Bringing the National Diabetes Prevention Program to New Hampshire

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Objectives

• Describe the public health significance of diabetes.

• Discuss National Diabetes Prevention Program availability in New Hampshire.

• Develop strategies to raise awareness of prediabetes and refer to National Diabetes Prevention Programs.
Background

• **Diabetes mellitus** is a group of diseases marked by high levels of blood glucose resulting from defects in insulin production, insulin action, or both
  – 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.)

• **Prediabetes** - blood glucose levels that are higher than normal, but not high enough for a diagnosis of diabetes.

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+
Prevalence of diabetes among adults by year, New Hampshire and United States, BRFSS, 2002-2012

Note: prediabetes ~6% with no significant change for years

2011 BRFSS methodology change – cannot compare w/previous years

http://apps.nccd.cdc.gov/brfss/list.asp?cat=CH&yr=2012&qkey=8151&state=All
## Diagnostic Criteria for diabetes/prediabetes

<table>
<thead>
<tr>
<th></th>
<th>Hemoglobin A1c</th>
<th>Fasting Plasma Glucose</th>
<th>Casual Plasma Glucose</th>
<th>Oral Glucose Tolerance Test</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Non-diabetic</strong></td>
<td></td>
<td></td>
<td></td>
<td>2hPG (two-hour plasma glucose) &lt; 140 mg/dL</td>
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<tr>
<td></td>
<td>&lt; 5.7 %</td>
<td>FPG &lt; 100 mg/dL</td>
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<tr>
<td><strong>Prediabetes</strong></td>
<td>5.7% to 6.4%</td>
<td>FPG 100 to 125 mg/dL</td>
<td>----</td>
<td>2hPG 140 to 199 mg/dL</td>
</tr>
<tr>
<td><strong>Diabetes</strong></td>
<td>≥ 6.5%</td>
<td>FPG ≥ 126 mg/dL</td>
<td>Casual plasma glucose ≥ 200 mg/dL plus symptoms</td>
<td>2hPG ≥ 200 mg/dL</td>
</tr>
</tbody>
</table>

**The above criteria is for non-pregnant adults**
Risk factors for type 2 diabetes

Start testing @ 45 years If normal, repeat at least every three years.

Testing should be considered at a younger age, or be carried out more frequently, in individuals who are overweight (BMI ≥25 kg/m²)* and have one or more additional risk factors

- Physical inactivity
- First degree relative with diabetes
- Race (African American, Latino, Native American, Asian American, Pacific Islander)
- Baby weighing > 9 lb. or GDM
- Hypertension
- Low HDL, high triglycerides
- Have other clinical conditions associated with insulin resistance (PCOS, etc.)
- Prediabetes
- History of cardiovascular disease
Prediabetes is more than a touch of sugar!

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

Kidney Disease
Heart Disease
Stroke
National Diabetes Prevention Program

- Based on the Diabetes Prevention Program clinical trial
- Reduced risk of developing type 2 diabetes in subjects with prediabetes by 58% over 3 years
- Translated into community model – “National DPP”
- Partnership – CDC, YMCA, UnitedHealth Group
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

NDPP is an Evidence-Based Program
• Proven to prevent or delay the development of type 2 diabetes in adults with prediabetes
• Group setting with a trained lifestyle coach
• Focus on nutrition, physical activity, weight loss, stress management
• 16 weeks x 1 hour per week, followed by 1x/month for up to one year

Eligibility:
• Documented blood test indicating prediabetes
• Score high on the risk test administered by the program site
• Self-reported history of gestational diabetes

Where can I find a program?
• CDC Registry www.cdc.gov/diabetes/prevention/
• YMCA Registry http://www.ymca.net/diabetes-prevention/participating-ys.html
• Contact Marisa Lara marisa.lara@dhhs.state.nh.us
National Diabetes Prevention Program (NDPP)

How much does it cost? .....It varies by site

• State of New Hampshire Employee Community Health Education Reimbursement Program (CHERP) provides $150 per subscriber/year for health education

• Site offering the education program must be on the approved vendor list

• Most hospitals are on the vendor list
• http://www.anthem.com/shared/nh/f4/s0/t0/pw_039532.pdf?refer=ahpfooter

• Concord Hospital is on the list and offers NDPP!
• NDPP – covered under “nutrition education” on CHERP form
Note: To be reimbursed, member can only miss one class per series.
Upcoming NDPPs in NH

Concord Hospital Center for Health Promotion

Summer program:
• Monday, May 4
• Noon-1pm

Fall program:
• Wednesday September 16
• 5:30-6:30

Cost: $99
Contact: 230-7300
Concordhospital.org.classes/events

Greater Nashua YMCA

• Tuesday, May 19
• 5:45 to 6:45

Contact: Maegan Demers
mdemers@nhymca.org
“Our management saw it as an important program with national accreditation, and wanted to offer it to the community as part of our curriculum at the Concord Hospital Center for Health Promotion.”

“There are a lot of home-grown, individualized programs out there. Diabetes is a confusing disease. Non-standardized curricula add to the confusion that is already out there. The CDC curriculum provides a standard educational module that simplifies such a complicated condition. There is huge value in that.”

Jason Aziz, MS, CSCS
Concord Hospital
National Diabetes Prevention Program Lifestyle Coach
Group Activity

In small groups, brainstorm some ideas to the questions. In 15 minutes, report you 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?