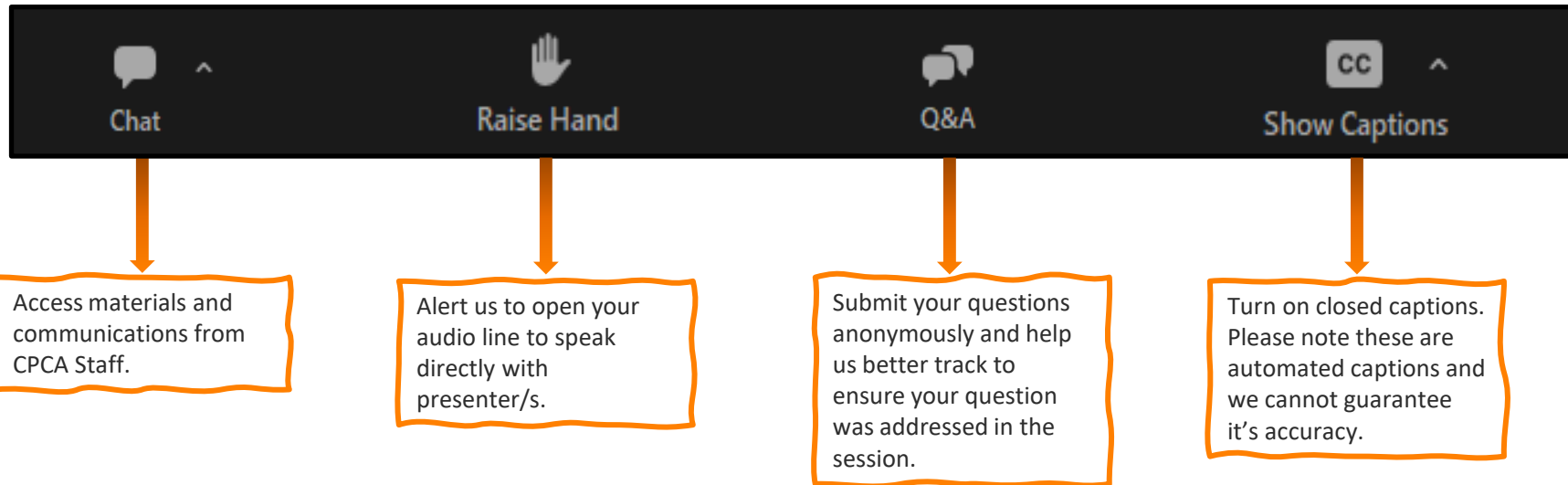


Support for the National Diabetes Prevention Program in FQHCs

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

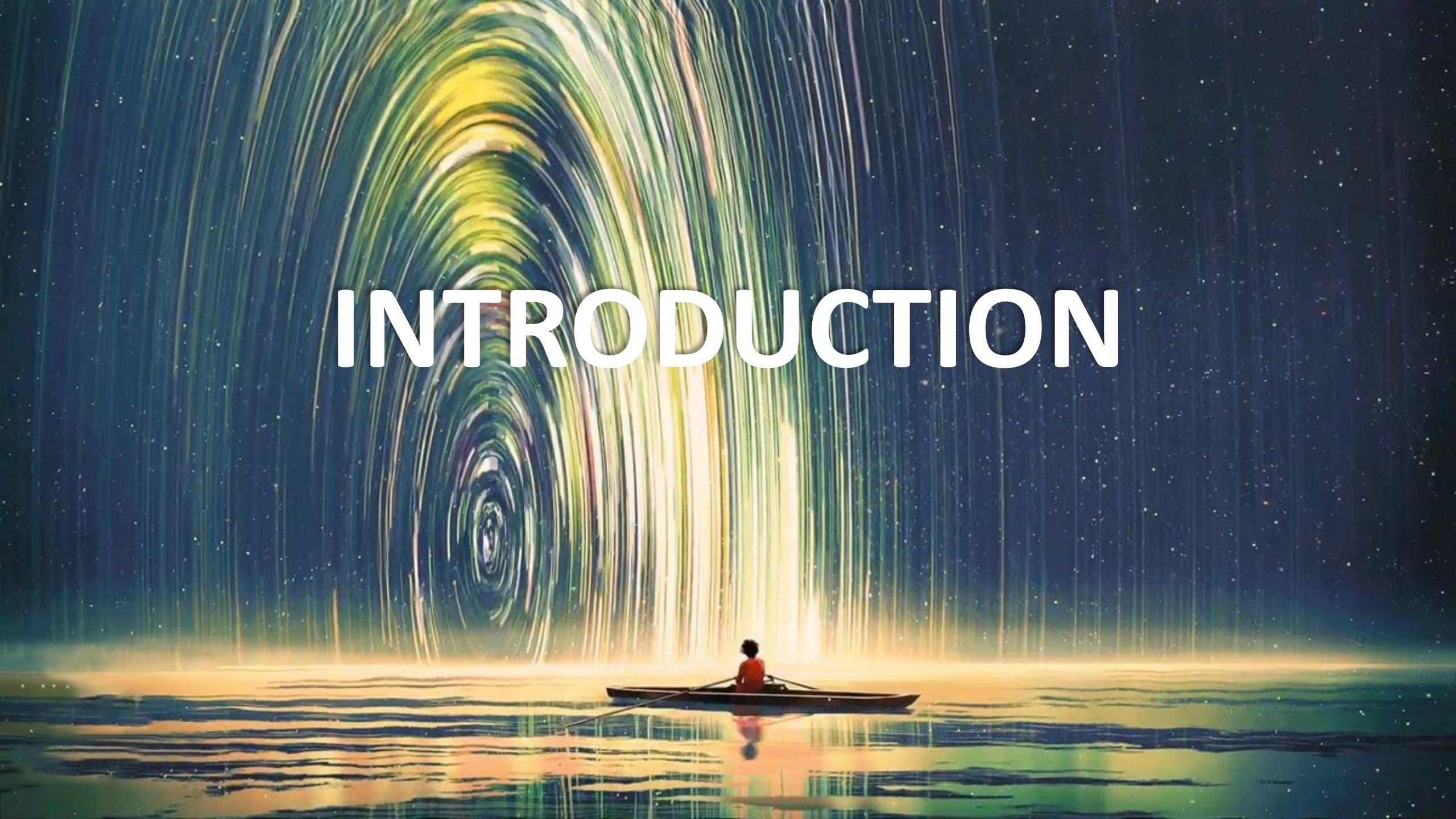


1. Increase understanding of NDPP
2. Identify the benefits of NDPP in CHCs
3. Increase awareness of support for NDPP in CHCs

IPDC

National Diabetes Prevention Program (NDPP)

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.

IPDC

Partnerships

A vibrant rainbow arches over a lush green hillside under a clear blue sky. The hillside is covered in green grass and yellow wildflowers, with a line of trees on the left. The rainbow is bright and multi-colored, stretching from the left side of the frame towards the right.

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%

A person in a small canoe is positioned in the lower center of the frame, looking up at a massive, vibrant, and swirling aurora borealis that fills the upper two-thirds of the image. The aurora displays a spectrum of colors including deep blues, greens, yellows, and oranges, with a central vortex-like pattern. The scene is set at night over a calm body of water, which reflects the intense light and colors of the aurora. The sky is dark and filled with numerous small stars.

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

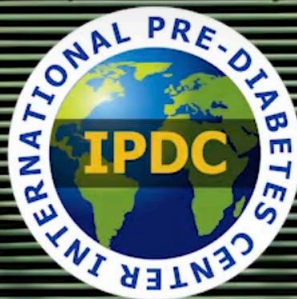


CURRICULUM

PREVENT T2



Want to Learn More?



COMMUNITY HEALTH CENTER

SIGN UP: @ipdcnttac.org

For NDPP Technical Assistance/ Support

A Partnership for Collective Impact



Q & A

References

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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!