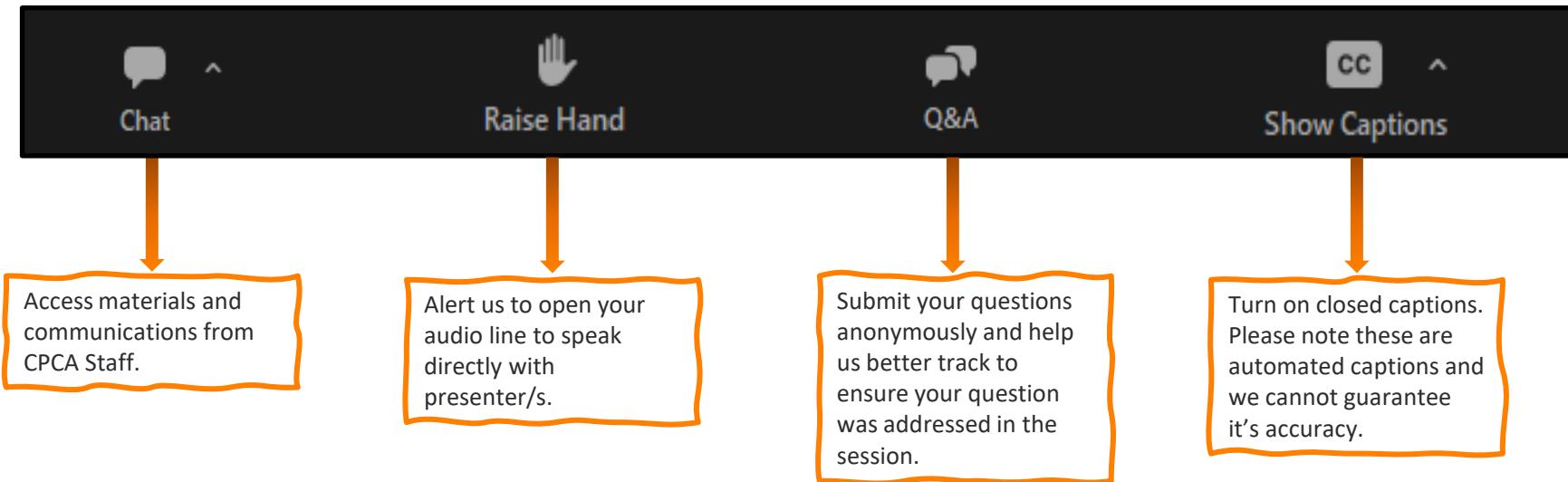


Support for the National Diabetes Prevention Program in FQHCs

Thursday, August 29th 2024

Zoom Webinar Toolbox



AI Note-Taking Tools Policy

Effective **11/01/23**, CPCA **prohibits** the use of AI note-taking tools during virtual events. This policy is based on the following principles:

1. Preservation of Intellectual Property: Virtual events often involve the sharing of proprietary information, copyrighted materials, or confidential data. The use of AI note-taking tools can lead to unauthorized duplication and distribution of such content.
2. Active Participation: Encouraging active human engagement during virtual events fosters a more interactive and enriching experience. AI note-taking can deter participants from actively engaging in discussions and interactions.
3. Data Privacy: The use of AI note-taking tools may inadvertently capture and process sensitive information shared during virtual events. This can lead to concerns regarding data privacy and security.

Session facilitators have the authority to deny and or dismiss all AI Note-Taking tools from the event.



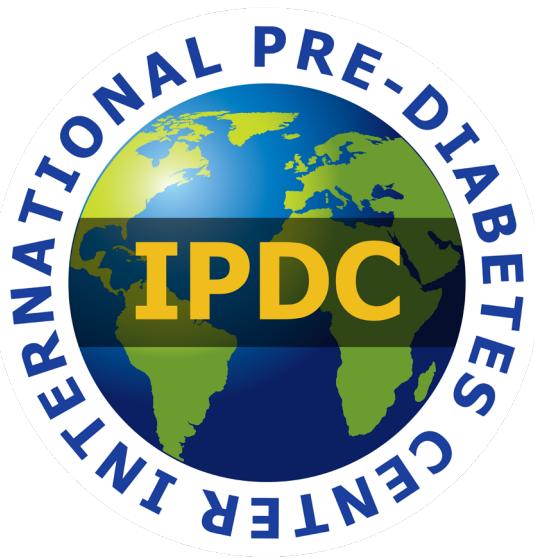


Date: 8-29-2024

CDC Funded Training Support for
National Diabetes Prevention Programs (NDPP)
In Community Health Centers

WELCOME

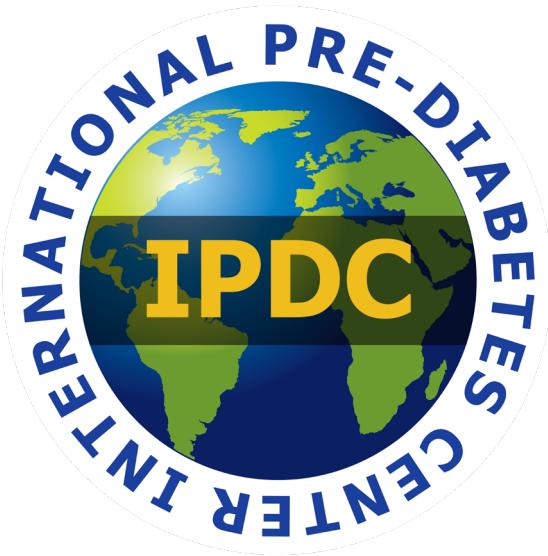
Agenda



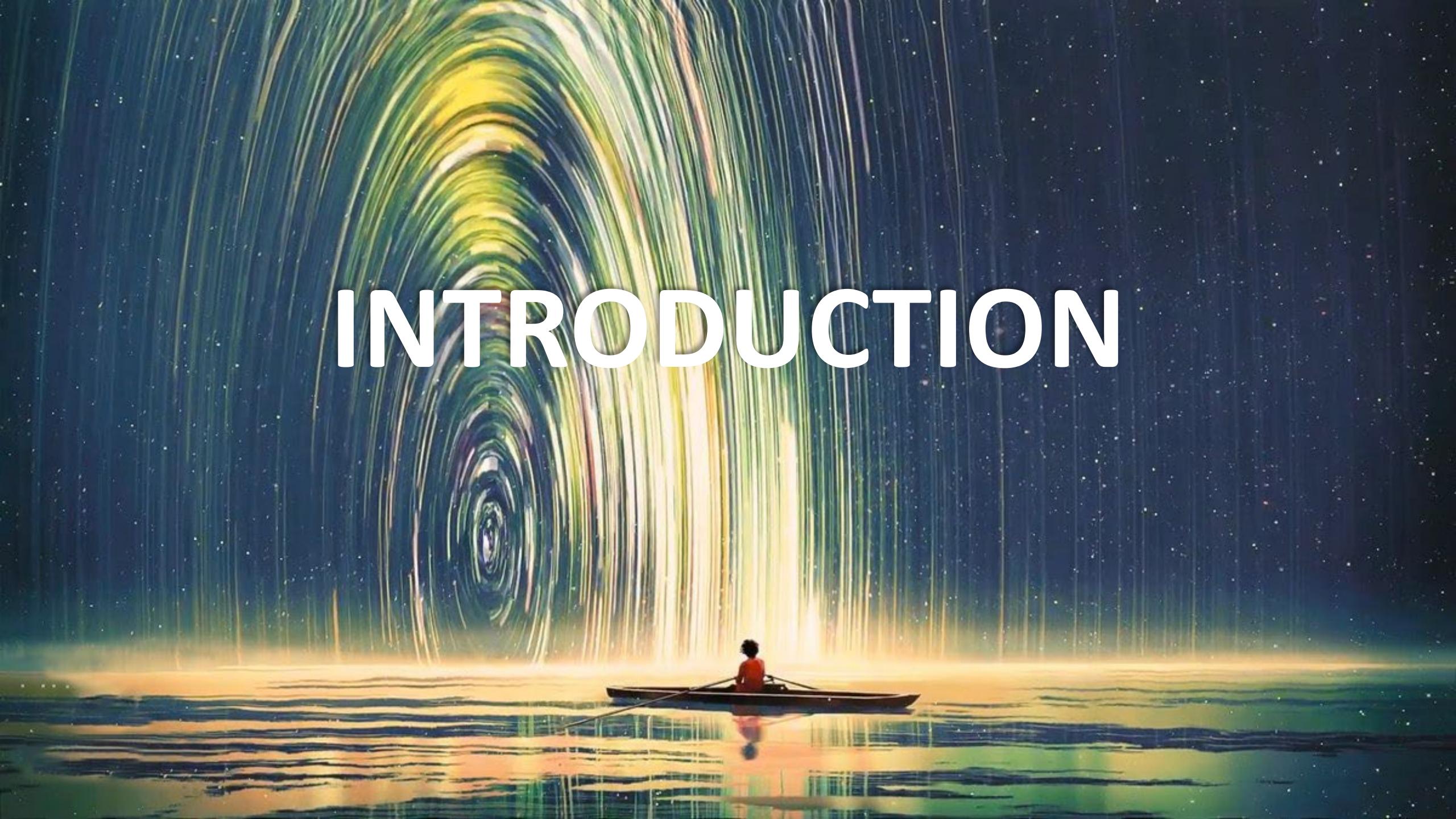
- 1. Introduction**
Background, Partnership/ Overview
- 2. National Diabetes Prevention Programs (NDPP)**
What is Pre-diabetes?
Benefits of NDPP in Community Health Centers (CHCs)
- 3. NDPP HC Support**
Training, Technical Assistance, Financial
Q & A

Learning Objectives

1. Increase understanding of NDPP
2. Identify the benefits of NDPP in CHCs
3. Increase awareness of support for NDPP in CHCs



INTRODUCTION



Speaker



Dr Yvonne Grant,
CEO & Program
Manager for
International Pre-
Diabetes Center
(IPDC)

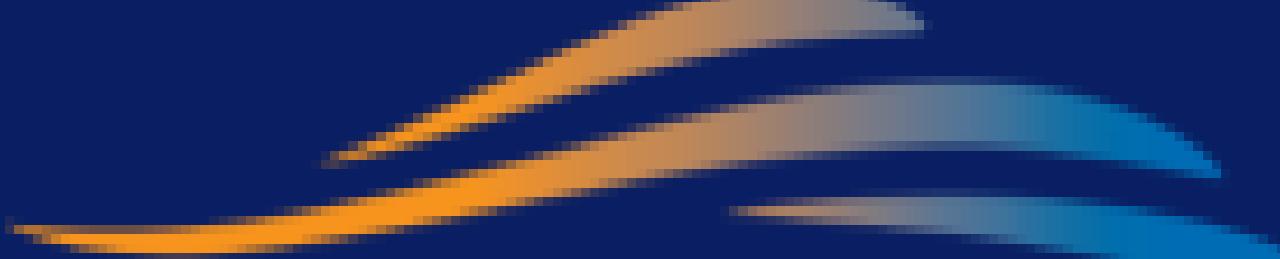
IPDC Training Center



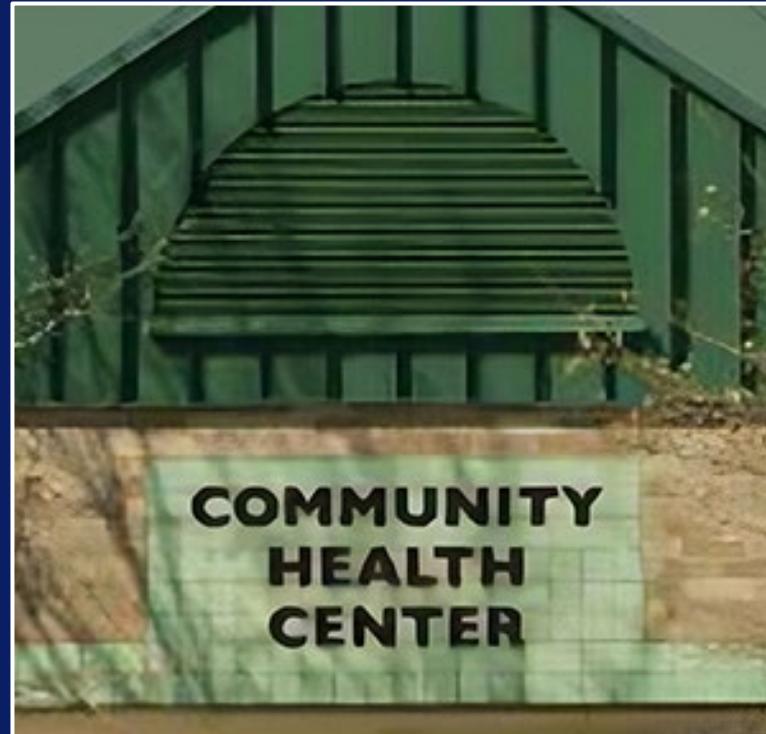
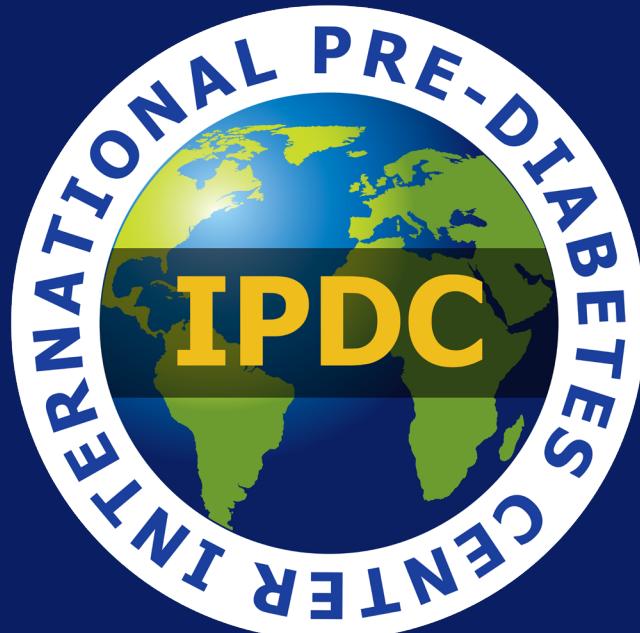
- IPDC's: home of the Pre-Diabetes Professional Training Center (PDPTC)
- A CDC Recognized provider of the NDPP
- CDC funded to support CHCs with NDPP.
- In partnership with CPCA, makes services available, at no cost to CHCs
- IPDC has 10 years experience supporting CHCs.

Partnerships

1. CPCA
2. CHCs
3. IPDC
4. CDC



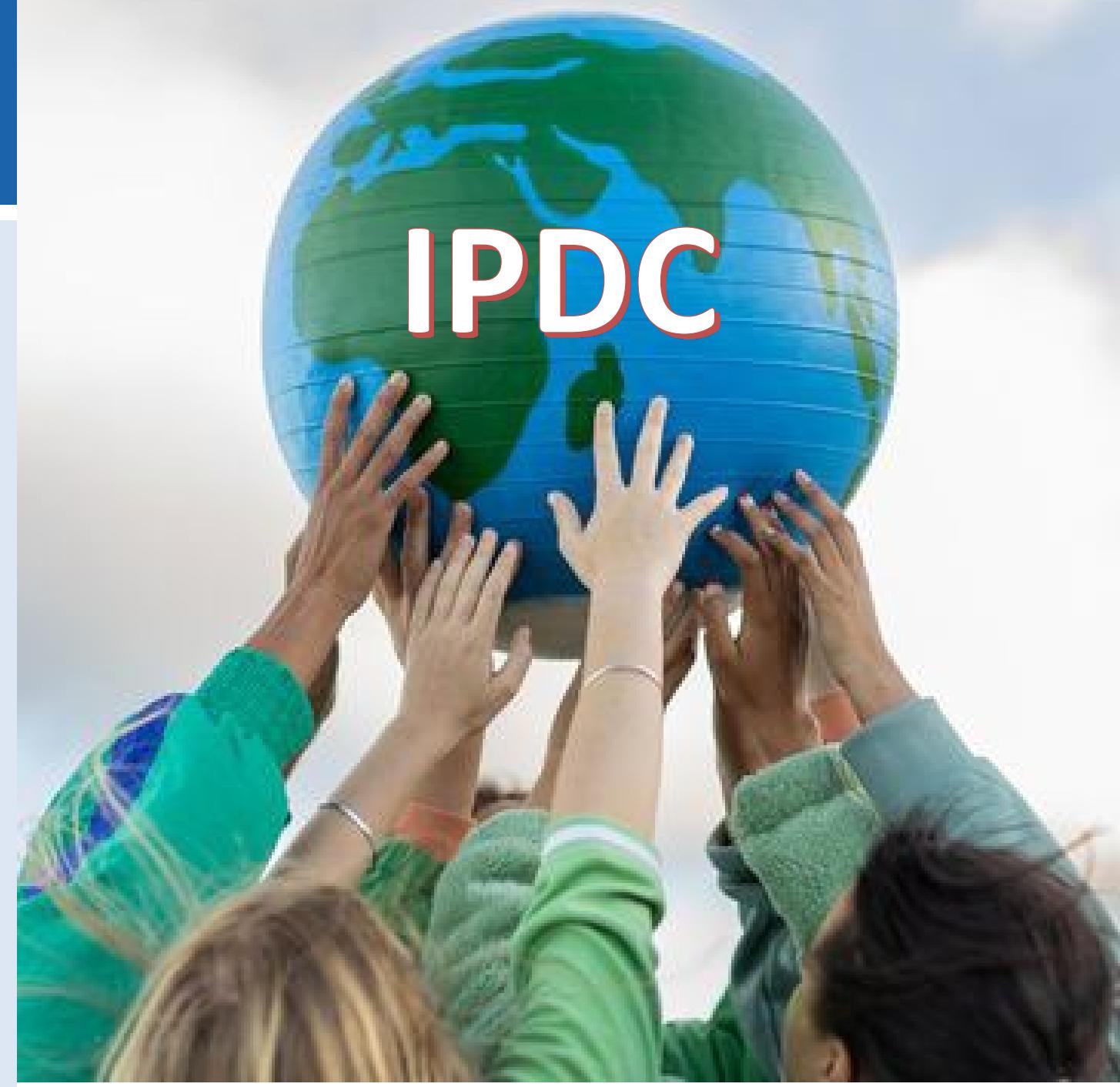
California Primary Care Association (CPCA)



Working Together For Collective Impact!

Why Support CHCs?

- They serve the vulnerable, under-insured and un-insured
- With un-met Social Needs, barriers to care
- Poor health outcomes
- Healthcare Workforce Shortages
- Provider Burnout



KNOWLEDGE CHECK



QUESTION:

How many Americans have diabetes?

36M



QUESTION:

How many Americans have pre-diabetes?

86M

Prevalence: Diabetes/ Pre-Diabetes

Diabetes

Pre-Diabetes

- ❑ Over 30 Million Americans have Diabetes
- ❑ 86 Million Americans have Pre-Diabetes

PRE-DIABETES:

86 million

Americans

1 in 3

Americans





QUESTION:

What percentage of people who have prediabetes don't know that they have it?

- a) 30%
- b) 50%
- c) 70%
- d) 90%



ANSWER:

Percentage of people who don't know they have pre-diabetes is:

90%

NDPP

What is NDPP?

- ❑ NDPP is an intensive lifestyle change program that helps participants make healthy lifestyle changes to reduce the risks of Type 2 diabetes
- ❑ The program is delivered by a **trained lifestyle coach** and includes 16 weekly sessions followed by monthly maintenance sessions
- ❑ The goal of participation is a 5% body weight loss and a 150 minutes of weekly physical activity

KNOWLEDGE CHECK

What is Your A1C?

- ❑ Do you know your numbers?
- ❑ Normal Range: A1C = 5.6% and below
- ❑ Pre-diabetes: A1C = 5.7% - 6.4%
- ❑ Diabetes: A1C = 6.5% and above

What is Pre-Diabetes?

- ❑ Pre-diabetes occurs when blood glucose levels are higher than normal, but have not reached the levels needed for a diagnosis of diabetes.
- ❑ If pre-diabetes is not addressed, it may develop into Type 2 diabetes

Benefits of Offering the NDPP

- We can make a big difference by offering the NDPP Lifestyle change program as a service to our patients and staff.
- Why?
- NDPP aligns with CHCs corporate wellness goals
- Generates a positive ROI: by controlling medical costs and lost productivity in the workplace
- NDPP aligns with broader health and wellness strategies; it depicts quality, in programs and services

Benefits of Implementing NDPP

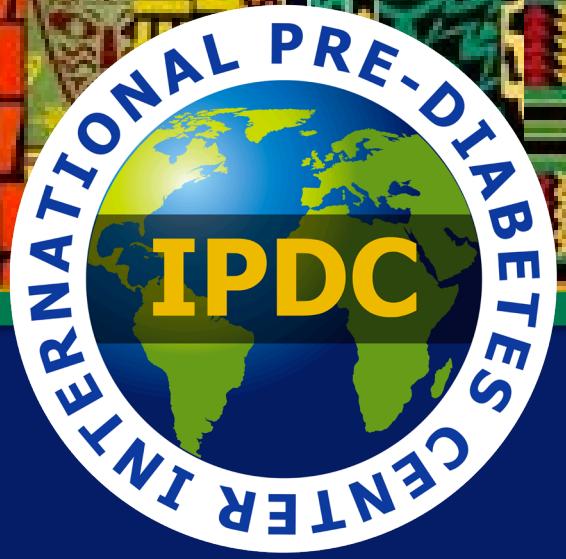
- ☐ A possible savings of about \$8,000 in medical expenditures per participant who do not progress to Type 2 diabetes (4).
- ☐ Note: Those with diagnosed Type 2 diabetes incur \$16, 750 in total medical expenditure each year (2).

Support For NDPP in CHCs

- ❑ The CDC provides oversight and quality assurance of all NDPP lifestyle change program
- ❑ IPDC collaborates with CPCA, to make available: staff training and technical assistance, at no cost to members to implement and sustain the NDPP
- ❑ Organizational commitment to support the NDPP, is all that is needed to help decrease Type 2 diabetes

IPDC Support for HCs

- ☐ Staff Training to become Certified Diabetes Coach: a requirement for NDPP
- ☐ Support with bi-annual reporting to CDC
- ☐ Support with billing, for program sustainability
- ☐ Support with trained Community Health Workers for screening, patient engagement, outreach and support
- ☐ Support with Performance Improvement and Quality Improvement



FULL RECOGNITION
BY THE

CDC

TO PREVENT OR
DELAY TYPE 2
DIABETES

CURRICULUM

PREVENT T2



A scenic landscape featuring a snow-capped mountain, a lake, and a forest under a cloudy sky.

Want to Learn More?



COMMUNITY HEALTH CENTER

SIGN UP: @ipdcnttac.org

For NDPP Technical Assistance/ Support
A Partnership for Collective Impact



The background of the slide is a blurred photograph of a sunset over a beach. The sky is filled with warm, orange, yellow, and red hues, transitioning into cooler blues and purples at the top. The ocean in the foreground is a deep blue, with some white foam visible on the waves. The overall effect is a peaceful and scenic backdrop.

Q & A

References

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<https://www.cdc.gov/diabetes/pdfs/data/statistics/national-diabetes-statistics-report.pdf>
2. American Diabetes Association. "Economic costs of diabetes in the US in 2017." *Diabetes care* 41.5 (2018): 917-928.
3. Dall, Timothy M., et al. "Value of lifestyle intervention to prevent diabetes and sequelae." *American journal of preventive medicine* 48.3 (2015): 271-280.
4. Khan T, Tsipas S, Wozniak GD. Medical care expenditures for individuals with prediabetes: The potential cost savings in reducing the risk of developing diabetes. *Popul Health Manag*. 2017. doi:10.1089/pop.2016.0134



THANK YOU!