

Transforming Prediabetes Care through the Diabetes Prevention Program (DPP): A National Demonstration for Free and Charitable Clinics

Overview

Prediabetes is a preventable health condition that increases the risk of developing type 2 diabetes, heart disease and stroke. According to the Centers for Disease Control and Prevention (CDC), 86 million people in the United States have prediabetes, but less than ten percent are aware of their condition. With support from the GE Foundation, AmeriCares is piloting the CDC's National Diabetes Prevention Program (DPP) in five free and charitable clinics (free clinics) to evaluate the feasibility of implementing the DPP in this setting, with a low-income and uninsured population of patients. The free clinic Prediabetes Initiative falls under the Chronic Disease Care Program (CDCP) at AmeriCares, which aims to build capacity in free clinics and disseminate best practices to inform chronic disease prevention and management strategies throughout the sector.

The objective of the AmeriCares Prediabetes Initiative is to demonstrate that free clinics can implement an intensive, evidence-based lifestyle change program and improve health-related outcomes among patients. The DPP intervention, focused on healthy eating and increasing physical activity, has been shown to delay or prevent the onset of type 2 diabetes. The Prediabetes Initiatives at AmeriCares is being implemented with the support of the American Medical Association (AMA). This activity is aligned with the AMA's strategic focus on improving health outcomes, which aims to reduce the incidence of prediabetes in U.S. patients.

Program Details

A total of five free clinics are participating in the 3-year Prediabetes Initiative that launched in November, 2014; clinics are located in Florida, South Carolina, Virginia and Missouri and each selected through a competitive application process. Participating clinics receive ongoing education, training and technical assistance, as well as a grant to support staff time and resources dedicated to the program.

1. The CDC Lifestyle Intervention requires a year-long commitment from patients. It consists of 16 weekly sessions followed by 6 monthly sessions focused on healthy eating habits and physical activity.
2. Each of the five participating clinics have two

health coaches trained on the CDC curriculum and implementation the program.

3. Clinics are responsible for the recruitment and retention of participants, as well as delivery of the year-long intervention and data reporting.
4. The target recruitment goal for each clinic is 60 patients by the recruitment deadline of March, 2016.
5. All five of the participating clinics are listed in the CDC's Registry of Recognized Organizations participating in the Diabetes Prevention Recognition Program.

DPP Research Study

A three-year research study, being led by Julie Darnell, PhD, MHSA, at Loyola University Chicago, is evaluating the feasibility of implementing the DPP in five participating clinics. Results will be compiled for publication in a peer reviewed journal article. As of the end of FY16, 252 patients have been recruited into the DPP intervention across the 5 clinics with preliminary results showing weight loss among participants. The other outputs and outcomes being measured include:

- Recruitment, attendance, self-monitoring
- Weight loss, BMI, physical activity HbA1c, blood pressure changes
- Changes in quality of life and patient activation

Benefits to Participation

Financial compensation and resources (\$12,600 in grant funds and more than \$5,000 in incentives per clinic).

Formal lifestyle coach training on the CDC's DPP curriculum; CDC recognition.

Improved capacity to report on clinic and patient-level outcomes.

Experience participating in a national evaluation and research study; unique experience participating in a multi-site collaborative.

Enhancement of clinic services around prevention, wellness and prediabetes care.

An opportunity to highlight the clinic's work to existing and potential donors.