



Diabetes Prevention Program

Cynthia E. Miller, MD, FACP
Senior Corporate Medical Director of Pharmacy
WellCare Health Plans, Inc
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Overview

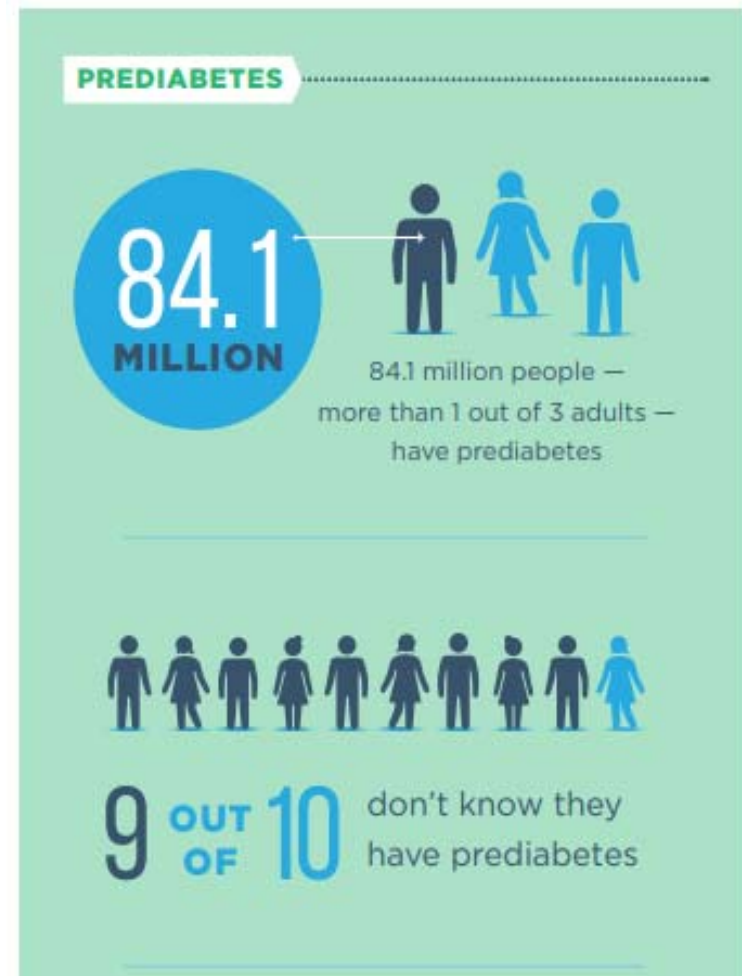


- Epidemiology and cost of prediabetes and diabetes
- Diabetes prevention program evidence
- Structure of the diabetes prevention program
- Referral to the program



Scope of Diabetes

- 90% of people with prediabetes do not know it
- 84 million American adults — or 1 in 3 — have prediabetes
- 48% of Americans aged 65 years and older have prediabetes.



Cost of Diabetes



- Total direct and indirect estimated U.S. cost in 2012 was \$245 billion
- Medical expenditures were about \$13,700 per year
- \$7,900 of this is attributed to diabetes
- Medical costs were about 2.3 times higher

THE STAGGERING COSTS OF DIABETES



More than
30 MILLION
Americans
have diabetes



Health care costs for
Americans with
diabetes are
2.3X greater
than those without
diabetes



Diagnosed
diabetes
costs
America
\$327
BILLION
per year



84 MILLION
Americans have prediabetes



\$1 IN \$7

Health care dollars is spent treating
diabetes and its complications



Today, **4,110** Americans will
be diagnosed with diabetes.
Additionally, diabetes will
cause **295** Americans to
undergo an amputation and
137 will enter end-stage
kidney disease treatment.

Learn how to fight this costly disease
at diabetes.org/congress

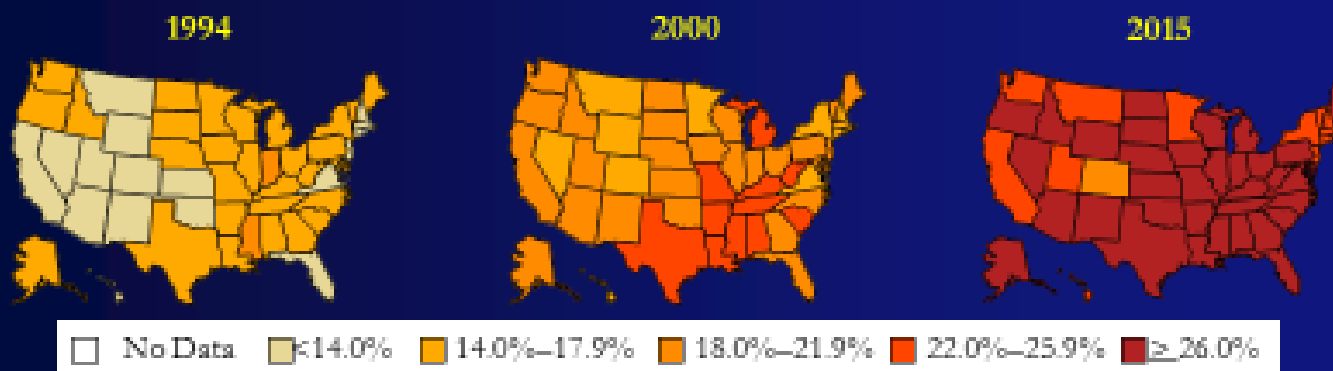


Prevalence of Obesity and Diabetes

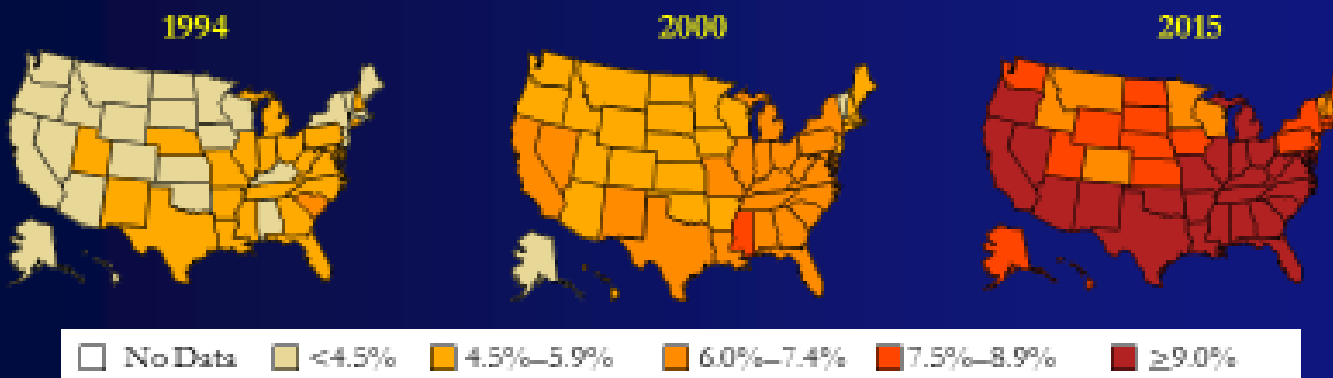


Age-adjusted Prevalence of Obesity and Diagnosed Diabetes Among US Adults

Obesity (BMI ≥ 30 kg/m²)



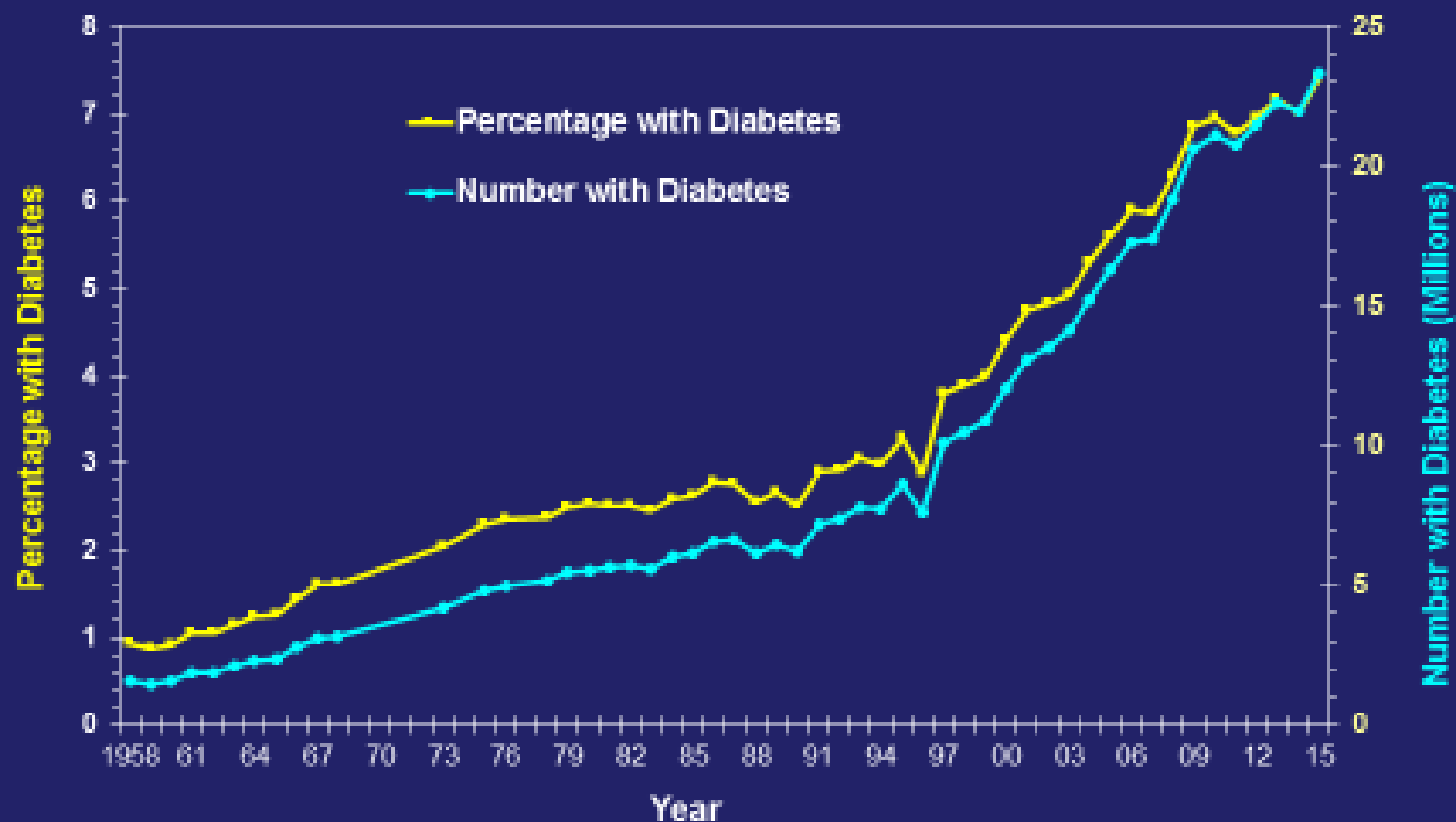
Diabetes



CDC's Division of Diabetes Translation, United States Surveillance System available at <http://www.cdc.gov/diabetes/data>



Number and Percentage of U.S. Population with Diagnosed Diabetes, 1958-2015



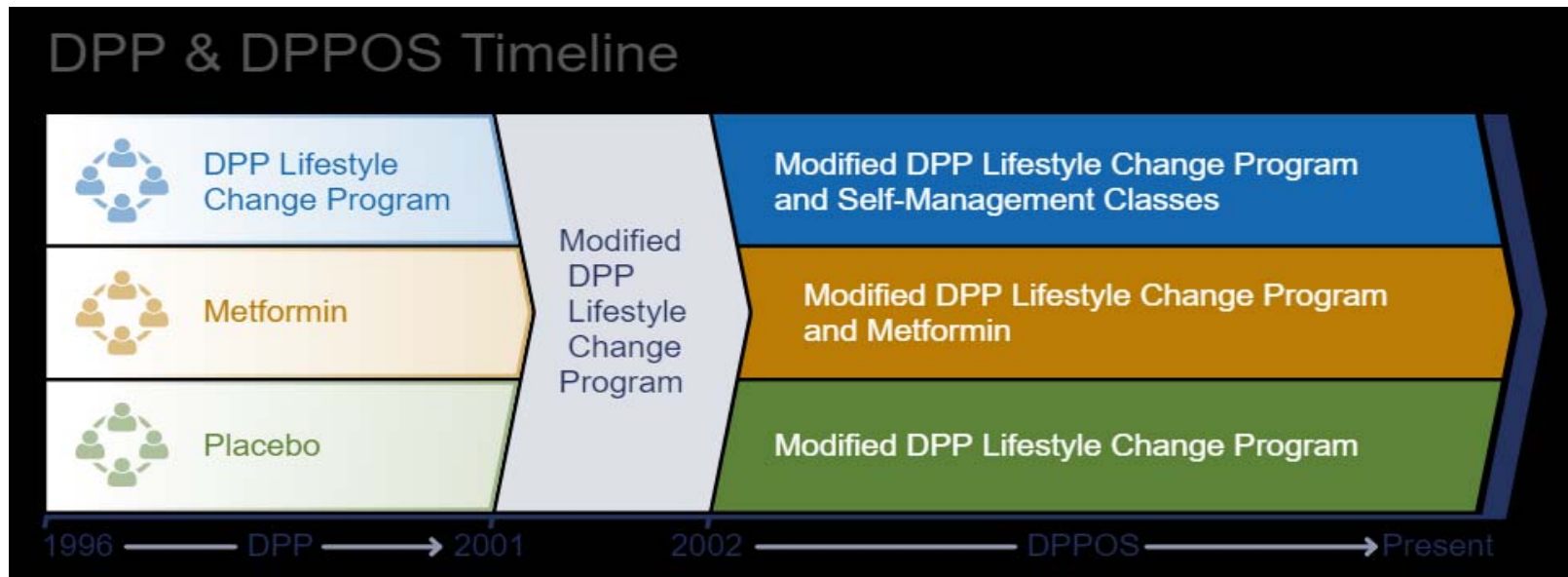
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The Diabetes Prevention Program



- Published 2002 after 2.8 years of study
- “Does a lifestyle intervention or treatment with metformin...prevent or delay the onset of diabetes?”
- Lifestyle intervention lowered the risk for diabetes by 58% (NNT = 7)



Is It Sustainable?



- Diabetes prevention program outcomes study
 - 10 year follow up
 - Published 2009 in the Lancet

- Primary outcome:
 - Decreased rate of developing type 2 diabetes by 34%
 - Decreased rate by 49% in those ages 60 and older
 - Delayed onset by 4 years

- Secondary outcome:
 - Blood pressure
 - Lipids
 - Medication use

Is It Cost Effective?



- Lifestyle intervention cost approximately \$1,100 per QALY
- Savings occurred across all age groups

https://www.cdc.gov/diabetes/prevention/pdf/ama-evidence-supporting-dpp_tag508.pdf

AMA DPP COST SAVING CALCULATOR

Your organization type
Health Care System

Your insured population size (age 18-64)
50000

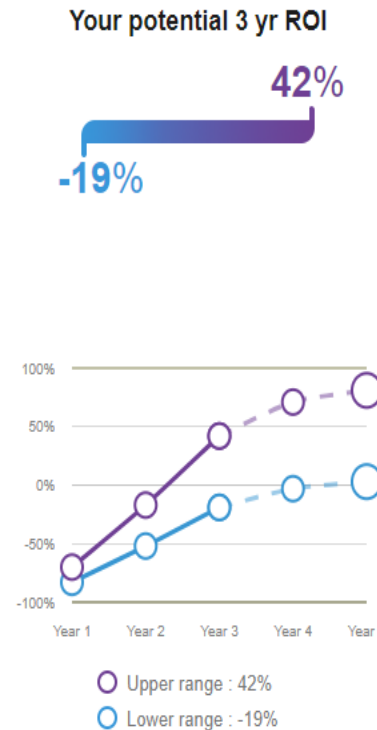
Your cost of program per participant
\$ 450

Prevalence of prediabetes
37%

Your anticipated enrollment
Low range: 10%
High range: 50%

Your anticipated completion
Low range: 40%
High range: 70%

RESET VALUES **CALCULATE**



Your potential 3 yr net savings

\$1,751,849
\$-156,574

For your population:

Potential individuals with prediabetes in your population
18,500

Potential enrollment in DPP
Lower 1,850 9,250 Upper

Potential completion of DPP
Lower 740 6,475 Upper

Potential number of diabetes cases prevented by DPP over 3 years
Lower 107 939 Upper

SEE HOW TO IMPROVE YOUR ROI **DOWNLOAD YOUR RESULTS**

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<https://ama-roi-calculator.appspot.com/>



The Y Launches Project to Test Cost Effectiveness of the YMCA's Diabetes Prevention Program Among Qualifying Medicare Enrollees in 2012

During the 15-month period of the program, Medicare saved \$2,650 for each person enrolled.

CY 2018 PFS Final Rule



- Coverage
 - Began on April 1, 2018
 - Performance based payments based on attendance and weight loss
- Eligible beneficiaries
 - Enrolled in Medicare Part B
 - BMI of 25+ (Asian 23+)
 - One of the following: A1c 5.7-6.4%, FPG 110-125 mg/dL, OGTT 140-199 mg/dL
 - No previous diagnosis of type 1 or type 2 (other than gestational)
 - Do not have ESRD



Diabetes Prevention Program



- Format
 - 16 weeks of weekly group sessions lasting 1 hour
 - Monthly group sessions for the remaining 36 weeks
 - Available in person or online

- Goals for 1st 16 weeks
 - 7% weight loss
 - 150 minutes physical activity per week



Skill Building



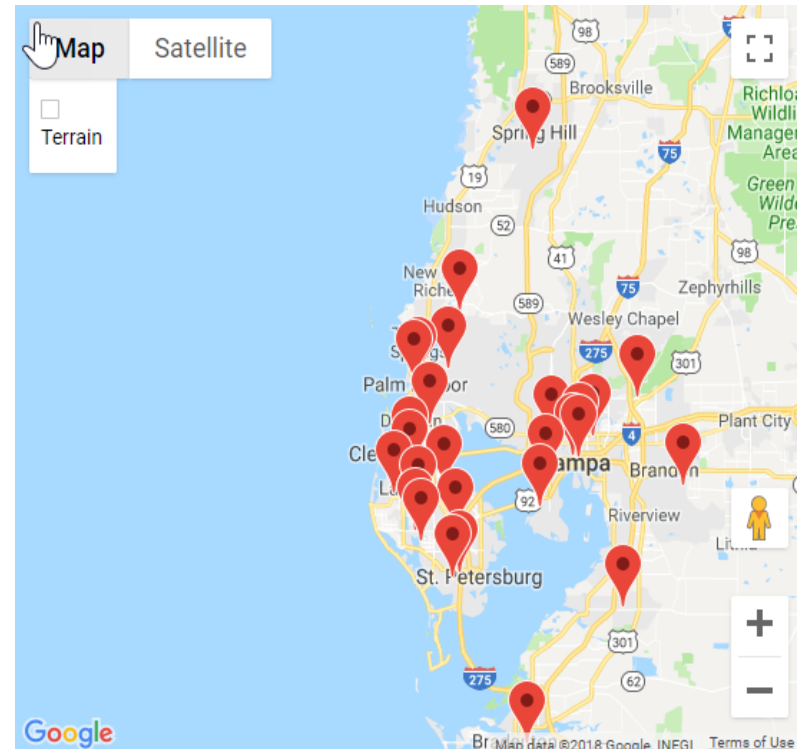
- How to read labels
- Measuring and weighing
- Exercise that counts
- Handling the plateau
- Coping with friends, family, coworkers, and food
- Eating out
- Managing stress and motivation



Locations



- Healthcare clinics
- Community-based organizations
- Faith-based organizations
- Pharmacies
- Wellness centers
- Worksites
- Cooperative extension offices
- University-based continuing education programs



Suzi Gomez, 53, Program Participant

“I prevent type 2 diabetes so I can keep traveling, taking pictures and enjoying my family the rest of my life”



<https://www.cdc.gov/diabetes/ndpp/videos/Suzy2.mp4>

How to Refer



THE AMA AND CDC URGE YOU TO:



SCREEN

patients for prediabetes using the CDC Prediabetes Screening Test (or the American Diabetes Association Diabetes Risk Test)



TEST

patients for prediabetes using one of three blood tests



ACT TODAY

to help prevent diabetes by referring patients with prediabetes to a [diabetes prevention program](#)

- Screen: Use a checklist to determine risk
- Test: check an A1c or FBG
- Act: Refer at the visit or through retrospective reviews

<https://preventdiabetesstat.org/index.html>

Prevent Diabetes **STAT**

Screen / Test / Act Today™

84 MILLION AMERICAN ADULTS HAVE PREDIABETES

9 OUT OF **10** PEOPLE WITH PREDIABETES DON'T KNOW THEY HAVE IT.*

- Diabetes is costly and can be prevented
- The Diabetes Prevention Program is an effective and affordable option
- Referral is easy

References



- American Medical Association. (2018). Prediabetes. Retrieved August 16, 2018, from Prevent Diabetes STAT: <https://preventdiabetesstat.org/index.html>
- Centers for Disease Control and Prevention. (2018, August 10). National Diabetes Prevention Program. Retrieved August 16, 2018, from Centers for Disease Control and Prevention: <https://www.cdc.gov/diabetes/prevention/index.html>
- Diabetes Prevention Program Research Group. (2002). Reduction in the Incidence of Type 2 Diabetes with Lifestyle Intervention or Metformin. *NEJM*, 346, 393-403.
- Diabetes Prevention Program Research Group. (2009). 10-year follow-up of diabetes incidence and weight loss in the Diabetes Prevention Program Outcomes Study. *The Lancet*, 374(9702), 1677-1686.

Question



- Susan is a 67-year-old woman who presents to your office for her yearly physical. She does not have any complaints. She continues to work at an office job 3 days a week. She enjoys going out with friends for lunch on her off days.
- You do a physical exam and find that her BMI is 33 and her BP is 145/85. It is otherwise normal.
- You review her blood work and her fasting glucose is 111.
- You discuss her blood work and her blood pressure with her. She is not interested in taking medication, but she is worried about her sugar. You decide to discuss the diabetes prevention program. You tell her that participating in this program will reduce her likelihood of developing diabetes in the next 3 years by:
 - A. 58%
 - B. 36%
 - C. 27%
 - D. 71%

Question



- Susan is a 67-year-old woman who presents to your office for her yearly physical. She does not have any complaints. She continues to work at an office job 3 days a week. She enjoys going out with friends for lunch on her off days.
- You do a physical exam and find that her BMI is 33 and her BP is 145/85. It is otherwise normal.
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