2018 Diabetes Prevention and Management Programs Offered in West Virginia

**Program Type**

- **Prevention**
  - **Program Overview:**
    - An evidence-based lifestyle intervention supporting a 58% reduction in the number of new cases of diabetes overall and a 71% reduction in new cases for those over age 60.
    - Results are achieved through improved nutrition and increased physical activity resulting in weight loss of 5-7%.
    - The program empowers patients with prediabetes to take charge of their health and well-being.
    - A lifestyle coach leads the group meetings by sharing new skills, encouraging goal attainment, and maintaining motivation.
    - No provider referral is required.

- **Content areas include:**
  - Incorporating healthier eating and moderate physical activity, problem solving, stress-reduction, and coping skills into participants’ lives.

- **Program Eligibility**
  - Current age ≥ 18 years
  - Most recent BMI ≥ 24 (≥22 if Asian)
  - A positive lab test result within previous 12 months:
    - HbA1C 5.7-6.4%
    - FPG 100–125 mg/dl or
    - OGTT 140–199 mg/dl or
    - High-risk for pre-diabetes using CDC or AMA Screening test or
    - History of gestational diabetes (may be self-reported)

- **Program Overview:**
  - Focuses on increasing knowledge and skills to improve diabetes control.
  - Led by a licensed health professional (i.e., nurse, dietitian, pharmacist, and/or a certified diabetes educator).
  - Emphasizes the medical management of the disease and seven self-care behaviors including healthy eating, being active, monitoring, taking medication, problem solving, healthy coping, and reducing risks.

- **Cost to Patient (subject to change)**
  - Organizations in WV currently provide the NDPP as a public health service, although, Medicare expects to begin reimbursing in 2018 for eligible beneficiaries.
  - Medicare reimbursement allows for 10 hours (1-2 hours individual counseling and 8-9 hours in a group).

- **Duration**
  - A yearlong program consisting of 16 weekly sessions and 6-8 monthly follow-up sessions.

- **Type**
  - Group

- **Website**

- **Program Contact Information**
  - https://ndpp.cdc.gov/NDPP/Programs.aspx

- **Management**
  - **Program Overview:**
    - Incorporates the needs, goals, and life experiences of the person with diabetes and is guided by evidenced-based standards.
    - Designed to improve health outcomes and quality of life among disparate and underserved Medicare populations.
    - Uses either the Diabetes Empowerment Education Program (DEEP) or Stanford’s Diabetes Self-Management Program (DSMP).

- **Content areas include:**
  - Techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear, and frustration.
  - Appropriate exercise for maintaining and improving strength and flexibility.
  - Healthy eating.
  - Appropriate use of medication.
  - Working more effectively with health care providers.

- **Cost to Patient**
  - Free to Medicare, Medicare/Medicaid (dual) or Medicare Advantage beneficiaries.
  - No cost to patient.

- **Program Type**
  - Public Employee Insurance Agency (PEIA) Face To Face Diabetes Program

- **Program Overview:**
  - Participants attend regularly scheduled appointments with Face to Face (F2F) provider and physician.
  - Provide hemoglobin A1c to F2F provider at initial appointment and thereafter up to 4 times per year.
  - Participants actively engage in improving health by learning about diabetes, medications, nutrition, monitoring, and being active.
  - F2F provider (pharmacist) works with physician and patient to ensure the best patient diabetes self-management.

- **Cost to Patient**
  - No cost to patient.

- **Duration**
  - Approximately 2 hours once a week for 6 weeks.

- **Type**
  - Group

- **Website**
  - https://www.diabetescalifornia.org/index.html

- **Program Contact Information**
  - https://ndpp.cdc.gov/NDPP/Programs.aspx

- **Cost to Patient**
  - Free to Medicare, Medicare/Medicaid (dual) or Medicare Advantage beneficiaries.
  - No cost to patient.

- **Program Type**
  - Stanford University Diabetes Self-Management Program (DSMP)

- **Program Overview:**
  - Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program.
  - Each participant in the workshop receives a copy of the companion book, *Living a Healthy Life with Chronic Conditions.*

- **Content areas include:**
  - Techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear, and frustration.
  - Appropriate exercise for maintaining and improving strength and flexibility.
  - Healthy eating.
  - Appropriate use of medication.
  - Working more effectively with health care providers.

- **Cost to Patient**
  - No cost to patient.

- **Duration**
  - Approximately 2 hours once a week for 6 weeks.

- **Website**

- **Program Contact Information**
  - http://nccd.cdc.gov/DDT_DPRP/Programs.aspx

- **Cost to Patient**
  - Free to Medicare, Medicare/Medicaid (dual) or Medicare Advantage beneficiaries.
  - No cost to patient.