

Improving Diabetes Prevention and Self-Management

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Disclosure

The content of this presentation does not relate to any product of a commercial interest. Therefore, there are no relevant financial relationships to disclose.

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Highlighting NDPP

Answering your questions

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Stephens Memorial Hospital, Norway, Maine

Diabetes Educator
Master Trainer *Select*, National Diabetes Prevention Program
Lifestyle Coach National Diabetes Prevention Program

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Highlighting DSMES

Answering your questions

Betty Ann Sirois, MSN, RN, CDE
Stephens Memorial Hospital, Norway, Maine

Diabetes Education Services Program and Quality Coordinator
Lifestyle Coach National Diabetes Prevention Program

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Agenda

- Overview of DPCP
- Burden of Diabetes in Maine
- Status of the National Diabetes Prevention Program in Maine
- Status of Diabetes Self-Management Education and Support in Maine
- US CDC Grant DP-1815 work
- PDEP

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Diabetes Prevention and Control Program

- State of Maine - DHHS - Maine CDC - Division of Disease Prevention
- Chronic Disease Prevention and Control Program, Nona Tsotseria
 - Diabetes Prevention and Control Program team
 - » Feargal Semple, Diabetes Prevention Coordinator
 - » Louise Ingraham, Diabetes Education Specialist
 - » Judy Angsten, Office Associate II
- Our Mission is
 - To promote excellence in diabetes prevention and care
 - To increase access to prevention and care
 - To support and promote efficient and effective health care

For the people of Maine

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Burden of Diabetes in Maine

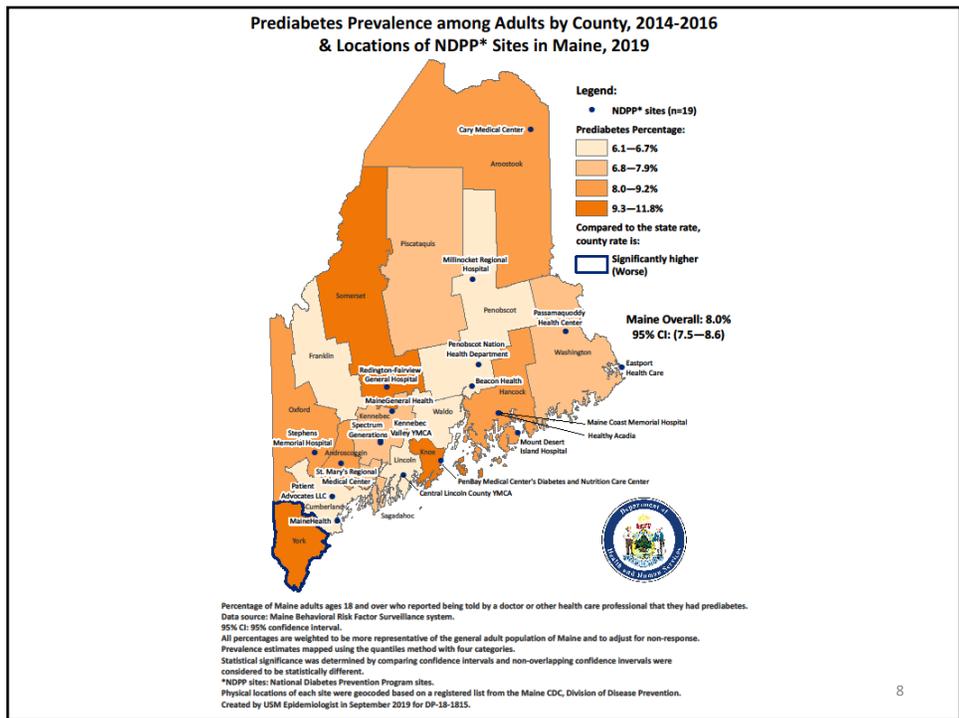
- **11.5%** of adults have diabetes (about 142,000) – the tip of the iceberg
 - 36,000 don't know they have it
- **36.2%** of adults have prediabetes (about 386,000)
 - Most don't know they have it
- **\$1 billion** direct medical expenses for diabetes in 2017 (\$16,750 per person per year)
 - Poorly managed diabetes can lead to:

heart attack/stroke	blindness
kidney failure	amputation
- **\$370 million** indirect costs
 - lost productivity due to diabetes

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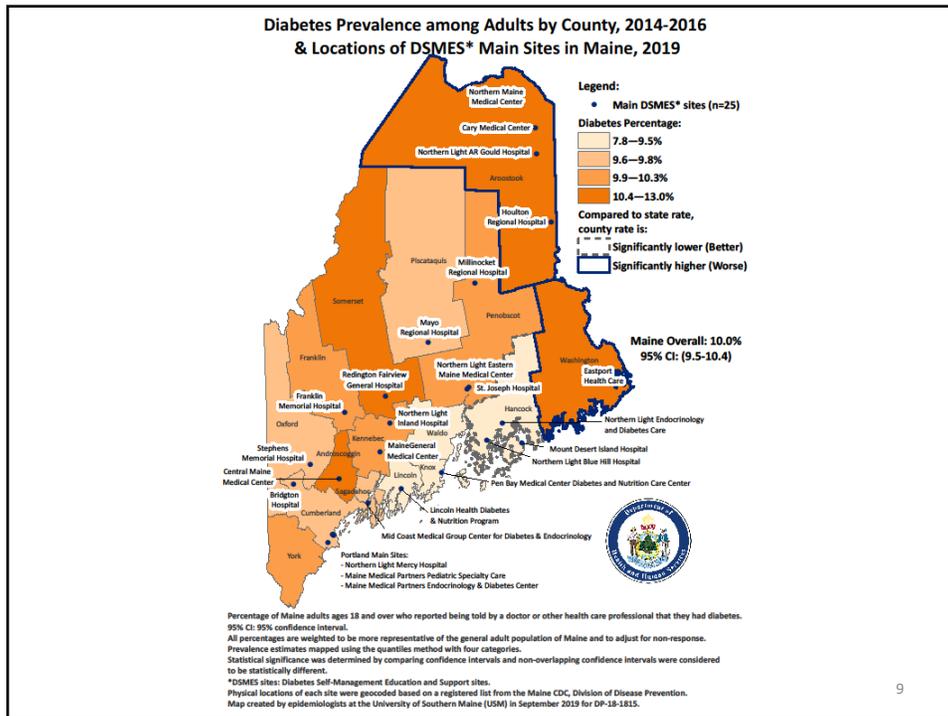
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National Diabetes Prevention Program

- The National DPP is a 12-month lifestyle change program that helps people with prediabetes or at risk for prediabetes learn to eat healthier and become more physically active.
- Each group meets weekly to cover the first 16 sessions within the first 6 months, then at least monthly for the rest of the year.
- A specially trained lifestyle coach leads a small group of participants through an evidence-based curriculum.
- Goal: participants lose 5-7% of their starting weight and get at least 150 minutes activity weekly to reduce the risk of type 2 diabetes by nearly 60%.
- National DPP sites meet recognition standards developed by the US CDC Diabetes Prevention Recognition Program (DPRP).

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Status of the National Diabetes Prevention Program in Maine

Nationally

- 1,520 recognized organizations
- 34% have full recognition
- 400,416 participants enrolled since 2012
- 4.2% average participant weight loss
- 41% of organizations meet 5% weight loss goal

Maine

- 19 recognized organizations
- 63% have full recognition
- 3,036 participants enrolled since 2012
- 6.7% average participant weight loss
- 79% of organizations meet 5% weight loss goal

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Locations of NDPP* Sites in Maine Counties, 2019



*NDPP sites: National Diabetes Prevention Program sites. Physical locations of each site were geocoded based on a registered list from the Maine CDC, Division of Disease Prevention. Created by USM Epidemiologist in September 2019 for DP-18-1815.

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National DPP Barrier Survey

- Deployed September 9, 2019
- Survey closed September 27, 2019
- Results expected by December 31, 2019

THANKS !!

To all Diabetes Action Alliance of Maine (DAAM) members who contributed to development of these surveys!!

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Status of Diabetes Self-Management Education and Support in Maine

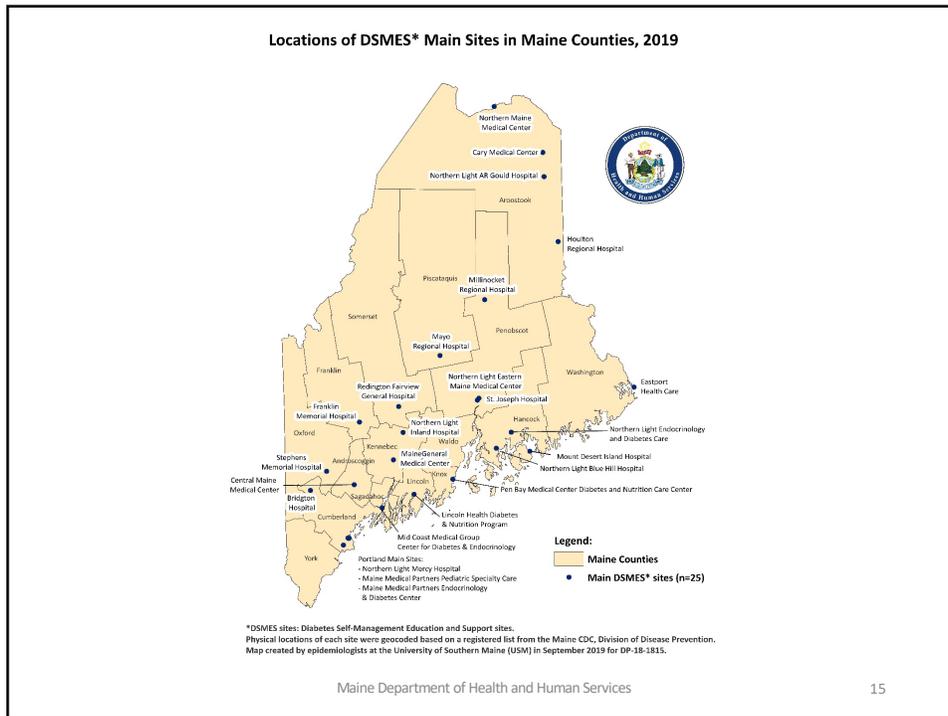
Diabetes Self-Management Education and Support (DSMES)

- Evidence-based program for people with diabetes
- Maine law requires all individual health policies and contracts to provide DSMES as a covered benefit
- 10 contact hours available (Year 1)

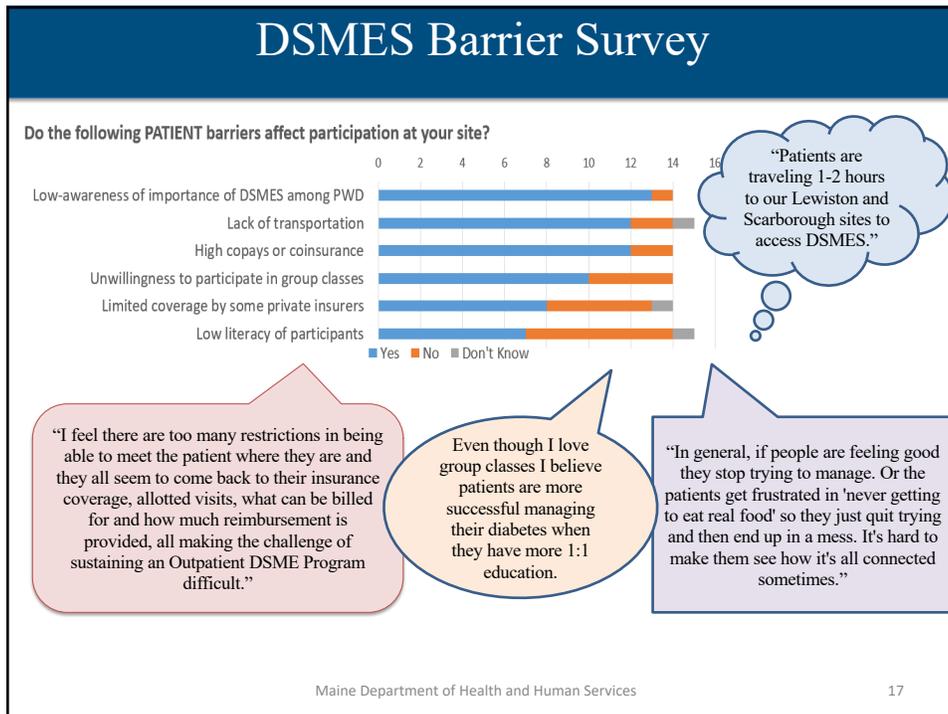
Maine Statistics (2018)

- 24 programs
- 7025 patient encounters

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1815 Grant Work

- Increase enrollment in National DPP and Diabetes Self-Management Education and Support
 - Increase screening and referrals
 - Promote new programs in underserved areas
 - Increase awareness
- Increase National Diabetes Prevention Program as a covered benefit
 - Work with payers and employers
- Technical assistance
- Professional Diabetes Educator Program

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Professional Diabetes Educator Program

- DPCP ensures that DSMES services around the state meet national standards and are eligible for reimbursement under state law
- The Professional Diabetes Educator Program (PDEP) trains new diabetes educators at DSMES sites
 - Basics of diabetes and its management
 - Methods to reach adult learners
 - Overview of managing DSMES services
- Next training: **December 5th & 6th, 2019** in Augusta

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Questions?

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Thank You



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