The CDC National Diabetes Prevention Program

Program Overview of the Diabetes Prevention Recognition Program (DPRP)

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Overview of the National DPP and DPRP
Overview of the National DPP

1. The core of the National DPP is a CDC-recognized, yearlong lifestyle change program that offers participants:

   - A trained lifestyle coach
   - CDC-approved curriculum
   - Group support over the course of a year

2. To successfully implement these lifestyle change programs, the National DPP relies upon a variety of public-private partnerships, including community organizations, private insurers, employers, health care organizations, faith-based organizations, and government agencies. Together, these organizations work to:

   - Build a workforce that can implement the lifestyle change program 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.cdc.gov/diabetes/prevention/index.html
Overview of the DPRP

Mission:
The DPRP ensures quality and fidelity to scientific evidence by recognizing organizations that meet the standards required to deliver effective lifestyle change programs.

MAJOR ROLES

Quality Standards
- Standards development and revision (per scientific advances and stakeholder feedback)
- Translation of standards to organizations/stakeholders
- Outcome Measures

Technical Assistance
- Assistance with the recognition process

Registry of Organizations
- Updating based on organizations’ recognition level
National Registry of All Recognized Organizations

The national registry of recognized diabetes prevention programs lists contact information for all CDC-recognized organizations that deliver evidence-based type 2 diabetes prevention programs in communities across the United States. All of these programs have agreed to use a CDC-approved curriculum that meets the duration, intensity, and reporting requirements described in the DPRP Standards. Full recognition means that a program has demonstrated effectiveness by achieving all of the performance criteria detailed in the DPRP Standards.

https://nccd.cdc.gov/DDT_DPRP/Registry.aspx
Find a Class Location Near You

Diabetes Prevention Recognition Program
- Find a Class Location Near You

Use the online tool at the url shown below to find a diabetes prevention program near where you live or work.

https://nccd.cdc.gov/DDT_DPRP/Programs.aspx
Benefits of Recognition
What Are the Benefits of Recognition?

**Quality**
Linked to national quality standards and outcomes that prevent/delay type 2 diabetes

**Data**
Ability to monitor progress by program and across the nation

**Sustainability/Reimbursement**
Ability to meet requirements of private and public payers reimbursing for the program

**Support**
Access to technical assistance, training, and resources

**Marketing**
An effective marketing tool to encourage referrals

“Our program meets CDC national quality standards.”
Getting Started
How Will You Be Successful?

» Must have the capacity and commitment to deliver the program for at least 1 year (at least 16 sessions in the first 6 months and at least 6 sessions in the last 6 months).

» Must use a CDC-approved curriculum.

» Must submit a completed application to the CDC.

» Must be able to begin offering the lifestyle change program within 6 months of receiving approval from CDC.
Organizational Capacity Assessment

Appendix A of the 2015 DPRP Standards: Organizational Capacity Assessment

» Have you and your organization’s leadership read the CDC DPRP Standards and Operating Procedures?
» Does your organization agree to comply with each of the CDC DPRP Standards and Operating Procedures?
» Does your organization’s leadership support submission of this application for CDC DPRP recognition?
» Does your organization have staff with the knowledge, skills, and qualities listed in Appendix C of the DPRP Standards?
» Does your organization have a plan for training staff to:
  ▪ Deliver an approved lifestyle change program that includes the required content?
  ▪ Comply with federal, state, and/or local laws governing individual-level identifiable data including laws related to data collection, storage, use, and disclosure?
» Does your organization have staff with the knowledge, skills, and tools needed to collect and submit the required DPRP Evaluation Data Elements using a comma-separated value format to the CDC DPRP every 12 months?
» Does your organization have access to a large number of individuals at high risk for type 2 diabetes?
» Does your organization have the ability to recruit and enroll a sufficient number of eligible individuals to maintain and perpetuate the program?
» Does your organization have a plan to sustain the lifestyle change program without federal, state or local government grant funds long term?
CDC-approved Curriculum

» The lifestyle change program should be based on content within the DPRP Standards.

» As of March 2016, the new PreventT2 Curriculum is publicly available for use.

» The 2012 National DPP curriculum is also still available for use.

» Other CDC-approved curricula are available.

» If you plan to submit an alternate curriculum, you must submit it with your application and allow 4–6 weeks for review.
DPRP Application Submission

  - Must be able to provide the name of a Program Coordinator (a secondary contact is recommended, as well as the name of the person responsible for preparing your data).
  - Must indicate your type of program delivery: in-person, virtual (online), or other (includes combination and distance learning).
Offering the lifestyle change program

» Understand participant eligibility
  ▪ Must be 18 years of age or older and not pregnant at time of enrollment.
  ▪ Body mass index (BMI) of ≥25 kg/m^2 (≥23 kg/m^2, if Asian American).*
  ▪ Must have either a prediabetes diagnosis based on a recent blood test (within the last year) or claim code indicating prediabetes, a positive screening based on the CDC or ADA risk test, or a clinical diagnosis of GDM during a previous pregnancy (may be self-reported).
  ▪ Must not have a previous diagnosis of type 1 or type 2 diabetes prior to enrollment.

» Understand the intensity and duration of the program.
  ▪ Minimum 16 weekly sessions in months 1-6.
  ▪ Minimum 6 monthly sessions in months 7-12.

» Understand how to enter, monitor, and submit data.

» Understand how CDC evaluates for progress against the requirements listed in the current DPRP Standards.

* Change being proposed for 2018
Proposed Categories of Recognition
The DPRP will award three categories of recognition

» Pending

» Preliminary
  ▪ New recognition status that aligns with the CMS proposed MDPP benefit rule.

» Full
Pending

» Must meet Standards requirements 1-4.
  ▪ Submit an application for recognition.
  ▪ Use a CDC-approved curriculum.
  ▪ Agree to the intervention duration.
  ▪ Agree to the intervention intensity.

» May remain in Pending status for up to 36 months.
  ▪ Can achieve Preliminary during this period.
  ▪ Can achieve Full during this period without going through Preliminary first.
  ▪ Failure to achieve Preliminary or Full during this period will result in a loss of recognition and mandatory 12 month waiting period before reapplying.

» Must submit the required data every 6 months.
New recognition status using an attendance-based requirement aligning with the MDPP benefit.

- Attendance drives weight loss.
- Acknowledges organizations that are in a good position to achieve Full recognition.
- Data driven – internal analysis indicates that 80-85% of all current CDC-recognized organizations would achieve Preliminary using the proposed requirement.
Preliminary

» Required to become a new Medicare DPP supplier if not in Full recognition status now.

» Must have been in Pending for at least 12 months.

» Must have submitted a full 12 months of data on at least one completed cohort.

» Must meet Standards requirement 5:

  ▪ At least 60% of participants attended at least 9 sessions in months 1-6, and at least 60% attended at least 3 sessions in months 7-12; must be a minimum of 5 participants.

  ▷ Based on participants who attended at least 3 sessions in the first six months and whose time from first session attended to last session attended was at least 9 months.
Preliminary

» May remain in Preliminary status for up to 24 months.
» Must submit the required data every 6 months.
» Must achieve Full recognition within 24 months or return to Pending.
  ▪ Cannot remain in Pending a second time for more than 12 months.
  ▪ Must achieve Full recognition within 12 months or be withdrawn and will need to wait 12 months before reapplying.
Full

» Required to become a Medicare DPP supplier after the 24 months of Preliminary expires.

» Must have been in Pending for at least 12 months.

» Must have submitted 12 months of data on at least one completed cohort.

» Must meet requirement 5 for Preliminary status.

» Must meet requirements 6-9:
  ▪ Based on participants who attended at least 3 sessions in the first six months and whose time from first session attended to last session attended was at least 9 months; must be a minimum of 5 participants.
A yearlong cohort of participants must have body weight documented during at least 80% of the sessions (requirement 6).

A yearlong cohort of participants must have physical activity minutes documented during at least 60% of the sessions (requirement 7).

The average weight loss across all participants in the yearlong cohort must be a minimum of 5% of “starting” body weight (requirement 8).

A minimum of 50% of all participants in a cohort must be eligible for the lifestyle change program based on either a blood test indicating prediabetes or a history of GDM (requirement 9).
Full

- May remain in Full status for up to 24 months without meeting each requirement for Full.
- Must submit the required data every 6 months.
- Must re-achieve Full recognition within 24 months or return to Pending or Preliminary (depending on requirements met).
  - Cannot remain in Pending or Preliminary status a second time for more than 12 months.
  - Must achieve Full recognition within 12 months or be withdrawn and will need to wait 12 months before reapplying.
Strategies for Success
Session Attendance

» Consider offering a “Session 0” or Intro Session.

» Emphasize to participants that the program is 12 months, and that they must attend sessions during months 7–12.

» Consider incorporating nonbinding, written participant agreements to maintain attendance throughout the program.

» Consider increasing the number of sessions offered.

  ▪ An increased number of sessions—and greater attendance—helps strengthen the relationships among participants.

  ▪ Offering sessions twice a month in months 6–7 can ease the transition to monthly sessions.

  ▪ Programs that offer more than one session per month during months 7–12 report higher session attendance.
Program Eligibility Requirement

- Participants entering the program solely based on a positive risk test score are encouraged to follow up with their health care provider. Prediabetes determination reflected in the data can change as a person moves through the program.

- Outreach efforts to the clinical community are encouraged to facilitate program awareness and increase referrals.

- Consider collaborating with your state health department for technical assistance with clinical outreach.
Documentation of Body Weight

- Documentation of body weight for all participants at all sessions is required.
- Review logistics to ensure that session weigh-ins are performed in a private, confidential area, or that a Bluetooth-enabled scale is used in virtual programs.
- Emphasize to participants the proven relationship between tracking body weight and achieving and maintaining weight loss.
Documentation of Physical Activity Minutes

» Emphasize the importance of tracking minutes through the 12-month program.

» Check participant physical activity logs to assess the number of weekly physical activity minutes being recorded.

  - A total of 150 minutes of moderate physical activity per week is recommended.

» Emphasize to participants that there is a positive relationship between documentation and success in meeting physical activity and weight loss goals.
Monitoring Data

» Helps identify participants who may be experiencing significant challenges.

» Helps to better understand progress on meeting the requirements.

» Helps know where to modify program implementation to improve outcomes.
DPRP Technical Assistance
DPRP Technical Assistance

» The DPRP Team is available to answer questions submitted to dprpAsk@cdc.gov.

» Scheduled webinars are offered routinely.
  ▪ Orientation
  ▪ Data Entry/Submission

» Special webinars offered when program changes are proposed/made.

» CDC website provides many resources for organizations: https://www.cdc.gov/diabetes/prevention/lifestyle-program/index.html.
Welcome to the DPRP!

Thank you for your interest in the Diabetes Prevention Recognition Program

We are here to help!
Please submit questions to dprpAsk@cdc.gov

For more information, please contact:
Centers for Disease Control and Prevention
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The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.