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Choice

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Focused on You

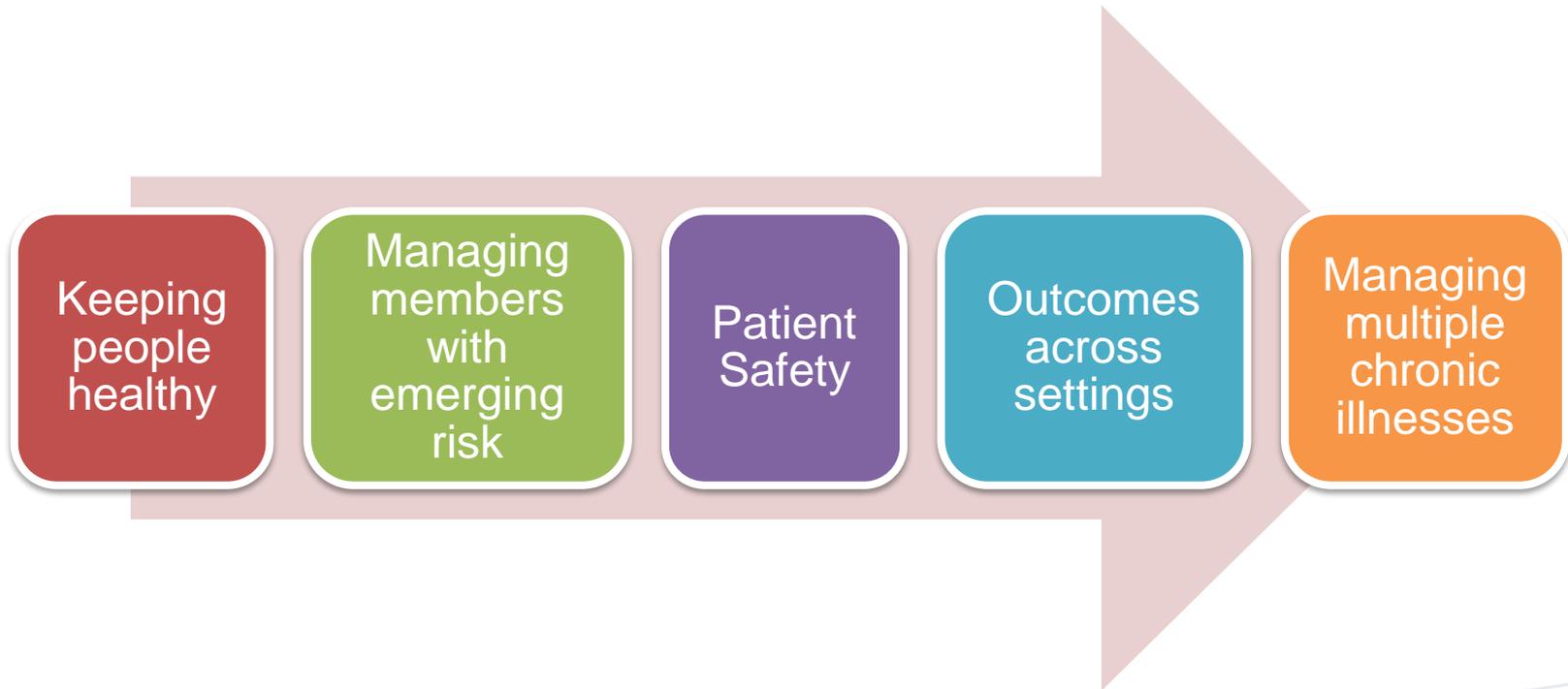
December 4, 2018

Maryland Population Health Summit

National Diabetes Prevention Program

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MedStar Family Choice

Population Health Strategies



December 10, 2018

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Diabetes in Maryland – the challenge

- According to the MARYLAND specific information on the ADA website, 623,000 people or 12.6% of the population now have diabetes
- Another 1,634,000 or a “Staggering” 36.9% of the population have pre-diabetes
- Economic costs are likewise staggering with ADA estimate of \$16,752 per year for a person with diabetes with \$9,601 attributed to diabetes based on National Data
- Secondary medical issues of cardiovascular disease, kidney disease, blindness, amputation
- Quality of life and caregiver issues

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At Risk for and diagnosed with Pre diabetes the 1.6 MILLION MD residents

- Obesity BMI > 25 or 23 if Asian descent
- Gestational diabetes (3 to 7 fold increased risk of DM in 5-10 years)
- CDC says 50% GD will go onto DM-T2
- Fasting blood sugar 100-125
- HgBA1c 5.7 to 6.4 mg/dl
- Is there something that can be done?

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What is the National Diabetes Prevention Program?

- Lifestyle change program
- 12 months –
 - months 1-6 attend 16 weekly sessions
 - months 7-12 attend 1 or more month sessions per month
 - Stresses nutrition and physical activity but also includes general health topics like sleep
- Evidence based, CDC recognized
- Face to Face and Virtual
- Materials and curriculum available

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What's does the research tell us?

- Original NIH funded study of 3,234 overweight adults with prediabetes – lowering body weight by 7% reduced risk of developing Type 2 DM by 58% over three years. Adults over 60 the risk reduction was even greater at 71%
- Diabetes Education and Prevention with a Lifestyle Intervention Offered at the Y (DEPLOY) study in the community by trained counsellors could achieve similar results
- Online social network version works

More Research

- Lifestyle interventions also improve blood pressure control, decreased triglyceride, HDL cholesterol increased – 25% less medication use

The Maryland Medicaid Pilot

- CDC sponsored through NACDD National Association of Chronic Disease Directors to Maryland and Oregon
- “Feasibility study” for ~600 Medicaid enrollees
- Face to face or virtual
- Last enrollees in the pilot January 2018 so some have not completed
- Final data -- January 2019 release
- Preliminary findings are trending in the right direction
- 1115 Waiver to expand to 2,400

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Summary Why the DPP ?

- There is a scientifically proven intervention that can prevent or delay the onset of T2DM
- It can be delivered in multiple modalities
- The life coaches do not have to be doctors and nurses
- It is the perfect thing to include in Population Health strategy
- It impacts more than T2DM – obesity, cholesterol, HBP, musculoskeletal, Opioid use and family/caregivers

Learn More



 Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

SEARCH 

CDC A-Z INDEX 

National Diabetes Prevention Program



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PREVENT TYPE 2 DIABETES
CUT RISK IN HALF

PROVEN LIFESTYLE CHANGE PROGRAM

NATIONAL PARTNERSHIP
COMMUNITY-BASED



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