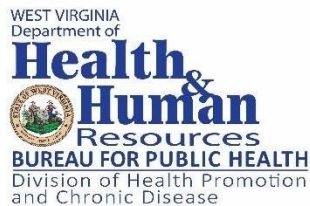


2021 Diabetes Prevention and Management Programs Offered in West Virginia

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 \geq 18 years and
- Most recent BMI \geq 24 (\geq 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:	<p>Program Overview:</p> <ul style="list-style-type: none">• 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. <p>Content areas include:</p> <ul style="list-style-type: none">• 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@aadenet.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:	<p>Program Overview:</p> <ul style="list-style-type: none">• 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. <p>Content areas include:</p> <ul style="list-style-type: none">• 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@osteو.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:	<p>Program Overview:</p> <ul style="list-style-type: none">• Evidence based lifestyle change program• Support in making healthy food choices• Cooking demonstrations• Tasting healthy foods• Exercise• Support <p>Content areas include:</p> <ul style="list-style-type: none">• 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
Website:	https://extension.wvu.edu/food-health/diabetes/dining-with-diabetes
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:	<p>Program Overview:</p> <ul style="list-style-type: none">• 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