

Assessment and Key Insights for the Virginia Diabetes Prevention Strategic Plan

*Virginia Center for Diabetes Prevention
and Education*

Who is the Virginia Center for Diabetes Prevention and Education?

- Also known as VCDPE
- Our website: <https://med.virginia.edu/vcdpe>
- Located at the University of Virginia
- State funded since 1987
- Mission: *improve quality and accessibility of care for persons at risk for and with diabetes*

Assessment of Diabetes Prevention Programs and Services in Virginia

- VCDPE contracted with the VDH Chronic Disease Unit in 2016
- Tasked to conduct formal assessment of status of diabetes prevention programs in Virginia and develop Strategic Plan
- Project Team Members
 - Joyce Green Pastors, MS, RD, CDE
 - Hope Warshaw, MMSc, RD, CDE
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Formative Research

- Completed 47 interviews with key stakeholder groups from March-June 2016
 - National programs and agencies with DPPs
 - 1422 grant-funded health districts
 - DPP CDC-pending recognition sites in Virginia
 - DPP increased capacity funding from VDH
 - Persons with Prediabetes
 - Health Care Systems
 - Health Care Organizations
 - Health Plans or Payers
 - Large Employers

National Programs and Agencies

- Omada Health
- Jenny Craig and Weight Watcher's
- American Association of Diabetes Educators (AADE)
- State Health Departments/Advisory Councils
 - Colorado
 - Kentucky
 - Montana
 - North Carolina
 - Florida

Virginia 1422-Funded Health Districts

- Crater
- Lord Fairfax
- Portsmouth
- Prince William
- West Piedmont

CDC-Pending Recognition Sites in Virginia

- Bon Secours Health System (Hampton Roads)
- Center for Healthy Hearts (Richmond)
- Omnicity
- Prince William Health District
- YMCA – Virginia State Alliance

Growth of CDC-Pending Recognition Sites in Virginia

- Increase 8 to 16 sites since January 2016
 - 4 Free Clinics
 - 3 Health Systems
 - 2 YMCA's
 - 2 Health District-related
 - 1 FQHC
 - 1 Employer-based
 - 1 Virginia Cooperative Extension
 - 1 Native American Non-Profit
 - 1 Black Women's Health Imperative

DPP Increased Capacity Funding from VDH

- Augusta Health
- UVA Health System
- People's Diabetes Clinic and Pharmacy
- Sentara Rockingham Memorial Hospital

Persons with Prediabetes

- Omada Health
- Lose Well with Albemarle County
- YMCA of Virginia

Virginia Health Care Systems

- Sentara Healthcare
- Novant Health
- INOVA Health System

Virginia-Based Health Care Organizations

- Area Agencies on Aging (AAA)/
Department of Aging and Rehabilitative
Services (DARS)
- VHQC (formally known as Virginia Health
Quality Center)
- Medical Society of Virginia

Payers and Purchasers

- Payers=Health Plans
 - Anthem Blue Cross and Blue Shield
 - Optima
 - Coventry Cares of Virginia/Aetna
- Purchasers=Employers
 - Fairfax County and Public Schools
 - City of Virginia Beach and Public Schools
 - University of Virginia
 - Bon Secours Health System
 - Huntington Ingalls
 - KVAT Food Stores

The Interview Process

- Background and logistics of DPP
- Staff and training
- Champions/leaders
- Partnerships
- Marketing
- Funding/reimbursement
- Challenges
- Successes
- Future goals/sustainability

Key Insights



National Stakeholders

- Relationships and communication!
- Involvement of legislators
- State champion(s)
- Create, utilize partnerships
- National model of coverage by state employee health plans
- State diabetes advisory council

Virginia 1422-Funded Health Districts

- Variation in implementation of DPP, use of funding, timelines, partnerships
- Partnerships created with YMCA's, Cooperative Extension, Area Agencies on Aging (AAA)
- Need for statewide leadership and coordination

CDC-Pending Recognition Sites in Virginia

- YMCA Virginia State Alliance successful in spread of DPPs in Virginia
- Bon Secours was first health system to implement DPP, receive CDC-pending recognition, and reimburse through self-insured health plan
- Free Clinics are a good community model for DPP implementation

DPP Increased Capacity Funding from VDH

- Diabetes self-management education (DSME) program staff not familiar with CDC's NDPP and DPRP; focus on DSME recognition
- Explore partnerships between hospital/community-based programs
- Large employers with self-insured health plans provide a good opportunity for DPP implementation

Persons with Prediabetes

- Not referred by their health care provider; found programs on their own
- Enrolled in a variety of programs – employer-based, online, YMCA
- Participants struggled with DPP structure – time commitment and program requirements (attendance, tracking, physical activity, weight loss)

Virginia Health Care Systems

- DSMES programs serving people with prediabetes within program or as separate information sessions
- Need greater familiarity on CDC-DPRP process, elements of DPP research, translational evidence
- Need greater familiarity with AADE's CDC grant, findings and programs
- Obtaining Lifestyle Coach Training
- Need greater support from senior leadership to deliver DPP
- Time/staff commitment to implement DPP
- Reimbursement concerns

Virginia-Based Health Care Organizations

- Organizations interviewed have historically used the Stanford Chronic Disease Program, not the CDC NDPP
- Good spread in Virginia
- Program is free
- Sustainability difficult without partnerships or continued grant funding
- Perceived competition between programs

Payers (Health Plans)

- Challenges are competing requirements – integration of technology, time, resources
- Affordable Care Act (ACA) has brought more focus on prevention
- Reimbursement could be increased with partnerships and additional data on effectiveness

Purchasers (Employers)

- Most employers interviewed were self-insured
- Offer screening for both prediabetes and diabetes
- Provide online education/resources, discounts, health coaching and incentives
- Self-insured plans provide more intensive and engaging programs around weight management and healthy eating; provide good opportunities for DPP implementation

States with DPP Coverage for State Employees

State	Number	Individuals Covered
Colorado	31,000	Employees
Kentucky	264,000	Employees/retirees/dependents
Washington	350,000	Employees/retirees/dependents
Minnesota	90,000	Employees/dependents
Maine	30,000	Employees/dependents
North Carolina	TBD	Employees/dependents
Ohio	73,703	Employees/dependents
Louisiana	180,000	Employees/dependents
New Hampshire	28,669	Employees/dependents/retirees
New York	TBD	Employees
Rhode Island	~9,000	State employees

Summary

- Virginia Diabetes Prevention Strategic Plan will be available by end of 2016/January 2017
- The plan will incorporate priorities and action steps from State Engagement Meeting
- Made available on VDH, VCDPE, and Virginia Diabetes Council (VDC) websites
- All meeting attendees and other key stakeholders will receive links to the plan!