



Engaging Healthcare Providers to Scale and Sustain the National Diabetes Prevention Program

In 2014, with assistance from the Prevention and Public Health Fund, the Centers for Disease Control and Prevention (CDC) launched the “State and Local Public Health Actions to Prevent Obesity, Diabetes, and Heart Disease and Stroke” funding program (DP14-1422). This program awarded states and locals the opportunity to focus on efforts to support healthy lifestyles in high-risk communities that are more susceptible to developing diabetes and heart disease. States and locals have also been tasked with the implementation of evidence-based engagement strategies, including the National Diabetes Prevention Program (NDPP). The CDC-led program involves a partnership of public and private organizations working to reduce the growing problem of prediabetes and type 2 diabetes. The partners work to make it easier for people with prediabetes to participate in evidence-based, affordable, and high-quality lifestyle change programs, aimed at reducing their risk of type 2 diabetes and improving their overall health.

Since January 2016, the National Association of County and City Health Officials (NACCHO) has worked with the CDC to convene a nation-wide community of practice (CoP) consisting of 100 local health departments (LHDs), community based organizations (CBOs), and states, to provide support for engaging Health Care Providers (HCPs) in local-level implementation of the NDPP. As part of the NDPP Local Sub-Awardee Community of Practice project, NACCHO gathered details from three CoPs regarding their progress in scaling and sustaining the project. Each of the stories will feature best practices from the three CoP local health departments who have worked with CBOs and Healthcare Providers (i.e. physicians, optometrists, dentists, nurses, pharmacists and others) to integrate the National DPP into clinical and community systems of care.

ProMedica Bixby Hospital

The ProMedica Bixby Hospital in Lenawee County, Michigan, provided insight on how they engaged healthcare providers and created sustainable partnerships during their funded National DPP. In 2011, 25 Lenawee County organizations came together to form the Lenawee Health Network (LHN), which works collaboratively to improve the health and well-being of the community. ProMedica Bixby Hospital is the primary agency in this network. Since Lenawee County was awarded the CDC’s grant for the state of Michigan, this network was able to reinforce interagency programs to continually improve the environment of Lenawee County through a coordinated approach. The goals of this group are to identify the community’s needs and to take action through evidence-based programming, strategic planning, and grant funding to drive action and improve overall health outcomes.

Every three years, a community health assessment is conducted to better understand the needs of Lenawee County. The results of this assessment prompted need for a county-wide diabetes prevention program to support the collective goal of countering chronic disease diagnoses including diabetes, heart

disease, and stroke. To this end, they sought to implement the National DPP, applied for funding, and received the grant in 2014. The Network's leadership team worked through ProMedica and their grants department, which ultimately led the LHN being awarded funding to execute the National DPP at the YMCA of Lenawee County.

ProMedica Bixby Hospital implemented the National DPP by systematically working with the YMCA of Lenawee County and the LHN. The hospital provided project management to the grant, as well as support through the development of a referral process with local ProMedica physicians. ProMedica Bixby and Herrick Hospitals also have the Diabetes Self-Management Education (DSME) program, which works with the National DPP to support one another through referrals and program awareness. Both programs are exploring areas to increase outreach and identification of adults eligible for the National DPP and DSME. ProMedica Bixby's project coordinator and the YMCA of Lenawee County are working together to replicate the successful National DPP process and apply it in nearby, at-risk communities.

External stakeholders and decision-makers that also participated in and supported this initiative include leadership from ProMedica, YMCA of Lenawee County, Family Medical Center, and the Lenawee Community Foundation. This team worked with the Lenawee Health Network to identify other funding opportunities and areas of collaboration to reinforce strategies and support existing programs in the county. Through this leadership and support, ProMedica was able to establish a Prescription for Health program at a local farmers market; an example of how the LHN works together to build upon progress.

The Family Medical Center and the YMCA of Lenawee County integrated policies into practice by using their electronic health records to better identify and refer patients with prediabetes and hypertension. Through the grant, they both worked with local IT companies to identify possible ways to improve their processes. Sustainability planning is still in progress and a very high priority for this organization and other key stakeholders.

The project achieved a number of successes: The Lenawee Community Foundation introduced a walking club at the YMCA to encourage healthy eating and more physical activity, and the DPP initiated 16 classes and enrolled 189 adults from Lenawee County. According to data collected and analyzed from Y-USA, the National DPP at the YMCA of Lenawee County is exceeding expectations: the program consistently averaged a 6.2% weight loss and sustained slightly higher attendance levels, compared to the national average of nine participants per class. Leadership at the LHN and YMCA strongly recommend this program to other communities in the area, and referrals were submitted from local physicians, the WISEWOMAN program at the Lenawee Health Department, and Family Medical Center physicians. Because of successes overall with the initiative, they also leveraged funding to secure local grants to extend the Prescription for Health program, which will provide \$6 for seven visits at the Adrian farmers market. This program will serve 100 adults and eligible National DPP participants.

Although there were many achievements, securing employer and insurer coverage with local organizations emerged as the biggest challenge. As a result, pilot projects focusing on preventative chronic disease programs were explored to identify interest from companies that are willing to invest more in their employee health and wellness programs. These projects are still being developed.

The CDC funding through the MI-1422 grant has allowed the LHN team to build capacity of the National DPP: they have enrolled at least 189 adults to date living in the county's priority population. The outcomes achieved allowed their team to build collaborations with current partners, as well as extend their connections. The outreach will support the sustainability plan by having insurers, employers, and

the state investing in the benefits of the National DPP. The Lenawee Health Network has been searching for possible future funding opportunities and is eager for Medicare reimbursement, so the program can expand to other communities.

Overall, the program was successful and with viable funding, will continue. ProMedica and the LHN believe that physician referrals are extremely helpful in identifying and enrolling National DPP-eligible adults. Many physicians look for evidence-based programs with effective outcomes to refer patients, and reaching out to local office managers or physicians could be helpful. Also, using outcomes and survey data from the National DPP to show the need for other programs or possible gaps that exist in a community is necessary when justifying funding. For example, the program encourages healthier eating and by exhibiting this data, they were able to show a need for a program that helps people access fruits and vegetables. As a result of reinforcing the need and previous pilot project data, ProMedica and the LHN were able to secure local funding to extend the fruit/vegetable voucher program another year.

For more information, please contact Frank Nagle from ProMedica Bixby Hospital (MI-1422 Healthy Lenawee 2020 Grant) at frank.nagle@promedica.org

For more information on NACCHO Diabetes resources, visit:

<http://www.naccho.org/programs/community-health/chronic-disease/diabetes>

For local health department information, visit: <http://lhd1422cop.ning.com/>