

Partnering to Prevent Diabetes in West Virginia: Diabetes Prevention Programs in Hospitals September 2017

Public Health Problem

In West Virginia, more than two-thirds of adults are either overweight or obese, the highest prevalence in the nation. This dramatically impacts everyone, leading to high rates of chronic diseases like type 2 diabetes, heart disease, and some cancers. The West Virginia Department of Health and Human Resources, Bureau for Public Health is dedicated to reducing rates of obesity and chronic disease. One of the ways the Bureau seeks to reduce rates of type 2 diabetes is by promoting the National Diabetes Prevention Program (NDPP).

Healthy People 2020 Objectives

- **D-1** Reduce the annual number of new cases of diagnosed diabetes in the population
- **D-16** Increase prevention behaviors in persons at high risk for diabetes with prediabetes
 - **D-16.1** Increase the proportion of persons at high risk for diabetes with prediabetes who report increasing their levels of physical activity
 - **D-16.2** Increase the proportion of persons at high risk for diabetes with prediabetes who report trying to lose weight
 - **D-16.3** Increase the proportion of persons at high risk for diabetes with prediabetes who report reducing the amount of fat or calories in their diet

Intervention

The NDPP is an intensive, lifestyle change program for adults at risk for developing type 2 diabetes. Studies show that modest weight loss can reduce the risk of developing type 2 diabetes by 58%. The NDPP is delivered in a group setting and encourages participants to lose between 5-7% of their body weight through moderate increases of physical activity and improved nutrition. The Bureau's Division of Health Promotion and Chronic Disease (HPCD) received support to expand the NDPP from the Preventive Health and Health Services Block Grant. This support allowed the NDPP to be implemented in four health systems in West Virginia.

The project's leaders approached hospitals to implement the NDPP with their employees and/or the surrounding community. Funds were used to cover leader and participant materials for activity recording and reporting, plus promotion of the program through various marketing outlets.

Impact

As part of this project, four hospitals implemented the program; two with their employees and two with employees and the surrounding communities.

Berkeley County Health Department partnered with Shenandoah Valley Medical Center implemented media strategies using radio and print advertising. They leveraged 100 Medicaid scholarships as well as 60 private pay scholarships for NDPP participants.

Charleston Area Medical Center (CAMC), one of the largest hospital systems in West Virginia, submitted a return on investment report showing \$1.6 million dollars in direct savings and \$1.3 million dollars in cost savings through implementing the NDPP. As a result, CAMC's Chief Executive Officer increased the wellness budget by \$50,000 over the next two years.

Randolph-Elkins Health Department partnered with Davis Medical Systems to implement classes. They leveraged YMCA memberships for participants who maintained attendance in the program.

St. Francis Hospital implemented two programs with employees.

The Division of Health Promotion and Chronic Disease hopes to further expand the NDPP through demonstrated cost savings, successful collaborations, and health improvements from this project. This success is an invaluable tool when marketing the NDPP to employers, communities, payers, and decision-makers. For more information on this project, visit our website www.wvchronicdisease.org.

Contact Information

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