



National Diabetes Prevention Program

Provider Overview



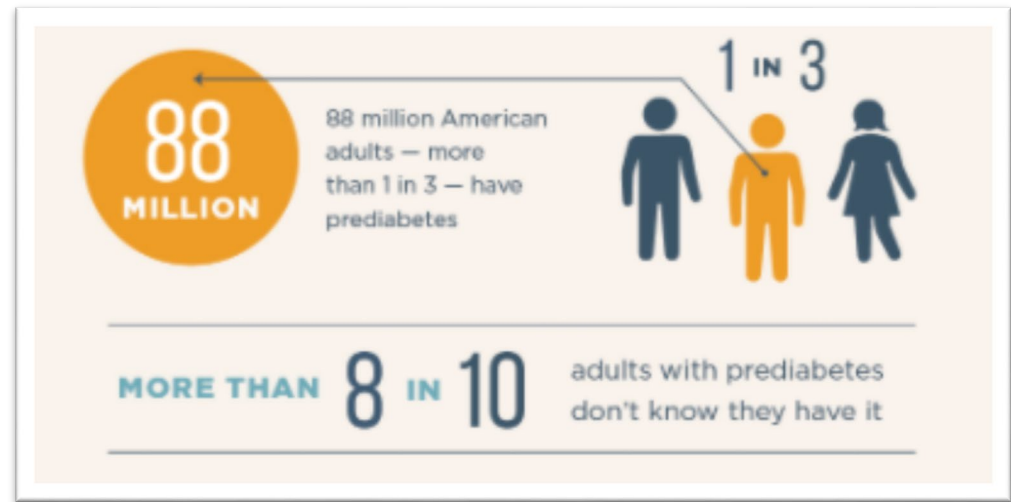
Background

Prediabetes

A Silent Precursor

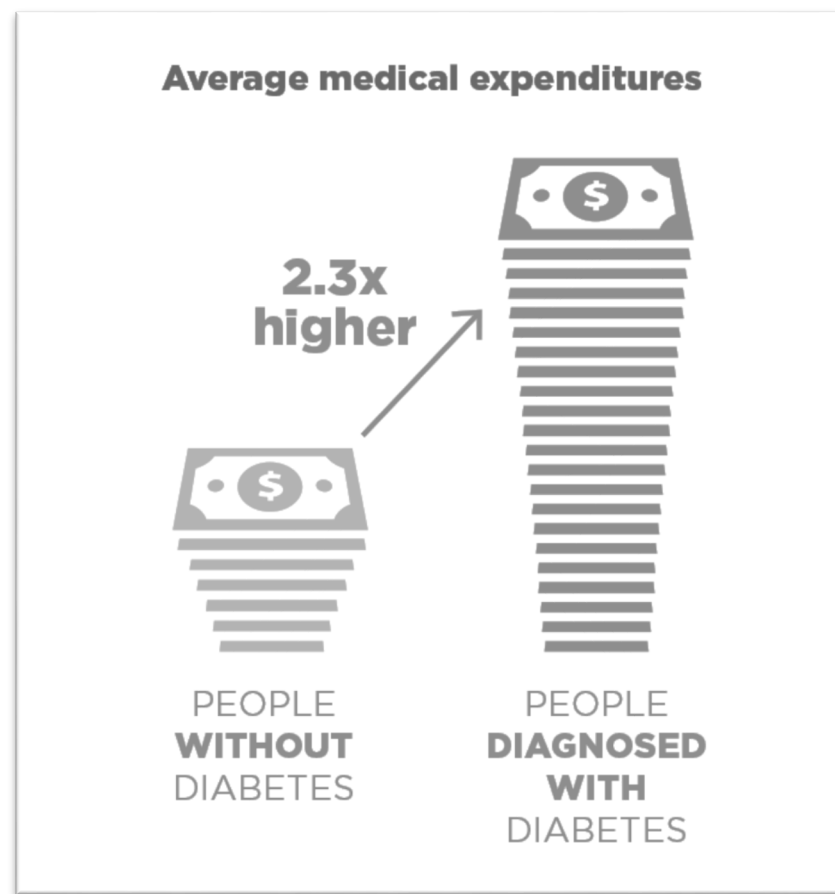
Prediabetes:

- Approximately 1 in 10 have diabetes
 - By 2025, 1 in 5 could have diabetes if no change is made.
- Can lead to type 2 diabetes within 5 years if no action is taken.



Prevention is Key

- People with prediabetes
 - 5 to 15 times more likely to develop type 2 diabetes.
 - Higher risk for heart disease and stroke
- Health care expenses are 2.3 times higher for people with diabetes.



Small Changes Have A Big Impact

- Participating in a structured lifestyle change intervention makes a difference.
- Losing 5-7 percent of body weight reduced risk of type 2 diabetes by 58 percent.
- By referring your patients to a National Diabetes Prevention Program (DPP) you can help your patients reduce their risk for developing type 2 diabetes.

Addition Notes on Small Changes

- A diagnosis of prediabetes may seem overwhelming and scary to a patient. It is important to let them know that small changes in lifestyle can have a big impact on preventing or delaying the onset of type 2 diabetes.
- Research examining the effects of a structured lifestyle change intervention showed weight loss of 5 to 7 percent of body weight (10 to 14 pounds for a person weighing 200 pounds) achieved by reducing calories and increasing physical activity to at least 150 minutes per week reduced the risk of developing type 2 diabetes by 58 percent in people at high risk for the disease.
- For people over 60 years old, the program reduced risk by 71 percent.
- Even after 10 years, those who had participated in the earlier lifestyle change intervention had a 34 percent lower rate of type 2 diabetes.
- There are programs in your community that can help your patients with prediabetes adopt the lifestyle changes that will reduce their risk of developing type 2 diabetes.

Source:

Knowler, WC, Barrett-Connor, E, et al. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. N Engl J Med 2002;346(6):393-403

How Can You Help Your Patients?



- Talk to your patients
- Administer the risk assessment quiz
- Test your patients
- Recommend a National DPP

*[The risk assessment quiz can be found at
https://www.cdc.gov/diabetes/risktest/index.html](https://www.cdc.gov/diabetes/risktest/index.html)*

Talk to Your Patients...

About their risk:

- 45 years of age or older
- Overweight
- Exercise < three times per week
- Family history of type 2 diabetes
- History of gestational diabetes
- Are African American, Hispanic/Latino American, American Indian, or Alaska Native (some Pacific Islanders and Asian Americans are also at higher risk).



Additional Notes on Talking to your Patients

- What can you do to help your patients? Talk to your patients about their risk of developing prediabetes or type 2 diabetes to help prevent or delay onset.
- Risk factors for prediabetes and type 2 diabetes include:
 - Being 45 years of age or older
 - Being overweight
 - Exercising fewer than three times per week
 - Having a family history of type 2 diabetes
 - Having a history of gestational diabetes



What Can You Do?

Screen, Test, Refer

Assess Patients' Risk for Prediabetes

Administer CDC's prediabetes risk test at

<https://www.cdc.gov/diabetes/risktest/index.html>

Print a copy of the test to take later:

<https://www.cdc.gov/diabetes/prevention/pdf/Prediabetes-Risk-Test-Final.pdf>

Test Your Patients

Results	A1C Test	Fasting Plasma Glucose Test	Plasma Glucose Test 2 Hours After a 75 gram Glucose Load	Follow-Up Action
Normal	<5.7%	<100 mg/dL	<140 mg/dL	Encourage patient to maintain a healthy lifestyle.
Prediabetes	5.7%–6.4%	100–125 mg/dL*	140–199 mg/dL	Refer patient to a primary care provider and a CDC-recognized lifestyle change program.
Diabetes	≥6.5%	≥126 mg/dL	≥200 mg/dL	Refer patient to a primary care provider for confirmatory diagnosis, diabetes self-management education and support, and treatment if appropriate.

Additional Information on Testing Your Patients

Use one of the following tests to diagnose prediabetes:

- Administer an HbA1c test; a result of 5.7 to 6.4 indicates a diagnosis of prediabetes.
- Administer a fasting blood glucose test; a result of 100-125 mg/dL indicates a diagnosis of prediabetes.
- Administer a 2-hour oral glucose test; a result of 140-199 mg/dL indicates a diagnosis of prediabetes.

Source:

American Diabetes Association. Standards of Medical Care in Diabetes—2012. *Diabetes Care*. 2012;35 (Supp 1):S12, table 2. Accessed: http://care.diabetesjournals.org/content/35/Supplement_1/S11.full.pdf



Refer/Recommend a National DPP

- Refer/recommend eligible patients including adult Medicaid beneficiaries to a National Diabetes Prevention Program.
- [For more information, to view locations, contact information, access the medical clearance form and find additional resources to support the program visit:](https://mtdphhs.maps.arcgis.com/apps/MapSeries/index.html?appid=ef83beb03a024113956dc37bf139510a)
<https://mtdphhs.maps.arcgis.com/apps/MapSeries/index.html?appid=ef83beb03a024113956dc37bf139510a>

About the National DPP

- A 12-month program
 - 16 weekly group sessions
 - Focus on lifestyle change strategies to improve nutrition and exercise habits.
 - 6 monthly follow-up sessions
 - Designed to support and guide the nutrition and exercise goals met during the program.
- Delivered by trained lifestyle coaches
- Learn healthy lifestyle skills
- Offered in person and via distance learning
- Adherence to CDC quality standards

Eligibility

To be eligible for referral, patients must:

- Be at least 18 years of age with a BMI of 25 or greater (23 or greater if Asian) **AND**
- Have one or more of the following risk factors for cardiovascular disease and type 2 diabetes:
 - Fasting glucose of 100-125 mg/dL
 - A1C between 5.7% and 6.4%
 - Blood pressure of at least 130/80 mmHg or treatment
 - Triglycerides greater than 150 mg/dL
 - LDL cholesterol greater than 130 mg/dL or treatment
 - HDL cholesterol less than 40 mg/dL for men, less than 50 mg/dL for women
 - History of gestational diabetes mellitus



National Diabetes Prevention Program (DPP) IN MONTANA



Program Goals



Accomplish 150 minutes of physical activity per week.



Achieve 5% - 7% weight loss



Track food intake

Talk to Your Patients About Participating in a DPP

Share program specifics with them:

- Group sessions
- Trained lifestyle coach
- Offered at community locations
- Delivery method
- Insurance coverage

Track Patient Progress



Schedule a 16-week follow-up appointment



Schedule a 16-week follow-up appointment

Additional Information for Tracking Patient Progress

- Once a patient has been recommended/referred, you may want to schedule a follow-up appointment for the end of the first 16 weeks to monitor progress.
- For patients that have been recommended/referred, you may want to ask them about their participation, what they have learned, and how they have changed behaviors.
- Asking patients about continued lifestyle changes at subsequent follow-up appointments may also be beneficial to track their progress in preventing or delaying the onset of type 2 diabetes.



Coverage/Reimbursement

How to Become a DPP Delivery Site

Providers must enroll in the Montana Medicaid program.

Providers must be approved by Public Health and Safety Division.

Providers must adhere to the following:

- Montana Medicaid State Plan, effective date 07/01/16, and Administrative Rule of Montana (ARM 37.86.5401-5404)
- Reimbursement is for group sessions only

[If you have questions or need additional information about the DPP, please contact Public Health and Safety Division at 1-844-684-5848 or email \[chronicdiseaseprevention@mt.gov\]\(mailto:chronicdiseaseprevention@mt.gov\)](#)



How to Become a DPP Delivery Site

Submit claim to Montana Medicaid on appropriate claim form for provider type:

- CMS-1500
- UB-04
- Revenue code - 942 (Education)
- Procedure code - 0403T
- Reimbursement effective July 1, 2020 - \$29.90

[The Medicaid Provider Website: https://medicaidprovider.mt.gov/](https://medicaidprovider.mt.gov/)



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