2021 Diabetes Prevention and Management Programs Offered in West Virginia

West Virginia Department of Health and Human Resources
Bureau for Public Health
Division of Health Promotion and Chronic Disease

www.wvchronicdisease.org/
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National Diabetes Prevention Program (National DPP)
Accredited by the Centers for Disease Control and Prevention (CDC).

Program Type: Prevention

Program Eligibility:
• Current age ≥ 18 years and
• Most recent BMI ≥ 24 (≥22 if Asian) and
• A positive lab test result within previous 12 months:
  • HbA1C 5.7–6.4% or
  • 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 Description:
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.

Cost to Patient: (Cost Subject to Change) Some organizations in WV currently provide the National DPP as a public health service for free, and some charge a small fee. Others may bill Medicare for reimbursement.

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

Type: Group; Some workshops are offered online for virtual participation

Website: http://www.cdc.gov/diabetes/prevention/index.html
https://nccd.cdc.gov/DDT_DPRP/Programs.aspx

Program Contact: Call: 304-293-0189  Email: wvhealthconnection@gmail.com
Diabetes Education Accreditation Program (DEAP)
Accredited by the American Association of Diabetes Educators (AADE).

Program Type:  Management

Program Eligibility:  Individuals diagnosed with diabetes.

Program Description:  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.

Content areas include:
• Diabetes disease process and treatment options.
• Incorporating nutrition management, physical activity, and appropriate medication treatments.
• Proper blood glucose monitoring and using results to improve glucose control to prevent diabetes-related complications.
• Goal setting and problem solving.
• Integrating psychosocial adjustment preconception care and management during pregnancy (if applicable).

Cost to Patient:  (Cost Subject to Change) Medicare reimbursement allows for 10 hours (1-2 hours individual counseling and 8-9 hours in a group).

Duration:  1-hour individual and 9 hours group 1st year then 2 hours each following year.

Type:  Individual and Group

Website:  https://www.diabeteseducator.org/

Program Contact:  Call: 1-800-338-3633 Email: deap@a aden et.org
Diabetes Education Empowerment Program (DEEP)  
University of Illinois

Program Type: Management

Program Eligibility: Individuals diagnosed with diabetes and pre-diabetes; some workshops include family members and/or caretakers.

Program Description: 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.

Content areas include:
• DEEP classes focus on understanding the human body, risk factors, and complications—monitoring your body, eating for health, medications, medical care, and get up and move—living with diabetes.

Cost to Patient: (Cost Subject to Change) Often offered with no charge.

Duration: Approximately 2 hours once a week for 6 weeks.

Type: Group

Website: https://mwlatino.uic.edu/deep-program-2/

Program Contact: Call: Natalie Tappe: 800-642-8686, ext. 3226 Email: ntappe@qualityinsights.org
Diabetes Self-Management Program (DSMP)
Self-Management Resource Center

Program Type: Management

Program Eligibility: Individuals diagnosed with diabetes.

Program Description: 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 endurance.
• Healthy eating.
• Appropriate use of medication.
• Working more effectively with health care providers.

Cost to Patient: (Cost Subject to Change) Often offered with no charge.

Duration: Approximately 2 hours once a week for 6 weeks.

Type: Group

Website: https://www.selfmanagementresource.com/programs/small-group/diabetes-self-management/
https://crch.wvsom.edu/SelfManagementPrograms

Program Contact: Call: Julian S. Levine, MSW Email: jlevine@osteo.wvsom.edu
**Dining With Diabetes**  
WVU Extension Service

**Program Type:** Management

**Program Eligibility:** Adults diagnosed with diabetes and their family members. People at risk for developing diabetes.

**Program Description:** Program Overview:
- Evidence based lifestyle change program
- Support in making healthy food choices
- Cooking demonstrations
- Tasting healthy foods
- Exercise
- Support

Content areas include:
- How to manage type 2 diabetes
- How to prevent type 2 diabetes
- How to prepare and plan healthy meals
- How to stay active
- Important dietary and health information for those with type 2 diabetes
- Clinical testing, nutrition information, recipe demonstrations, exercise, and group support.

**Cost to Patient:** (Cost Subject to Change) Often offered with no charge.

**Duration:** The series of four classes and a 3-month follow-up.

**Type:** Group; Some sessions may be offered online for virtual participation


**Program Contact:**  
**Call:** Gina Taylor: 304-372-8199  
**Email:** Gina.Taylor@mail.wvu.edu
Education Recognition Program (ERP)
Accredited by the American Diabetes Association (ADA).

Program Type: Management

Program Eligibility: Individuals diagnosed with diabetes.

Program Description: 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.

Content areas include:
- Diabetes disease process and treatment options.
- Incorporating nutrition management, physical activity, and appropriate medication treatments.
- Proper blood glucose monitoring and using results to improve glucose control to prevent diabetes-related complications.
- Goal setting and problem solving.
- Integrating psychosocial adjustment preconception care and management during pregnancy (if applicable).

Cost to Patient: (Cost Subject to Change) Medicare reimbursement allows for 10 hours (1-2 hours individual counseling and 8-9 hours in a group).

Duration: 1 hour individual and 9 hours group 1st year then 2 hours each following year.

Type: Individual and Group

Website: http://professional.diabetes.org/

Program Contact: Call: 1-888-232-0832 Email: ERP@diabetes.org/
PEIA Face-To-Face Diabetes Program
WV Public Employee Insurance Agency (WV PEIA)

Program Type: Management

Program Eligibility: Individuals diagnosed with diabetes and insured by PEIA.

Program Description: 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: (Cost Subject to Change) Program is free and (once deductible is met) generic, preferred-brand medications and some supplies are zero co-pay.

Duration: Once a month for first 3 months, then quarterly for first year of enrollment. Second year is based upon current HbA1c.

Type: Individual

Website: www.peiaf2f.com

Program Contact: Call: 1-888-680-7342 Email: peia.help@wv.gov