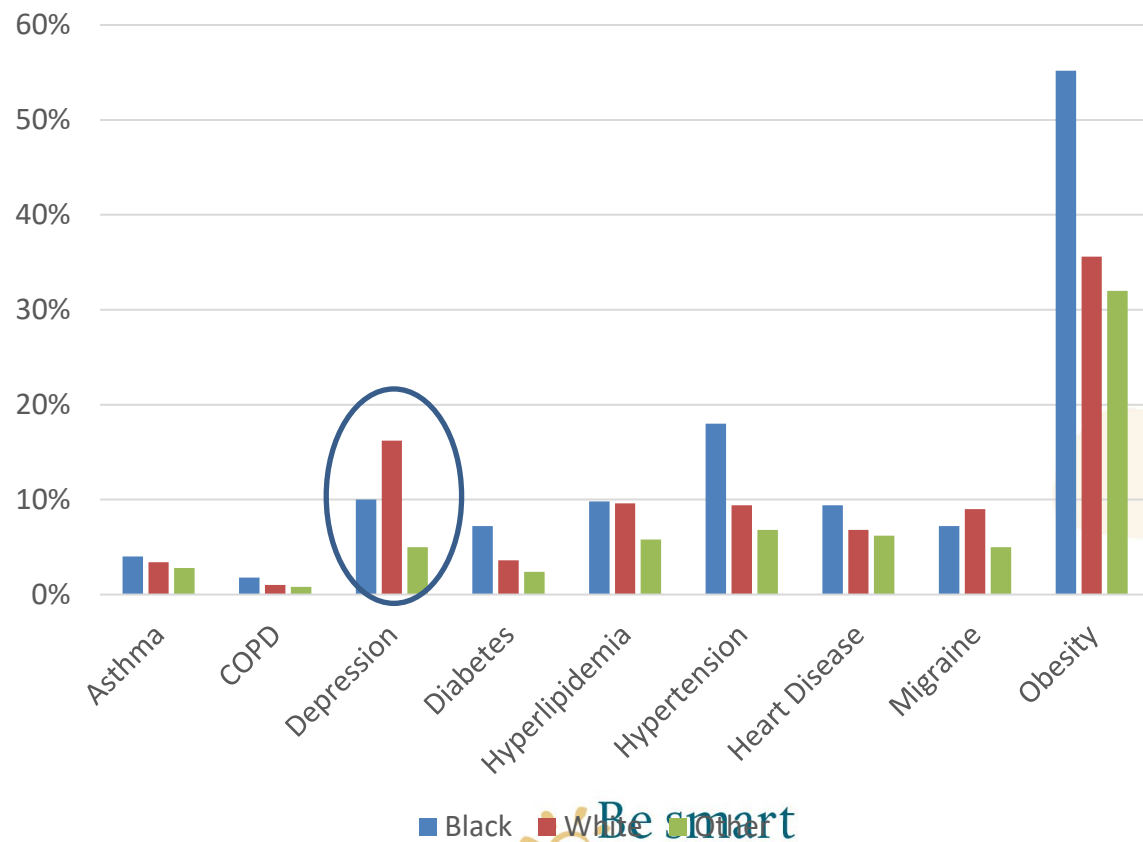
- Roughly 10% of our population are type 2 diabetics = about 1,600 members.
- In 2009 we removed cost share from diabetic medications & supplies and initiated a diabetes health program via our onsite clinics.
- Although our quality metrics are high, we continue to focus on diabetes, bringing in the support of endocrinologist, pharmacists, and technology.

Impact of Obesity on Comorbidities

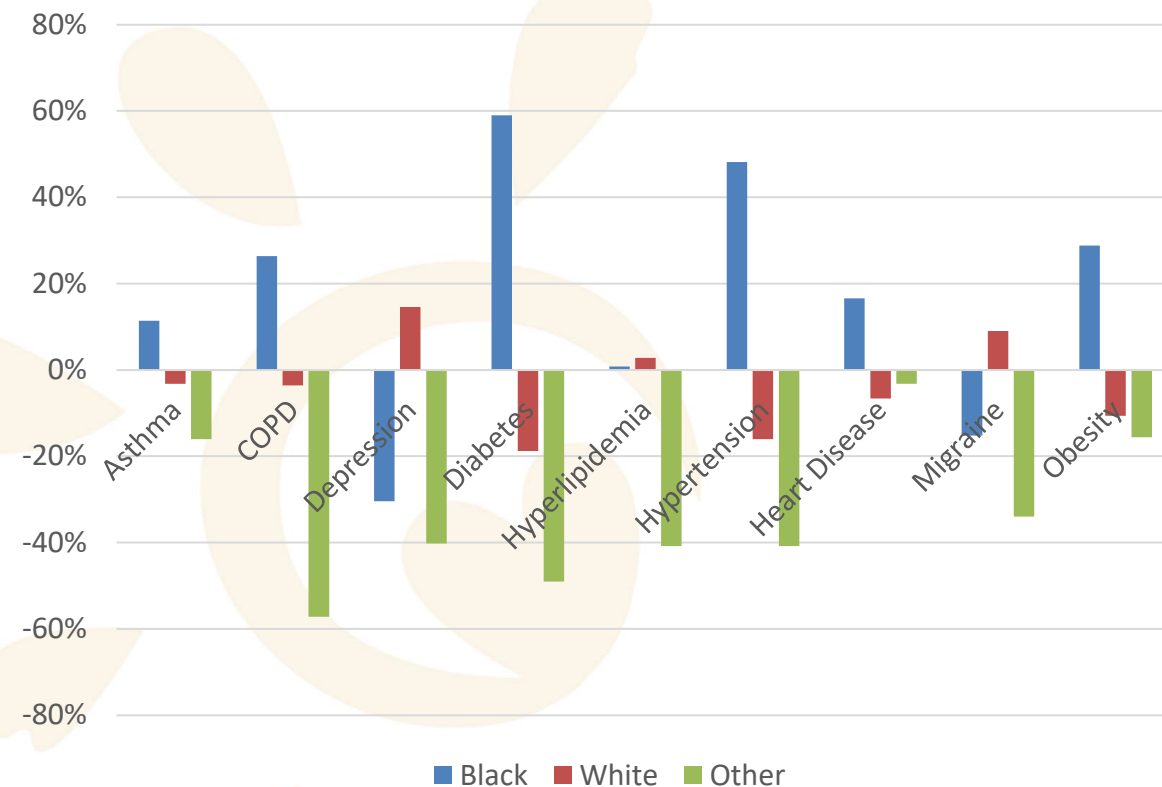


Comorbidities

(5-year Average)

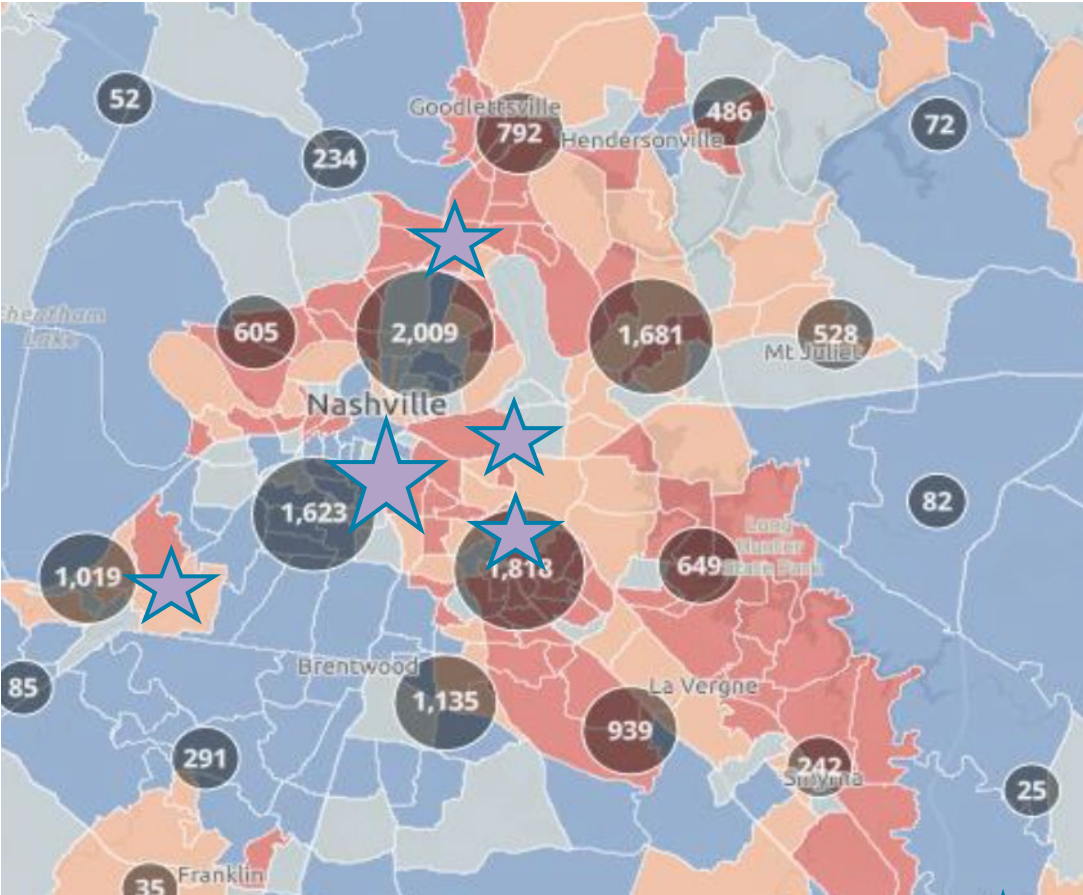


Percent Variation from Age/Sex Norm



Be smart
Live well

Access to Comprehensive Primary Care



*Cigna Total Health Insight: MNPS Annual Review Report (April 2021)

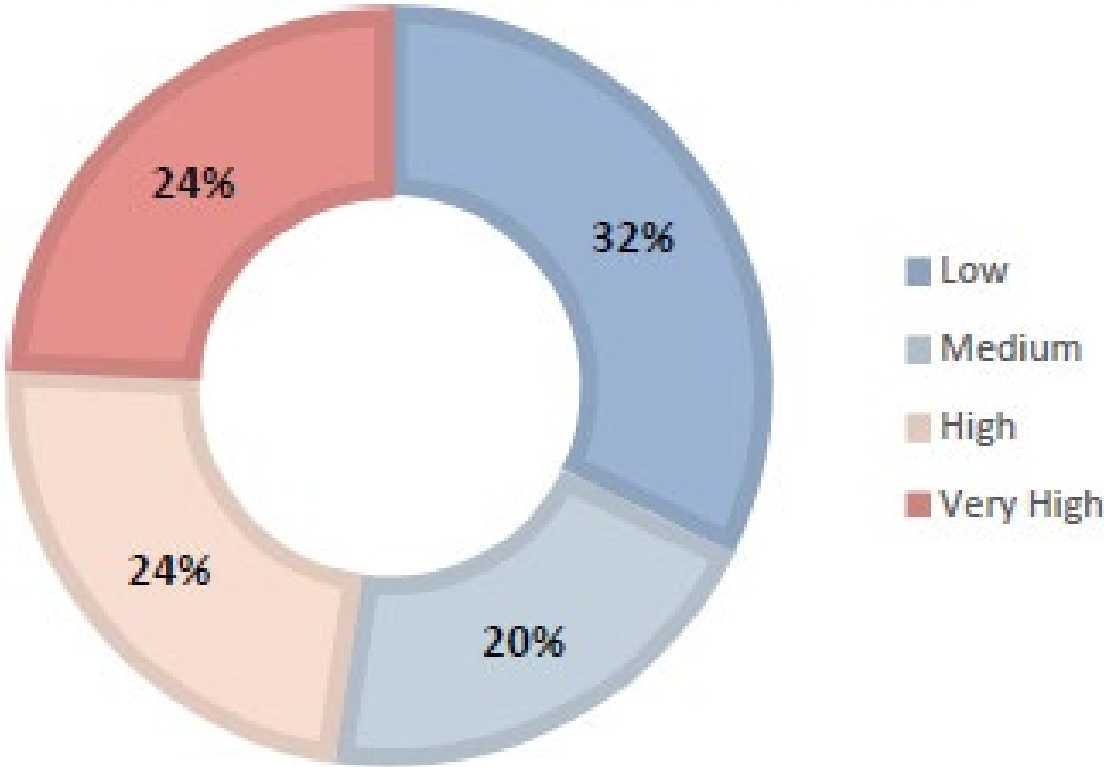


Vanderbilt Health
at Metro Nashville Public Schools
Employee & Family Health Care Centers

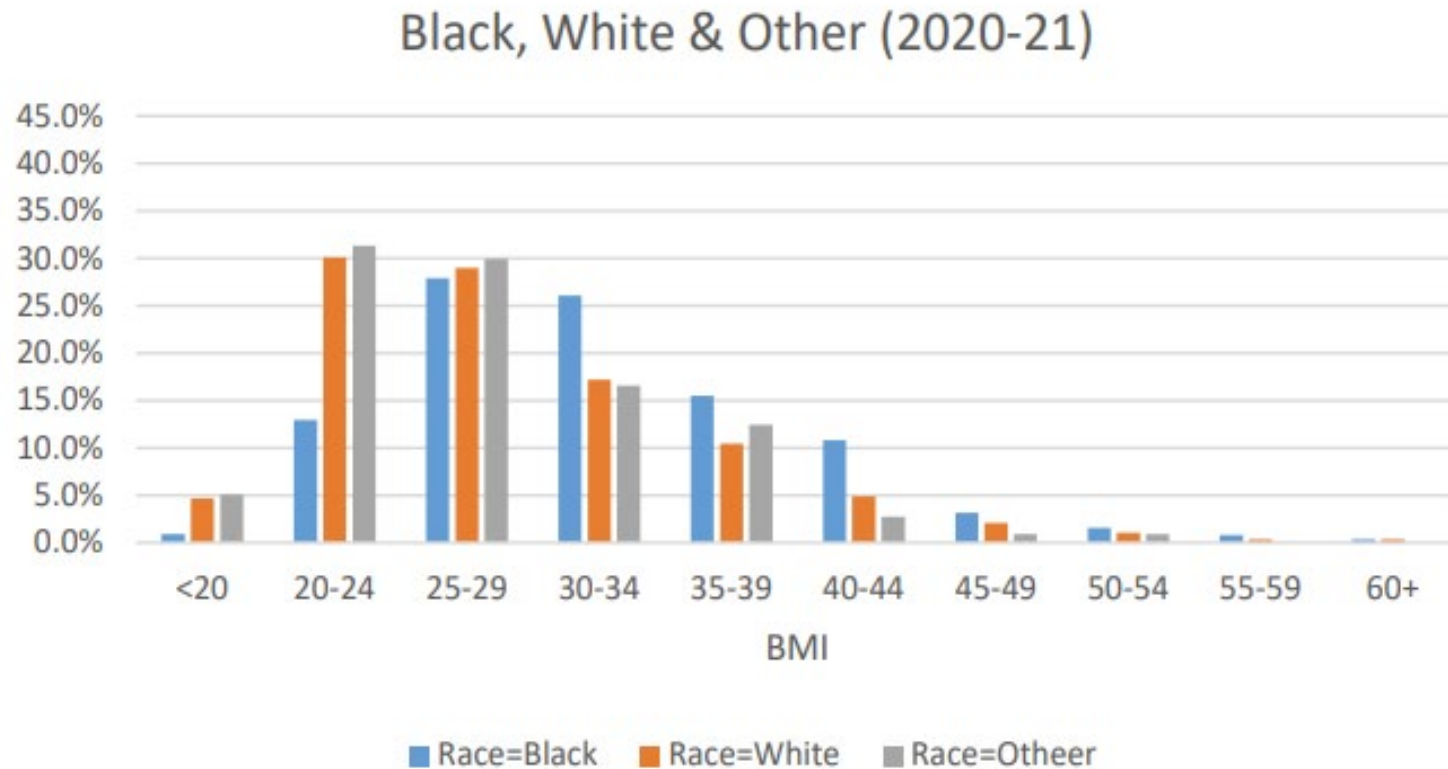


MNPS clinic
locations

Percentage of Members by SDI



Obesity does not impact everyone equally



Combating Obesity-a multi-tiered approach

Strategies

- Dietary therapy
- Physical activity
- Behavior therapy
- “Combined” therapy
- Pharmacotherapy
- Weight loss surgery

Our approach

- Give it away
- Provide multiple options for health & lifestyle approaches
- Establish Centers of excellence for medical and surgical weight loss – bundled programs
- Undergird everything with strong behavioral health benefits
- Never stop learning and adapting – be ready to crush traditional health plan boundaries

MNPS Diabetes Program



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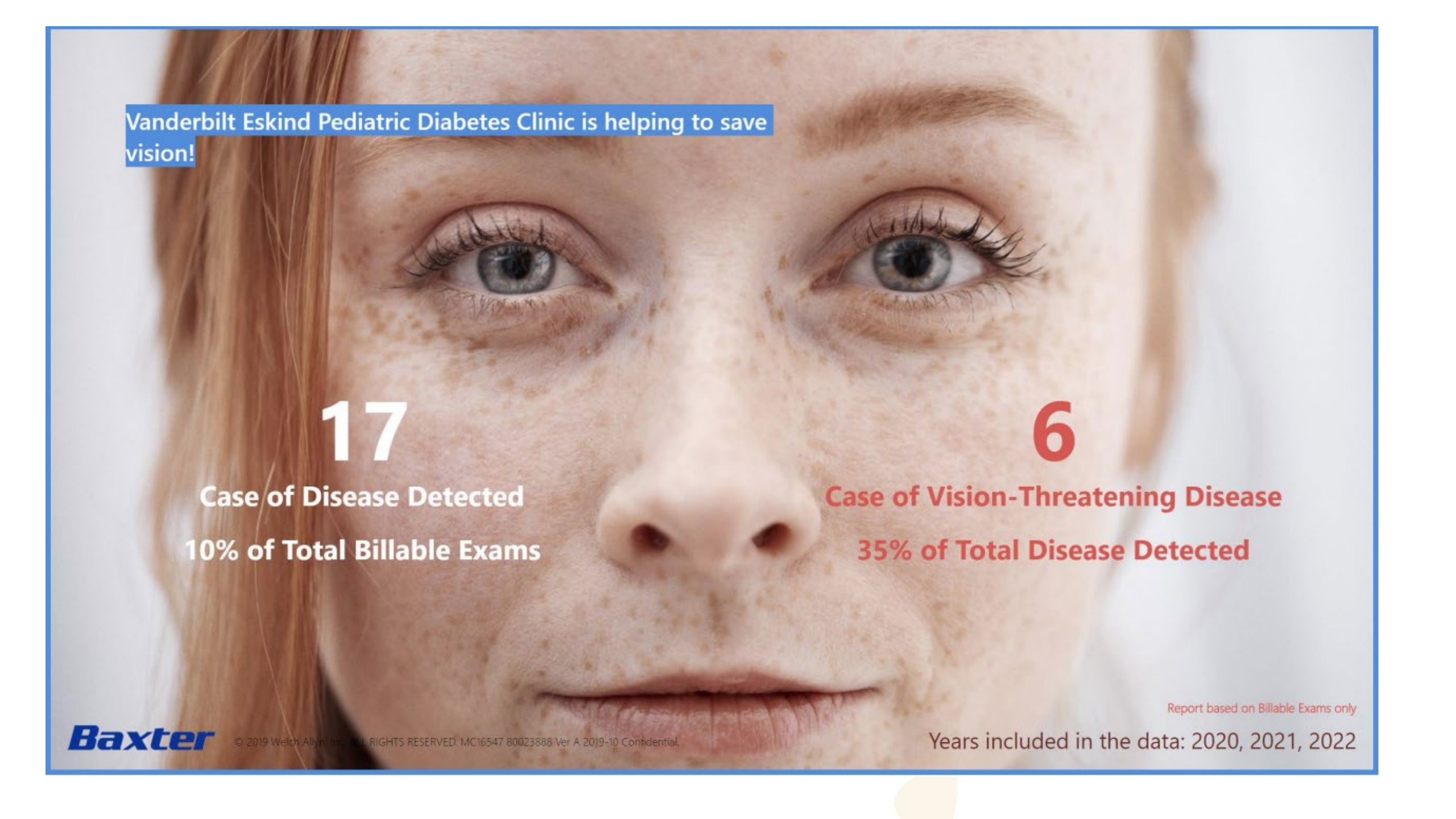
Specialty service lines expanding in 2022

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Utilizing Technology to Improve Diabetic Retinopathy Rates



- 85% of diabetics will not have complications that need intervention by ophthalmologist
- By scanning the eyes in our clinics and forwarding to Vanderbilt Eye for reading, we increase needed screenings, improving patient care and convenience while controlling cost.



Vanderbilt Eskind Pediatric Diabetes Clinic is helping to save vision!

17

Case of Disease Detected
10% of Total Billable Exams

6

Case of Vision-Threatening Disease
35% of Total Disease Detected

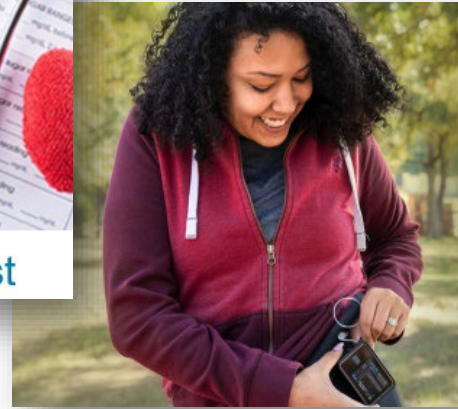
Baxter

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Report based on Billable Exams only

Years included in the data: 2020, 2021, 2022

Diabetes Health Fairs



Events held at a variety of locations to better serve our population:

- Mt. View Clinic-Fall 2020
- West Clinic-Spring 2021
- Two Rivers Clinic-Fall 2021
- Bransford Clinic – Spring 2022

A 20-minute appointment includes:

- Any necessary screenings or vaccinations
- Recommendations for follow-up care
- Information on a diabetic support resources including:
 - Endocrinologist telehealth visits
 - Self-management education by certified diabetes educator
 - Medical nutrition therapy
 - Tele-nutrition services
 - Omada digital lifestyle change program
 - Weight management program
 - Onsite health coaching
 - Fitness Center programs



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Employee & Family Health Care Centers

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Diabetes Care-SMA

Group appointments: Better diabetes follow-up care

AVAILABLE
NOW!

If you have diabetes, there's a lot to know and do. You may wish you could spend more time with your doctor. Maybe you'd like to learn about new treatment options, or hear from other people who face similar challenges. Or you may just have general questions about how to best manage your diabetes.

Shared Medical Appointments (SMAs), also called group appointments, might be the answer.

How it works

- 10 to 15 patients gather in a room in the MNPS Employee Wellness Center with a doctor and a facilitator for 60-90 minutes.
- At the beginning of the appointment, attendees are asked to sign a confidentiality agreement ensuring that what's discussed in the room stays in the room.
- While the facilitator shares information and encourages group conversation, the doctor spends one-on-one time with each patient, reviewing their treatment plan and addressing personal concerns and questions.
- Time is allotted at the end to renew prescriptions and schedule follow-up appointments.

Population Health Care Coordinator Kim Gill says, "Shared medical appointments are becoming increasingly popular. Patients like them because it gives them greater access to their doctors as well as more information, tools and resources. We're excited to introduce these innovative meetings to our MNPS Health Care Centers patients."



Diabetes support

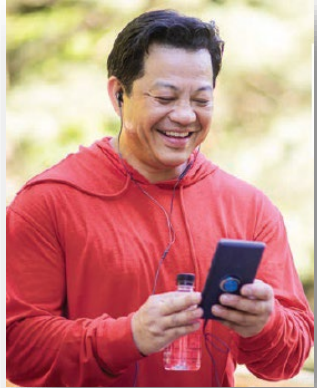
The MNPS Health Care Centers can help you and your covered dependents better manage diabetes – at no cost! Diabetes medications and supplies are also covered at no cost through your prescription drug benefits. But that's not all. This flier, available at [MNPSBenefits.org/diabetes](https://mnpsbenefits.org/diabetes), provides a round-up of all the diabetes resources MNPS offers.



Vanderbilt Health
at Metro Nashville Public School
Employee & Family Health Care



Programs to Support Health Goals



1

Omada®

Whether you're aiming to lose weight, lower your blood pressure or stay on top of your type 1 or type 2 diabetes, Omada will help you get there. The program combines real human support with the latest technology, so you can make lasting changes, one step at a time, and all at no cost to you.

When you join Omada, you get:

- A professional health coach who works directly with you
- Wireless smart devices, such as a scale, to track your progress (and keep for good)
- An online community personalized to your interests
- Weekly interactive lessons to educate and inspire you
- Insightful health metrics to learn what is (and isn't) working

Learn more and sign up at omadahealth.com/mnps.

2

Onsite Weight Management Program

Our very own MNPS Health Care Centers offer a Weight Management Program that provides personalized help for people with a BMI of 25 or greater who want to lose weight.

Participants get no-cost, personalized health coaching, plus enrollees who meet certain requirements can receive 50% reimbursement for:

- Membership fees at an approved weight management program/organization (for example, The New Beginnings Center, WeightWatchers®, Jenny Craig®, YMCA, etc.)
- One-on-one nutrition counseling with a registered dietitian/nutritionist

To learn more, see the program flyer at MNPSBenefits.org/weight-management-program, or contact Laura Vanderpool at 615-875-1966.



3

Vanderbilt Weight Loss Bundles

Last year, 62 MNPS employees enrolled in the *surgical weight loss* bundle, which provides a streamlined and personalized approach to bariatric surgery and recovery. The Vanderbilt Health team helps you develop a customized care plan that combines surgery, nutrition, exercise and psychological support to ensure success. Vanderbilt surgeons also use the most advanced laparoscopic surgical options for weight loss surgery. Read one teacher's success story at MNPSHealth.org/sarah.

This year, we've added a new bundle: *medical weight loss*, which provides patients with a non-surgical approach to losing weight. Patients work with a skilled team to achieve meaningful weight loss through a combination of lifestyle therapies and medication. It's designed for patients with severe obesity who may not go forward with weight loss surgery.

Visit Vanderbilthealth.com/service/myweightlosshealth to learn more and enroll.

Learn about all the bundles MNPS offers at myhealthbundles.com.

Quick facts about bundles

- You pay \$0 for all bundled services as long as you're eligible for/enrolled in a bundle.
- You'll be assigned a dedicated patient navigator to guide you through every step of the process and find answers to all your questions.
- All services are performed by Vanderbilt Health providers.
- Many of your appointments can be done through telehealth.

4

Foodsmart telenutrition

Need some help making changes to your eating habits that will stick? Look no further than Foodsmart.

When you sign up for this free service, you will:

- Meet one-on-one (via video or phone) with a registered dietitian who is clinically licensed to provide personalized nutrition advice, help manage chronic conditions, and assist in areas outside nutrition, such as sleep and mental health
- Plan affordable and delicious meals with digital grocery lists, grocery delivery integrations, and price comparison tools across grocery stores in your area
- Assess your nutrition with the NutriQuiz to learn more about how your eating habits may be affecting your health, and get simple recommendations for eating smarter
- Take advantage of biometric tracking

Download the **Foodsmart app** or visit cignahealth.zipongo.com to create an account. You'll need your Cigna ID card.



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Diabetes Prevention Programs

- More than 1 in 3 American adults have prediabetes¹ and, without meaningful intervention, 30% of those individuals will develop type 2 diabetes = of 3,600 pre-diabetics, 1080 will move to type 2.
- Diabetes Prevention Program(DPP) are CDC recognized digital lifestyle and behavior change program focused on reducing the risk of diabetes through healthy weight loss.
- These programs are covered under our plan's provisions for preventive care, but we have been without contracted providers supplying the service

Virtual Health Solutions



An Omada health coach
to keep you on track



Devices you need
like a scale, glucose meter, and/or
blood pressure monitor



Personalized dashboard
to guide your journey



An online community
tailored to your interests

Total Enrollment

Applications: 1,768 to date

Accepted: 1,470

Enrolled: 1,292

- DPP: 1,014
- Diabetes: 20
- HTN: 210
- Diabetes/HTN: 48



Source: Omada for Cigna Client Report, December 2021



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Foodsmart App

METRO NASHVILLE PUBLIC SCHOOLS | CERTIFICATED EMPLOYEE BENEFITS



foodsmart

A new way to get smarter about food

Improve your health with



One-on-One Virtual Visits

+



Online Grocery Ordering

+



Personalized Care

+



Custom Meal Planning

Why meet with a Foodsmart Registered Dietitian?

- **Stress management:** Registered Dietitians can help you manage chronic stress and burnout by suggesting simple dietary changes.
- **Food strategy:** Registered Dietitians can help you find foods you like that will help you meet your health goals. No restrictions necessary!
- **Grocery planning & saving money:** Registered Dietitians know all the tips and tricks when it comes to grocery planning. They help members save an average of 34% on groceries.

Grab your Cigna ID card and download the Foodsmart app at foodsmart.com/download-foodsmart-app.

Meet virtually with a registered dietitian:

<p>1</p> <p>Schedule</p> <p>Schedule a telenutrition appointment using the Foodsmart patient portal.</p>	<p>2</p> <p>Check in</p> <p>Before your appointment, complete pre-visit forms and a NutriQuiz online.</p>	<p>3</p> <p>Visit</p> <p>Meet with your dietitian by phone or video. You'll get a nutrition assessment and plan just for you.</p>
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Use Foodsmart's healthy eating tools to help you stick to your plan.


Schedule follow-up visits with your nutritionist as needed.

Download the Foodsmart app to get everything you need to eat your best, or visit CIGNAHEALTH.ZIPONGO.COM



foodsmart

How to Build a Healthier Holiday Meal:



1 Fill half of your plate with greens and veggies. Load up on the sautéed green beans, roasted Brussels sprouts and tossed salad first.

2 A quarter of your plate can get loaded up with turkey. Keep in mind, a portion of turkey is about the size of a deck of cards or your cell phone.

3 Fill the last quarter of your plate with starchy foods. Traditional holiday sides can be high in starchy carbohydrates (think: stuffing, mashed potatoes, yams). While they can be nutritious, you'll want to limit them to a quarter of the plate.



TIPS FOR HEALTHY HOLIDAY EATING WITH FOODSMART

Tips for Healthy Holiday Eating

The holiday season is the time of year to gather with friends and family. And no matter what your celebrations might look like this year, it's easy to let your health goals go into hibernation! Did you know that the average American gains about five pounds between November and December each year? The good news is, you don't need to deprive yourself. Let Foodsmart help you craft a game plan heading into the holidays so you can enjoy every minute without feeling like you're starting over come January.

In this webinar, our Nutrition and Culinary Team will share strategies for celebrating the season while maintaining a healthful lifestyle, including:

- Our top tips for savoring a balanced holiday feast
- Simple tricks to navigate tempting holiday goodies
- Festive food swaps that will help you cut down on calories and sugar

Join us for an info-packed presentation followed by a live Q&A session on **Wednesday, November 10th, 2021 from 10:00 - 11:00am PST!** Even if you can't make it, be sure to register to receive a recording of this webinar to watch later—you won't want to miss it!



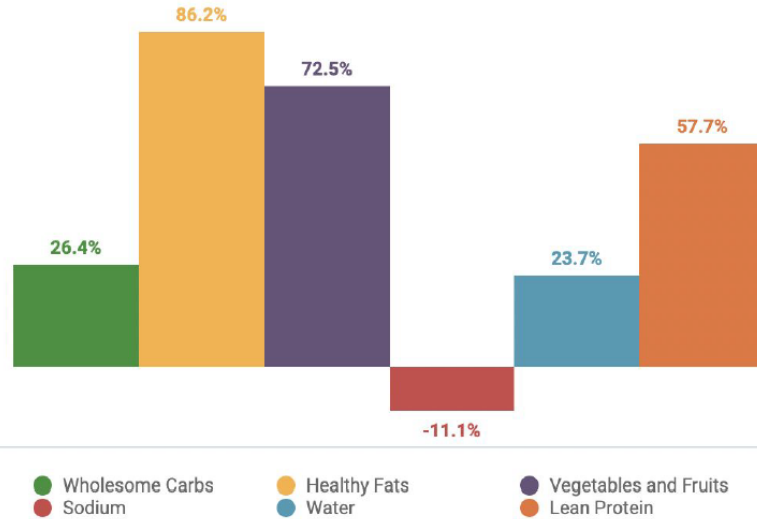
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Foodsmart App

Improvements Members are Making

NS Category Improvement for Unhealthy with Worst Nutrition



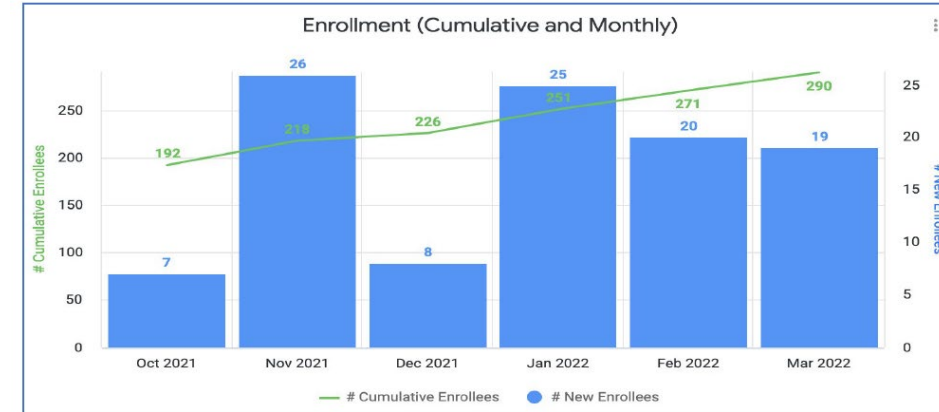
STRESS

GUT
HEALTH

MEAL
PLANNING

BUDGETING

Foodsmart March 2022 Report



Food Insecurity - Member Responses

(Based on USDA questions in the NutriQuiz)

- **Feel healthy food is too expensive - 77% (FS BoB 61%)**
- **Worried money would run out before getting more food - 17% (FS BoB 16%)**
- **Have EBT card - 1% (FS BoB 4.2%)**

We help employees save money by: 1) ability to filter meal plans/recipes by cost, 2) During telenutrition appointments our RDs can assist with SNAP card set up & use, 3) Members can compare grocery list costs instantly across Walmart, local grocers or Instacart to see low cost option



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Men's Health Challenge

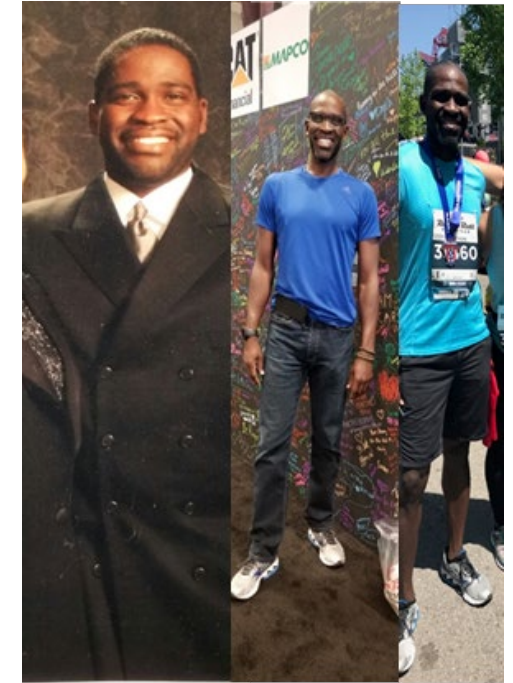


Sick and tired of being sick and tired?

Give us 90 days!

Introducing...
The 90-Day Men's Health Challenge

Are you waking up tired, sick and sore?

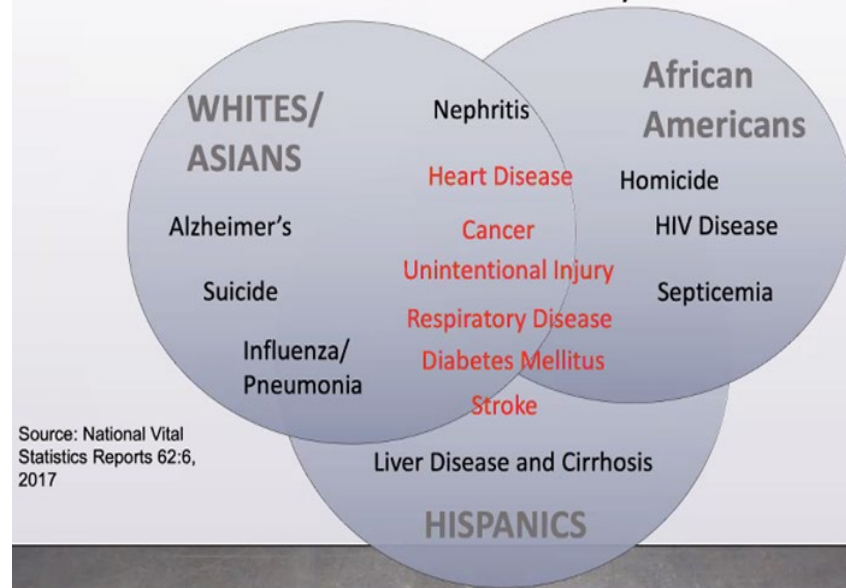


90-Day Men's Health Lifestyle Challenge

- A select group of men will join a web-based community for a 90-Day journey to put participants on track to achieve optimum health for the remainder of their life!
- Program support provided by Dr. Ken Billups and Tony Holt
- The program's goal is to reduce or eliminate metabolic health issues and incorporate sexual health concerns if present



Leading Causes of "Men" Death by Race/Ethnicity



Mental health in men:

Disrupting the stigma

January 11, 2022 at 3 p.m.

A complement to our new men's health 90-day lifestyle challenge, this webinar addresses the stigma surrounding mental health concerns in men. Millions of men are impacted but often go undiagnosed because they are more likely to report feelings of fatigue or irritability than sadness or worthlessness.



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THANKS FOR YOUR TIME!

DAVID.HINES@MNPS.ORG



Employer Market Assessment



On Friday in our Weekly Bulletin to our employer members, we will send you an email with a link to a brief survey – about 10 minutes – to gauge your interest and activities related to the National DPP.

The Florida Alliance, the National Association of Chronic Disease Directors, and the Florida Department of Health would greatly appreciate your time in completing the survey! **Thank you in advance!**

