



*North Carolina*  
**State Health Plan**  
FOR TEACHERS AND STATE EMPLOYEES



## **Diabetes Primary Prevention Program**

*Board of Trustees Meeting*

**August 28, 2015**

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*A Division of the Department of State Treasurer*

# Diabetes Among State Health Plan Members

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- **101,418 or 15.2%** of Plan members (all members) with diabetes account for approximately 32% of the Plan's total annual incurred claims, with \$760 million in medical and an additional \$94 million pharmacy claims.  
*(Segal dashboard, Sept 2013-August 2014)*
- The Plan incurred, on behalf of the non-Medicare members who had a diagnosis of diabetes, **\$8,383** on average in 2013-14, which was 209% of the group's average Per Member Per Year (PMPY) medical costs.
- Among NC adults 9.5% have been told by a healthcare provider that they are pre-diabetic (BRFSS 2013). Majority of individuals (25% of North Carolina adults) with prediabetes are unaware of their condition.
- Stemming the progression of pre-diabetes to the diabetic state will save millions in potential health care costs and afford a better quality of life for members.

# Self-Management Programs as a Covered Benefit

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- Establishment of evidence-based chronic disease self-management programs as covered, paid employee benefits is a strategy recognized by the U.S. Centers for Disease Control and Prevention, National Council on Aging and the U.S. Administration on Aging for creating financial sustainability to ensure the long-term viability of these important community resources.
- Evidence-based chronic disease self-management programs are those that have been investigated within clinical and community settings with sound evidence on their efficacy as well as return on investment.
- Eight state health plans (**Colorado, Kentucky, Oregon, Washington, Maine, Ohio, Louisiana and New Hampshire**) offer Diabetes Prevention Programs as a covered benefit; with Pennsylvania getting ready to roll the program out in 2015.

# What is Diabetes Primary Prevention Program?

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- CDC-led *National Diabetes Primary Prevention Program* is an evidence-based lifestyle change program for preventing type 2 diabetes.
- Based on results from the US and UK multi-center, multi-year, double blind randomized Diabetes Primary Prevention clinical trial
  - *Losing a modest amount of weight (7%) through diet and exercise can prevent or delay onset of diabetes; lifestyle intervention group reduced risk by 58%; people on metformin also reduced risk but not as much as the lifestyle intervention group*
- Diabetes Primary Prevention Program: Participants work with a lifestyle coach to receive a 1-year lifestyle change program that includes 16 core sessions (1/week) followed by 6 post core sessions (1/month).

# Diabetes Continuum of Care [North Carolina]

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- Estimated 7,466,000 adults in North Carolina
- 3,682,000 (49%) are at risk for diabetes
  - *Behavioral intervention: Eat Smart Move More Weigh Less*
- 630,000 are aware they have prediabetes and another 1,900,000 may have prediabetes (35%) but not know it
  - *Behavioral intervention: Diabetes Primary Prevention*
- 750,000 are aware they have diabetes and an additional 280,000 may have diabetes (14%) but not know it
  - *Behavioral intervention: Diabetes Self-Management Education, Chronic Disease Self-Management Education*

# Diabetes Primary Prevention Program

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- Integrated Health Management (IHM) section of the Plan preparing to offer Diabetes Primary Prevention Program (DPP) for all Plan members with a diagnosis of pre-diabetes, starting March 2016, with the intent to delay or prevent onset of diabetes
  - Identified as “at risk” through paper screening followed by a blood test to confirm diagnosis
- Plan covers ESMMWL for members interested in weight management, and Diabetes Self-Management Education (DSME) for people with a diagnosis of diabetes

***With coverage of DPP the Plan will have preventive care programs available to individuals across the full spectrum of risk***

# Diabetes Primary Prevention Program

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- Program will be delivered through a contract with the *NC Agricultural Foundation, NC State University*, who will subcontract with:
  - NC Division of Public Health (NC DPH) and
  - NC Public Health Association (NCPHA)
- Plan currently holds contract with NC Agricultural Foundation to deliver onsite and online Eat Smart Move More Weigh Less Program to Plan members

# NC State University/Agricultural Foundation

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- Overall contract administrator and real-time, online DPP provider
- Build and sustain registration/enrollment website
- Maintain a HIPAA compliant server to house all member registration and eligibility file
- Offer real-time, online version of DPP
- Notify the NC Public Health Foundation of real-time, online DPP registrations
- Invoice the State Health Plan per member that enrolls in online and onsite program
- Conduct analysis of online programs and compile a summary of outcomes for the State Health Plan
- Develop an aggregate report from member outcomes from programs to provide to the State Health Plan at end of contract term

# NC Public Health Foundation

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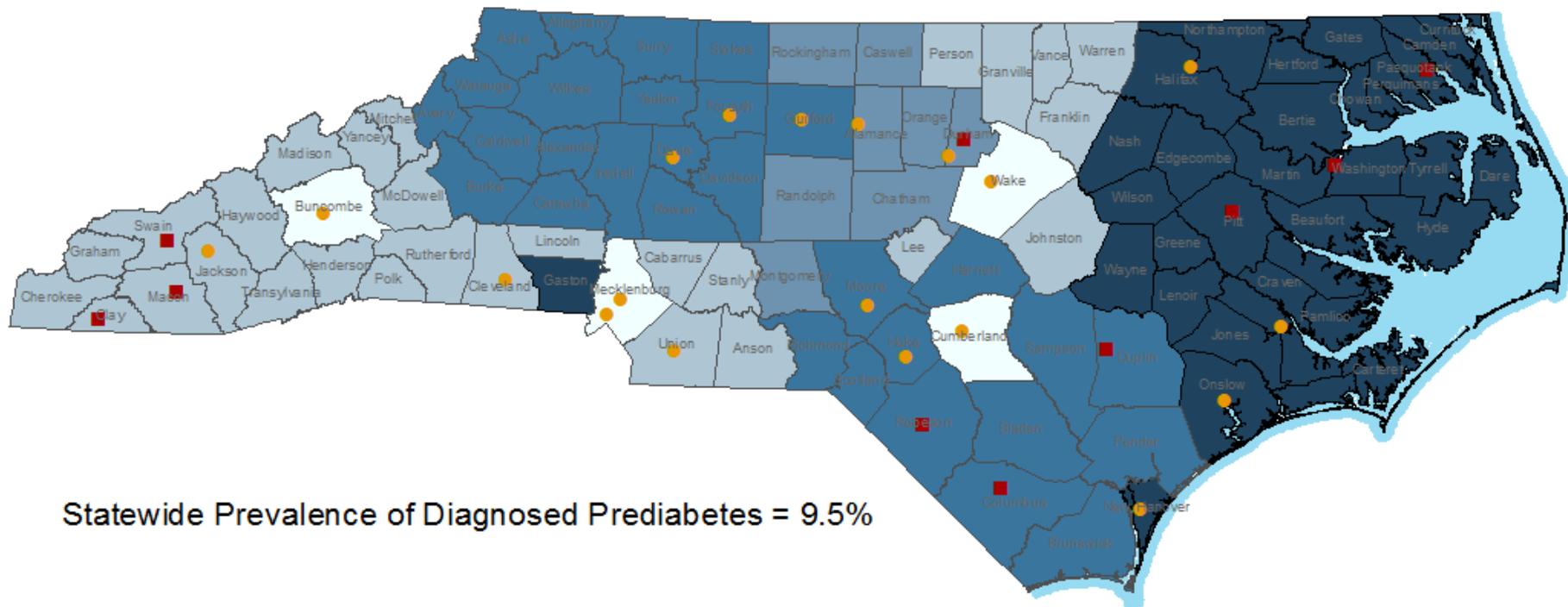
- Subcontractor responsible for collecting member registrations and processing payments for vendor organizations
- Maintain PayPal account and collect all registration fee payments from State Health Plan members enrolling in a diabetes prevention program
- Invoice NC Agricultural Foundation for each member enrolled in an in-person, onsite program on a schedule to be determined
- Distribute payments to providers of in-person, onsite programs on a schedule to be determined

# NC Division of Public Health

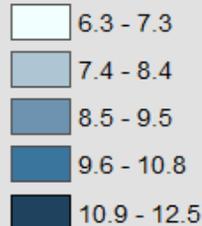
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- In-kind partner and responsible for in-person, onsite DPP programs
- Maintain and grow DPP network
- Maintain and process in-person, onsite DPP registrations for members
- Share member information with providers for in-person, onsite programs
- Notify the NC Public Health Foundation of the number of in-person, onsite DPP registrations
- Conduct data analysis for in-person, onsite programs and compile a summary of outcomes for the State Health Plan

# Diabetes Prevention Program Sites and Prevalence of Diagnosed Prediabetes, NC



## Diagnosed Prediabetes Prevalence (%), 2013



## Diabetes Prevention Programs

### CDC Recognition Status

- Pending CDC recognition
- Trained but not yet applied for CDC recognition

# Diabetes Primary Prevention Program Budget and Costs

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- Initial budget for the period of ***October 2015 to March 31, 2018***
- Assumes total enrollment of 750 Plan members over years 1 and 2
  - 30% (225) will enroll in-person, on site programs and 70% (525) will enroll in online classes.
- Startup costs (HIPAA server, graphic design and supplies) of \$50,000
- Plan will pay \$410 per participant for real time online classes and \$415 per participant for onsite classes
- Members will pay \$25
- Plan will pay first installment of fees at registration and second upon completion of the 9<sup>th</sup> session
- Total budget: **\$394,487.50**

# Communication and Engagement Strategy

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- Pre-diabetes awareness campaign among Plan members, (active, pre-Medicare retirees and non-Medicare Advantage retirees), in partnership with the NC DPH to include the CDC recommended paper based screening test
  - Recommend anyone with a paper based score of 9 or more to visit their PCP and have recommended confirmatory blood test (FBG 100-125mg/dl, HBA1c 5.7-6.4)
- People with a diagnosis of prediabetes encouraged to participate in the DPP; people at risk encouraged to participate in ESMMWL and those already with diabetes encouraged to utilize the DSME benefits from the health plan.