Bringing the National Diabetes Prevention Program to New Hampshire

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Objectives

• Discuss the public health burden of diabetes and prediabetes
• Discuss the National Diabetes Prevention Program
• Discuss prediabetes awareness campaigns and the role of Wellness Coordinators in raising awareness
• Develop strategies to raise awareness of prediabetes and refer to National Diabetes Prevention Program
Background

• **Diabetes mellitus** is a group of diseases marked by high levels of blood glucose
  – Type 1 – genetic, autoimmune
  – Type 2 (90-95% of all cases)
  – Gestational – affects ~ 7% all pregnancies, 5-10% develop T2DM immediately after, 40-60% chance develop T2DM within 5-10 yrs
  – Other (related to meds, infection, etc.)

CDC – Fact Sheet 2011
Diabetes and prediabetes in the United States

**Diabetes: 29.1 million***
- 21 million diagnosed
- 9.3% total US population
- 8.1 million undiagnosed

**Prediabetes**
86 million adults 20+
- Over 90% undiagnosed
- Affects 37% adults
- Over 50% adults 65+

*12.3% of adults 20+
Prediabetes is when your blood sugar is higher than normal, but not high enough for a diabetes diagnosis.
Some Risk Factors include:

- Having diabetes while pregnant (gestational diabetes)
- Having a family history
- Being overweight
- Being 45 years of age or older
- Being physically inactive

Without intervention, **15% to 30%** of people with prediabetes will develop type 2 diabetes within **5 years**.
National Diabetes Prevention Program

• Based on the Diabetes Prevention Program clinical trial
• Reduced risk of developing type 2 diabetes in people with prediabetes by **58% over 3 years**
• Effective in different populations
• Even after **10 years**, participants had **34% lower rate of type 2 diabetes**
• Translated into community model – “**National DPP**”
Nationwide implementation of NDPP could save the U.S. health care system $5.7 billion and prevent about 885,000 future cases of type 2 diabetes......
National Diabetes Prevention Program

A key part of the National DPP is a lifestyle change program that provides:

- A TRAINED LIFESTYLE COACH
- CDC-APPROVED CURRICULUM
- GROUP SUPPORT OVER THE COURSE OF A YEAR

Eligibility

- Current age \( \geq 18 \) years
- Most recent BMI \( \geq 24 \) (\( \geq 22 \) if Asian)

And **one** of the following:

- A **positive lab result** within the last 12 months indicating prediabetes
  - Impaired Fasting Glucose (IFG) = Fasting plasma glucose of 100-125 mg/dl
  - Impaired Glucose Tolerance (IGT) = Oral glucose tolerance test 140-199 mg/dl
  - Hemoglobin A1c = HbA1C 5.7-6.4%

- History of **gestational diabetes**
- **High score** on the diabetes risk test
New Hampshire National Diabetes Prevention Program Locations

1. Catholic Medical Center*
2. Cheshire Medical Center/Dartmouth Hitchcock*
3. Concord Hospital Center for Health Promotion*
4. Franklin Hospital*
5. Good Measures (online)*
6. Huggins Hospital*
7. LRGHealthcare*
8. Newport Health Center*
9. Genevix, Inc. (The Works, a Wentworth-Douglass Hospital Family Health & Fitness Center)*
10. Southern New Hampshire Health System*
11. Upper Connecticut Valley Hospital*
12. YMCA of Greater Nashua

www.preventdiabetesnh.org
What are we doing?

Groups in the National Diabetes Prevention Program are working to:

- Build a workforce that can implement the lifestyle change program cost effectively
- Ensure quality and standardized reporting
- Deliver the lifestyle change program through organizations nationwide
- Increase referrals to and participation in the lifestyle change program
www.preventdiabetesnh.org
NH-Diabetes Prevention Awareness Video

Featuring Dr. Ann Albright (CDC-Director, Division of Diabetes Translation (DDT))

http://studio.mixpo.com/videoad/4DdcepXYECl1Zi2h5CLBA/300x250_expanding_1
Community Health Education Reimbursement Program

Anthem HMO & POS plan members are eligible for the annual $150 Community Health Education Reimbursement Program (CHERP) on classes related to physical activity, nutrition, stress management, weight management, smoking cessation, CPR/First aid, childbirth & parenting education.

For more information about the CHERP benefit or a list of Approved Facilities, call Anthem at 1-800-933-8415 or visit [http://das.nh.gov/hr/health_benefits.html](http://das.nh.gov/hr/health_benefits.html)
State Employees

- **Community Health Education Reimbursement Program (CHERP)**

- National Diabetes Prevention Program @ Work
- Coverage for under 65 retirees
- Medicare coverage for eligible participants
What can you do?

Everyone can play a part in preventing type 2 diabetes

- **RAISE AWARENESS** of prediabetes
- **SHARE INFORMATION** about the National DPP
- **ENCOURAGE PARTICIPATION** in a local lifestyle change program
- **PROMOTE** the National DPP as a covered health benefit
Group Activity

In small groups, brainstorm some ideas to the questions. In 15 minutes, report your ideas back to the group.

1. How can we raise awareness of prediabetes and diabetes prevention among state employees and their families?
2. How can we increase participation in National Diabetes Prevention Programs by state employees and their families?
3. What resources/assistance/training would help you with #1 and #2?