

Optimizing Referral Systems to the Diabetes Prevention Program

Panel Discussion Presented for Evidenced-based Solutions for Prediabetes and Hypertension: Shifting the Practice Paradigm

Friday June 12, 2015



Facilitator



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Introduction of Panelists:



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Natalie Ritchie, Ph.D
Denver Health and Hospital Authority



Dr. Rocio Pereira
Director, CREAndo Bienestar Diabetes Prevention
Program
University of Colorado Anschutz Health and
Wellness Center

The Diabetes Prevention Program (DPP) Research Study

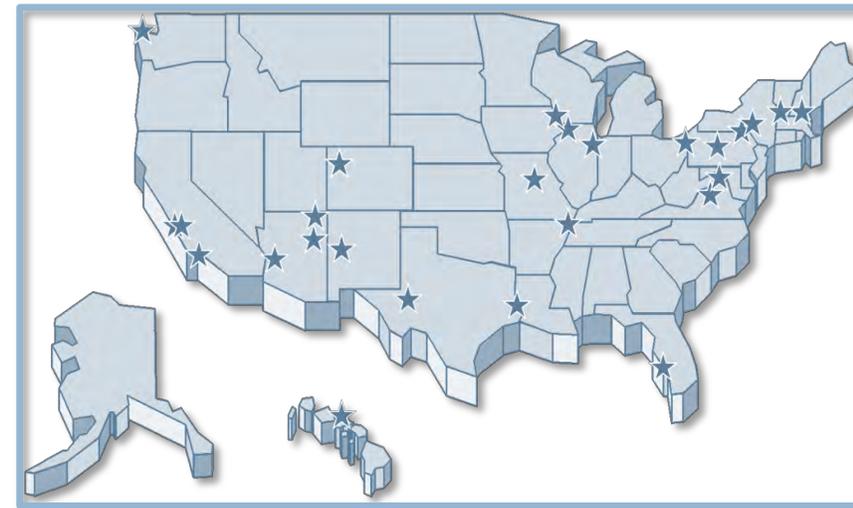


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Goal: to find out whether losing modest amounts of weight through improving diet and increasing physical activity, or taking the diabetes drug metformin, could prevent or delay type 2 diabetes in people at high risk for developing the disease.

□ Major multicenter clinical research study

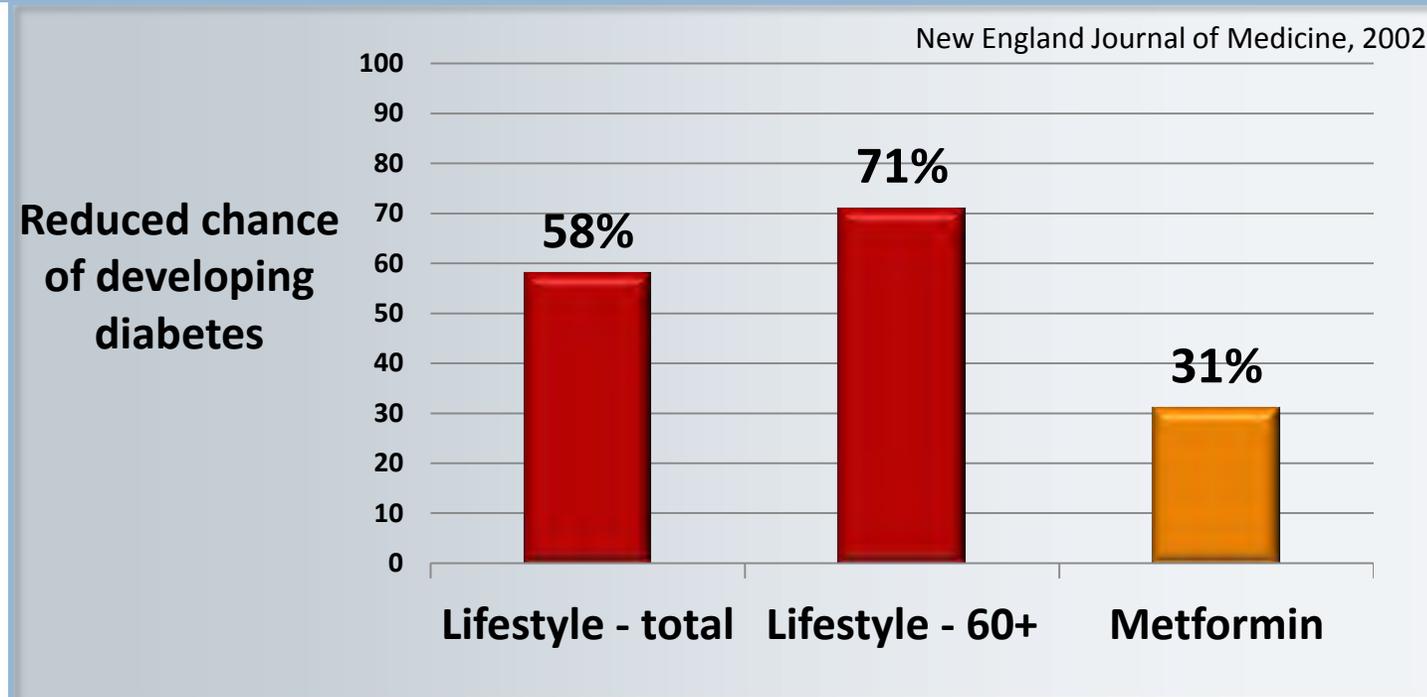
- 3,234 participants
- 27 clinical centers in U.S.
- Funded primarily by NIH



What Were the DPP Study Findings?



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- Lifestyle intervention sharply reduced the chances of developing type 2 diabetes **(58%)**
 - ▣ **71% for aged 60+**
- Metformin group reduced their risk but not as much as the lifestyle intervention group **(31%)**

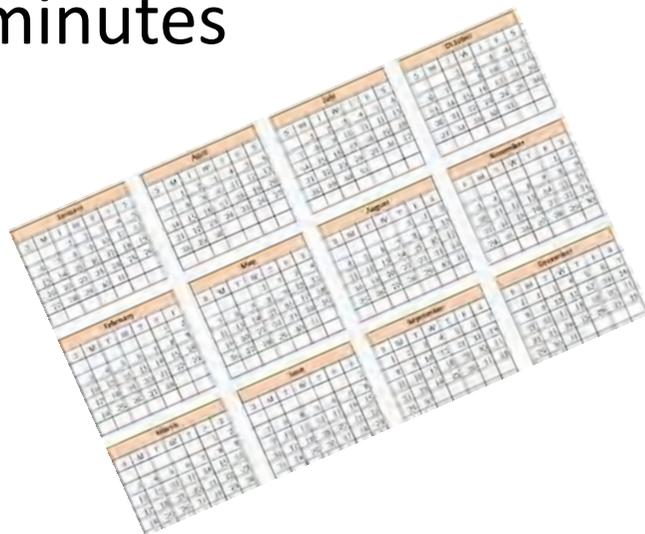
Program Goals and Structure



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Program Goals

- Weight Loss: 5-7% of starting body weight
- Increasing physical activity to 150 minutes



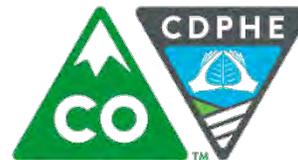
Program Structure

- 16 weekly sessions delivered once a week during months 1-6
- Monthly or bi monthly sessions during months 7-12

Panelist Presentations

Natalie Ritchie, Ph.D

Denver Health and Hospital Authority



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Process

- **National Diabetes Prevention Program (DPP)** is an evidence-based resource **promoting 5% weight loss** in a yearlong group class.
- We demonstrated a real-world translation in a **safety net healthcare system**.
 - Created a **registry of >10,000 at-risk patients** from medical record databases.
 - Established an internal **provider-referral network**.
 - **Community Health Workers** trained to deliver the DPP in **English and Spanish**.
 - **Over-enrolled classes** to prepare for attrition and maximize access.

Process cont'd.

- Successes:
 - **Over 1,900 patients enrolled** since March 2013.
 - Enrollees were of **diverse and underserved** backgrounds:
 - 60% Latino (47% Spanish-speaking), 18% Black, 18% White
 - 80% low-income
 - **Average of 11 of 16 intensive sessions** attended by participants who came to 4+ sessions (goal is 9).
 - **5% mean weight loss at 12-months** (goal is 5%).
 - Individuals lost up to 60 pounds!
- Limitations:
 - 3% mean weight loss at 6-months (goal is 5%)
 - Mean of 2 of 6 maintenance sessions attended (goal is 3).

Implementation

- **Providers** are essential partners.
 - **50% of patients referred by a provider enrolled** (vs. 10% of non-referred patients).
 - **We encouraged provider referrals** with:
 - **In-clinic presentations**
 - **Emails** notifying providers of new classes, including **how to easily refer patients** using an electronic referral system.
 - Individualized emails **prompting providers to refer** by sending a list of their eligible patients (as needed to fill classes).
 - Regular **communication** regarding patient progress.

Implementation cont'd.

- **Clinics** are an essential partner.
 - We offered the DPP in Denver Health's **community-based primary care clinics**.
 - **Convenient** for patients.
 - Same neighborhood location as their **medical home**.
 - Need to **negotiate class schedule** and other resources with clinics.
 - Need to support clinics by **demonstrating reach and successful outcomes** with their patients.

Resources

- **Data analyst** creates/updates patient registries.
- CDC freely publishes the **DPP curriculum** in both English and Spanish.
- CDPHE offers **TA** and hosts **work groups** to learn from other partners.
- **Funding** from (1) Amendment 35 awards through CDPHE, (2) grant from the CDC and America's Health Insurance Plans, (3) Denver Health support.

Panelist Presentations

Rocio I. Pereira, MD

Director, CREAndo Bienestar Diabetes Prevention Program

University of Colorado Anschutz Health and Wellness Center

Assistant Professor of Medicine

University of Colorado School of Medicine, Division of Endocrinology, Diabetes & Metabolism



Prediabetes Panel

Rocio I. Pereira, MD
Director, CREAndo Bienestar Diabetes Prevention Program
University of Colorado Anschutz Health and Wellness Center

Assistant Professor of Medicine
University of Colorado School of Medicine, Division of
Endocrinology, Diabetes & Metabolism

WELLNESS
CHANGES
EVERYTHING

CREAndo Bienestar Diabetes Prevention Program



WELLNESS
CHANGES
EVERYTHING



PROCESS

CREAndo Bienestar Diabetes Prevention Program-

- **Community-based**, led by Promotoras
- Targets **Latinos**
- **Multi-intervention** program- NDPP, exercise program, cooking/shopping classes, referral to care
- **Collaborative**

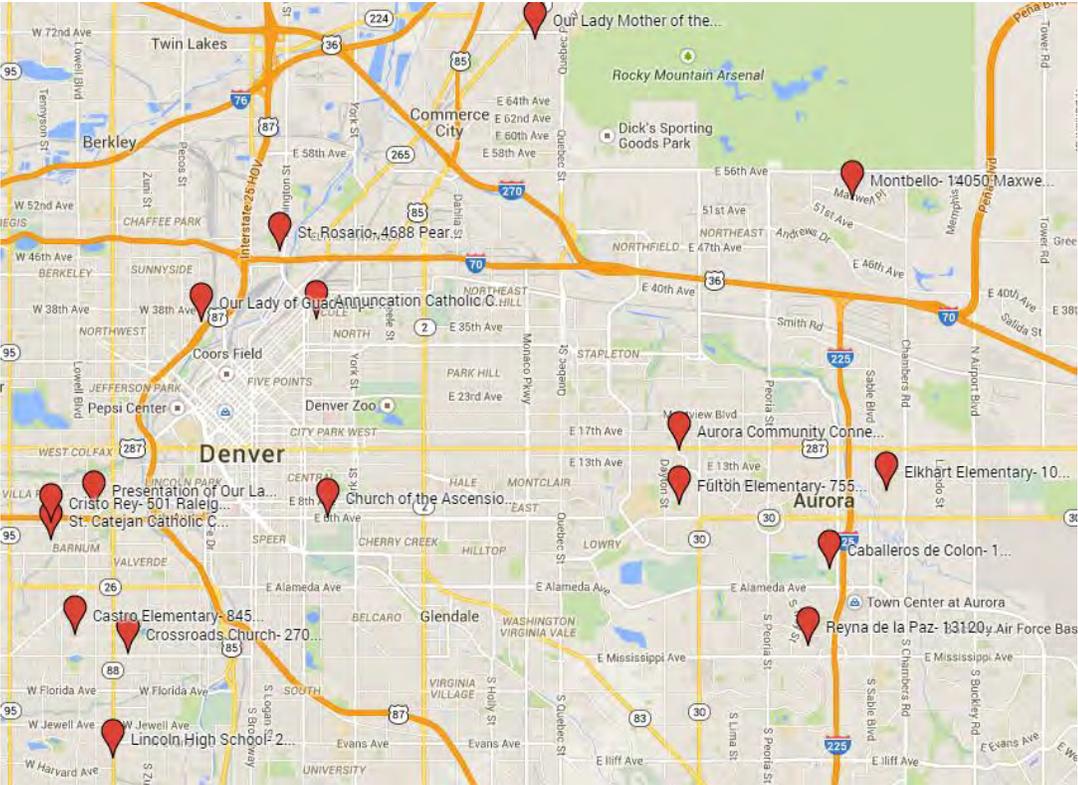
Recruitment- **CREA Results**, 9Health Fair, Colorado Prevention Center, community centers (churches, schools, recreation centers), clinics (DH, MCPN), UC Denver

Programing- CREA Results and Aurora Community Connection

Funding and advocacy- Colorado Health Foundation, Colorado Department of Public Health and Environment, Viridian/Anthem

Collaborators- ADA, YMCA, CAAH, DH

Program locations



PROCESS (continued)

Participants

- 521 individuals registered in 2014
- 98% Latino, 90% Spanish-speakers
- 45 +/- 12 years old, 85% female

Successes

- Goal **attendance** (9 sessions) during first 6 months was achieved by **80% of participants**. (Average 13 sessions)

Limitations

- Goal **5% weight loss** achieved by **27% of participants** and average weight loss at **6 months** was **3%**
- **81%** of registered participants met DPRP eligibility criteria

IMPLEMENTATION

Recruitment/ referrals

- Outreach- 43% (at community centers and events)
- Word of mouth- 37%
- **Provider- 17%**

Steps to referring to DPP programs

- Patient education
- Identify local programs and set up referral protocol
- Screen
- Refer

RESOURCES

- CREAndo Bienestar Diabetes Prevention Program
 - Director- Rocio (Ro) Pereira, MD; rocio.pereira@ucdenver.edu
 - Program Coordinator- Jimikaye Beck; jimikaye.beck@ucdenver.edu
- CDC National Diabetes Prevention Program website:
<http://www.cdc.gov/diabetes/prevention/index.htm>
- CDC prediabetes screening test:
 - English- <http://www.cdc.gov/diabetes/prevention/pdf/prediabetestest.pdf>
 - Spanish-
http://www.cdc.gov/diabetes/prevention/pdf/prediabetesquiz_sp.pdf

Facilitated Discussion



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Question for Panelist:



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- Tell us more about what and who was involved with establishing an **internal provider-referral network**?
- Your program intentionally over enrolls participants as a strategy to manage expected attrition. What type of follow up if any is done with drop outs? Do providers get feedback if their referral dropped out?

Question for Panelist:



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- The referral sources for CREAndo Bienestar Diabetes Prevention Program are diverse. Can you tell us more about how you established the referring relationship you described with MCPN in particular?
 - Do you see any difference in attendance or success between participants referred by providers vs. other sources?

- You mentioned that the program is a Multi-intervention program which includes-NDPP, exercise program, cooking/shopping classes, referral to care-are these all in one, or separate distinct services?

Question for Panelist:



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- If you had to identify one major “lesson learned” about establishing referrals with health care providers for the DPP, what would that be?
- What are your hopes and plans for growing the impact of your DPP program?
- What specifically are your next steps to further establish relationships with health care providers/clinics within or external to your organization?

Audience Q&A



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Resources and Wrap Up



Next Steps to Consider



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To Begin Referring Patients to DPP Programs

- Learn more about the DPP
- Identify organizations delivering the DPP in Colorado
- Contact organizations to discuss referring patients
- Work with orgs to set up a referral process
- Screen patients for prediabetes and refer to DPP

To Offer the DPP in Your Organization

- Review CDC DPP websites and program standards
- Talk to CDPHE about resources
- Apply for CDC recognition
- Develop a referral process
- Consider training lifestyle coaches

CDPHE Resources



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- DPP Advisory Group
- Community-Based Organization Workgroup
- Case Studies

The screenshot shows the website header for the Colorado Department of Public Health & Environment. It includes the CDPHE logo and a navigation menu with links for Home, Services & Information, Boards & commissions, Divisions, Concerns & emergencies, Data, and News. The main content area is titled "Diabetes Prevention Program" and includes a link back to diabetes partner resources. The text describes finding a CDC-recognized diabetes prevention program in Colorado, mentions an action plan, and lists three goals: achieving reimbursement, establishing screening mechanisms, and assisting community-based organizations. It also notes that more than one-third of Colorado adults have prediabetes and provides information about the Diabetes Prevention Program Advisory Group.

<https://www.colorado.gov/cdphe/diabetes-prevention-program>

CDC Resources



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- Background information
- CDC DPRP Standards
- National registry of programs
- Curriculum
- Talking points for HCP's
- Marketing materials

A screenshot of the CDC website's National Diabetes Prevention Program Resources page. The page includes a search bar, a navigation menu, and several resource sections. The "Resources" section is highlighted, showing links to infographics and a prediabetes risk test. The "Marketing Resources" section is also visible, featuring a link for reaching people at risk. The page is branded with the CDC logo and the slogan "Saving Lives. Protecting People.".

CDC Home
Centers for Disease Control and Prevention
CDC 24/7: Saving Lives. Protecting People.™

A-Z Index: A B C D E F G H I J K L M N O P Q R S T U V W X Y Z #

National Diabetes Prevention Program

Diabetes Home
National Diabetes Prevention Program
About the Program
For Healthcare Providers
Prediabetes: Am I at Risk?
Lifestyle Coach Training
Diabetes Prevention Recognition Program
Program Video
Newsroom
Resources

Related Links
Diabetes Public Health Resource

Other Chronic Disease Topics
Nutrition
Obesity
Physical Activity
Heart Disease
Stroke

Diabetes Home > National Diabetes Prevention Program

Recommend Tweet Share

Resources

Infographics
Get an infographic on prediabetes [PDF-462KB]
Get an infographic on diabetes [PDF-343KB]
Get an infographic on the National Diabetes Prevention Program [PDF-756KB]

Prediabetes Risk Test
Get the prediabetes risk test in English [PDF-758KB]
Get the CDC prediabetes screening quiz widget in English for your Web site.

Resources Available in Spanish
Get the CDC prediabetes screening quiz widget in Spanish for your Web site.
Get the prediabetes risk test in Spanish [PDF-455KB]
Read information in Spanish from CDC about primary prevention of type 2 diabetes.
Read information in Spanish from the National Diabetes Education Program about the risk for developing type 2 diabetes and the small steps a person can take to delay or prevent the disease.

Marketing Resources

For Reaching People at Risk
Articles [DOCX-28 KB]

Print page
Get e-mail Updates
Subscribe to RSS
Listen to audio/Podcast

Could You Have Prediabetes?
Take the Quiz
INFO SHARE

CDC 24/7
Saving Lives. Protecting People.™
LEARN MORE ABOUT HOW CDC WORKS FOR YOU

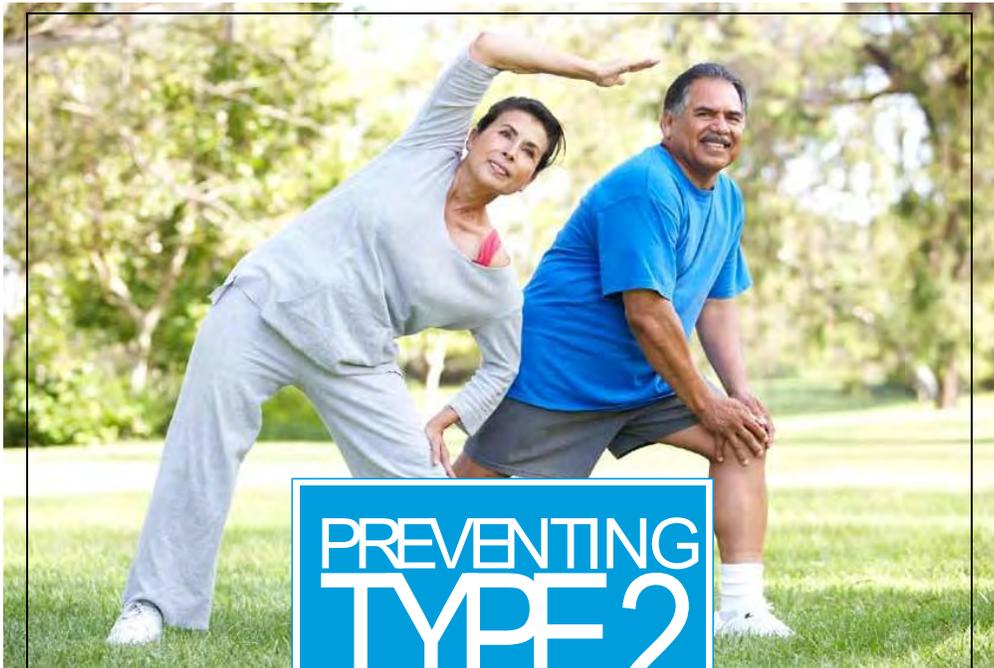
www.cdc.gov/diabetes/prevention/resources.htm



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Provider's Toolkit

Developed by
AMA and CDC



PREVENTING
TYPE 2
DIABETES

A guide to refer your patients with prediabetes
to an evidence-based diabetes prevention program



Prevent Diabetes **STAT** | Screen / Test / Act Today™



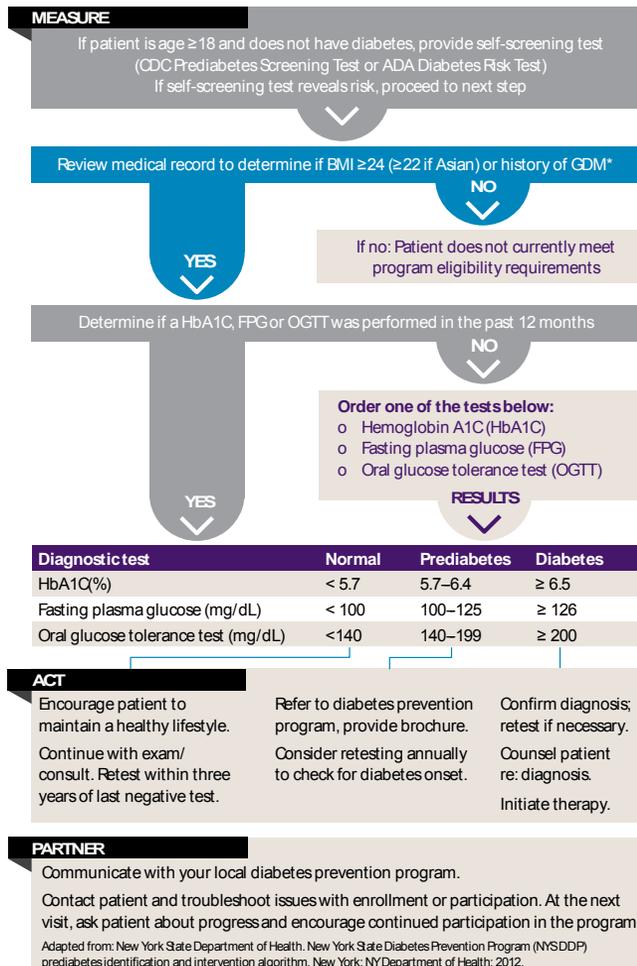
www.preventdiabetesstat.org

Sample processes and risk screening tools



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Point-of-care prediabetes identification



*History of GDM = eligibility for diabetes prevention program

ARE YOU AT RISK FOR TYPE 2 DIABETES?

Diabetes Risk Test

1 How old are you?
Less than 40 years (0 points)
40–49 years (1 point)
50–59 years (2 points)
60 years or older (3 points)

2 Are you a man or a woman?
Man (1 point) Woman (0 points)

3 If you are a woman, have you ever been diagnosed with gestational diabetes?
Yes (1 point) No (0 points)

4 Do you have a mother, father, sister, or brother with diabetes?
Yes (1 point) No (0 points)

5 Have you ever been diagnosed with high blood pressure?
Yes (1 point) No (0 points)

6 Are you physically active?
Yes (0 points) No (1 point)

7 What is your weight status? (see chart at right)

Write your score in the box.

| Height | Weight (lbs.) | | |
|--------|---------------|---------|------|
| 4' 10" | 119-142 | 143-190 | 191+ |
| 4' 11" | 124-147 | 148-197 | 198+ |
| 5' 0" | 128-152 | 153-203 | 204+ |
| 5' 1" | 132-157 | 158-210 | 211+ |
| 5' 2" | 136-163 | 164-217 | 218+ |
| 5' 3" | 141-168 | 169-224 | 225+ |
| 5' 4" | 145-173 | 174-231 | 232+ |
| 5' 5" | 150-179 | 180-239 | 240+ |
| 5' 6" | 155-185 | 186-246 | 247+ |
| 5' 7" | 159-190 | 191-254 | 255+ |
| 5' 8" | 164-196 | 197-261 | 262+ |
| 5' 9" | 169-202 | 203-269 | 270+ |
| 5' 10" | 174-208 | 209-277 | 278+ |
| 5' 11" | 179-214 | 215-285 | 286+ |
| 6' 0" | 184-220 | 221-293 | 294+ |
| 6' 1" | 189-226 | 227-301 | 302+ |
| 6' 2" | 194-232 | 233-310 | 311+ |
| 6' 3" | 200-239 | 240-318 | 319+ |
| 6' 4" | 205-245 | 246-327 | 328+ |

(1 Point) (2 Points) (3 Points)

You weigh less than the amount in the left column (0 points)

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher:
You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, and Asian Americans and Pacific Islanders.

For more information, visit us at www.diabetes.org or call 1-800-DIABETES

Visit us on Facebook
[Facebook.com/AmericanDiabetesAssociation](https://www.facebook.com/AmericanDiabetesAssociation)

Lower Your Risk
The good news is that you can manage your risk for type 2 diabetes. Small steps make a big difference and can help you live a longer, healthier life.
If you are at high risk, your first step is to see your doctor to see if additional testing is needed.
Visit diabetes.org or call 1-800-DIABETES for information, tips on getting started, and ideas for simple, small steps you can take to help lower your risk.

STOP DIABETES

CDC Prediabetes Screening Test



COULD YOU HAVE PREDIABETES?

Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Diabetes is a serious disease that can cause heart attack, stroke, blindness, kidney failure, or loss of feet or legs. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs. Take the first step. Find out your risk for prediabetes.

TAKE THE TEST—KNOW YOUR SCORE!

Answer these seven simple questions. For each "Yes" answer, add the number of points listed. All "No" answers are 0 points.

| Yes | No |
|-----|----|
| 1 | 0 |
| 1 | 0 |
| 1 | 0 |
| 5 | 0 |
| 5 | 0 |
| 9 | 0 |

Are you a woman who has had a baby weighing more than 9 pounds at birth?

Do you have a sister or brother with diabetes?

Do you have a parent with diabetes?

Find your height on the chart. Do you weigh as much as or more than the weight listed for your height?

Are you younger than 65 years of age and get little or no exercise in a typical day?

Are you between 45 and 64 years of age?

Are you 65 years of age or older?

Add your score and check the back of this page to see what it means.

AT-RISK WEIGHT CHART

| Height | Weight (lbs.) | Height | Weight (lbs.) |
|--------|---------------|--------|---------------|
| 4'10" | 129 | 5'7" | 172 |
| 4'11" | 133 | 5'8" | 177 |
| 5'0" | 138 | 5'9" | 182 |
| 5'1" | 143 | 5'10" | 188 |
| 5'2" | 147 | 5'11" | 193 |
| 5'3" | 152 | 6'0" | 199 |
| 5'4" | 157 | 6'1" | 204 |
| 5'5" | 162 | 6'2" | 210 |
| 5'6" | 167 | 6'3" | 216 |
| | | 6'4" | 221 |



Thank You!



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