

**Change Today for a Healthier Future:
YMCA Diabetes Prevention Program**

**Satellite Conference and Live Webcast
Wednesday, November 7, 2012
2:00 – 4:00 p.m. Central Time**

Produced by the Alabama Department of Public Health
Video Communications and Distance Learning Division

Faculty

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Agenda

- Need for diabetes prevention
- Program evolution
- Program design
- How you can help

Type 2 Diabetes

- How large and big is the problem?

Diabetes

- 25.8 million Americans

Pre Diabetes

- 79 million Americans (35% of all adults) with progression to diabetes at rate of 10% per year

Burden of Diabetes in the United States

- Diabetes and its associated complications costs the national economy of the U.S. approximately \$198 billion dollars annually

Burden of Diabetes in the United States

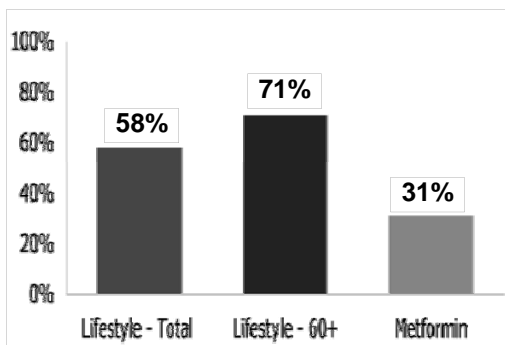
- Leading cause of kidney failure, non-traumatic lower-limb amputations, and new cases of blindness among adults in the United States
 - The risk for stroke and heart attack is 2-4 times higher in individuals with diabetes

Burden of Diabetes in the United States

- Accounts for 17% of all deaths for ages >25

Program Evolution

Scaling: Chapter One – 90's



Scaling: Chapter One – 90's

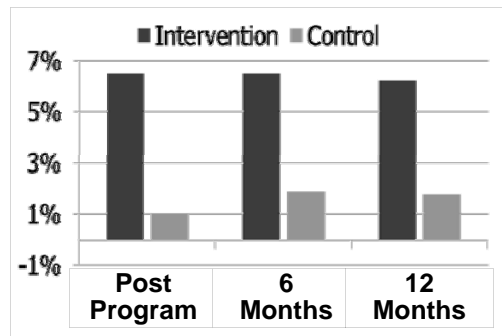
- DPP – NIH-led randomized clinical trial to prevent type 2 diabetes in persons at high risk
- Lifestyle intervention sharply reduced the incidence of developing type 2 diabetes (58%)

Scaling: Chapter One – 90's

- Metformin group reduced the incidence of developing type 2 diabetes but not as much as the lifestyle group (31%)

– New England Journal of Medicine, 2002

Scaling: Chapter Two – 2005



Scaling: Chapter Two – 2005

- Community translation of the DPP - Indiana University School of Medicine works with the YMCA of Greater Indianapolis
- Aim: determine if a group-based adaptation of the DPP lifestyle intervention can be implemented through the Y

Scaling: Chapter Two – 2005

- Question: Can the Y achieve a 5-7% weight loss for a fraction of the cost?
- Answer: Yes

– Ackermann RT et al. AJPM; Oct 2008

Scaling: Chapter Three – 2009

- YMCA's Diabetes Prevention Program – with funding from CDC, Y-USA translated the program into the Louisville Y
- Question: Can Y staff build a referral network for the prevention of diabetes?
- Answer: Yes

Scaling: Chapter Three – 2009

- What was needed
 - Six month start-up timeline included:
 - Creation of a Community Advisory Board
 - Development of a referral network

Scaling: Chapter Three – 2009

- National Y staff to capture learning for the initial development of support tools

Scaling: Chapter Four – 2010

- Expansion of the YMCA's Diabetes Prevention Program
 - Lunch of program partnership and creation of a national infrastructure to support expansion
- A game changer:
 - Third party-payers paying for prevention

Scaling: Chapter Four – 2010

- In a group-based format
- To a community-based provider
- On a performance-basis
- At scale
- On the bleeding edge of a new healthcare delivery system

Scaling: Chapter Four – 2010

- Our partnership with a third party administrator – the Diabetes Prevention and Control Alliance - allows third party payers (employers, private insurers, and government payers) to reimburse the Y for the delivery of the evidence-based prevention program

National Coordination Model

- National coordination model ⇒ local program implementation:
 - Program Partnership
 - Centers for Disease Control and Prevention and the Diabetes Prevention and Control Alliance

National Coordination Model

- System for Third Party Payment
 - Single system for private and public payers to reimburse the Y for participant performance

National Coordination Model

– Training and Technical Assistance

- Intensive support with for program implementation and delivery, including coach training on the curriculum, data collection system, and privacy protection

National Coordination Model

– Advocacy, Policy, and Communications

- National efforts to raise awareness, advocate for coverage, and drive participation

National Coordination Model

– Quality Assurance, Impact, and Evaluation

- Adherence to strict data collection guidelines, privacy regulations, program quality and fidelity standards, and program recognition

Where the Program Is Today

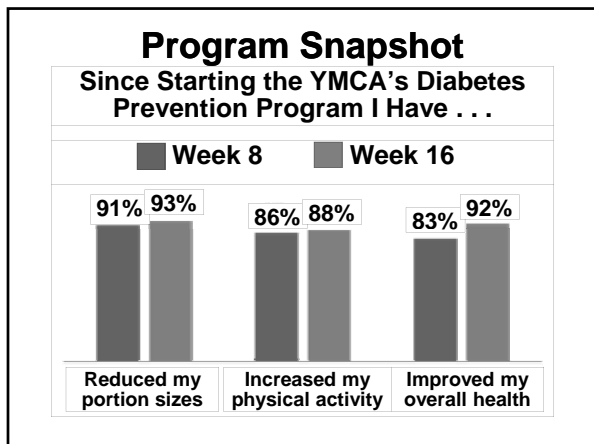
- To date, three private payers and multiple employers are reimbursing the Y for participant performance
 - Several additional payers in the sales pipeline with efforts underway to seek additional private and public payers

Where the Program Is Today

- Y-USA won one of the first ever HHS Innovation Awards for the dissemination model of the YMCA’s DPP

Where the Program Is Today

As of August 31, 2012	<ul style="list-style-type: none"> - 73 Ys - 368 program locations - 31 states - 6,512 participants - 903 Lifestyle Coaches - 800+ classes - 4.8% Avg Wt. Loss (5.1% among DPCA referrals)
By the end of 2012:	Nearly 80 Ys with more than 400 program locations in 32 states
More to come...	

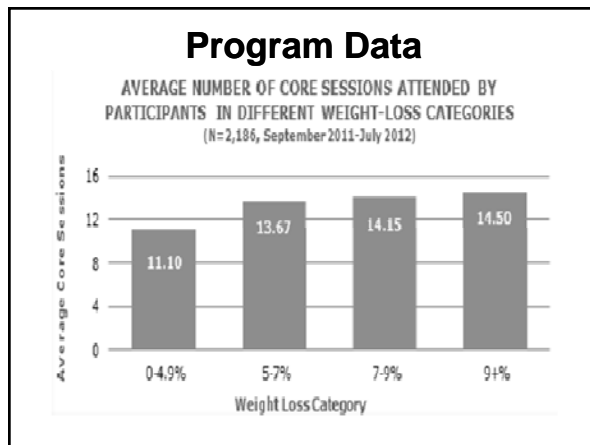


Program Snapshot

- More than 6,000 individuals have enrolled and attended at least one class since efforts to expand the program began in 2010
- 1/3 have completed the full year-long program

Program Snapshot

- Participants in the YMCA's Diabetes Prevention Program lost an average of 4.8% of their body weight
- Hundreds of individuals lost an average of 7% of their body weight



Program Data

National Overview – Through August 2012	
Number of classes started to date	855
Total class locations to date	368
Number of Y locations	243
Number of non-Y locations	125
YTD average number of sessions attended for participants who have completed the 16 core sessions (attended at least 4 sessions)	12.6

- ### Locations by State
- Alabama
 - Arizona
 - Connecticut
 - DC
 - Delaware
 - Florida
 - Georgia
 - Idaho
 - Illinois
 - Indiana
 - Iowa
 - Kansas
 - Kentucky
 - Maryland

Locations by State

- Massachusetts
- Michigan
- Minnesota
- Missouri
- Nevada
- New Jersey
- New York
- North Carolina
- Ohio
- Oregon
- Pennsylvania
- Rhode Island
- Texas
- Vermont

Locations by State

- Virginia
- Washington
- Wisconsin

The Program in Birmingham, Alabama

- 225 participants
 - 89% female
 - 57% African American
 - 36% Caucasian
 - 78% self referred

The Results

- 63% attended 8 or more sessions
- 40% achieved 3-7% weight loss
- The more sessions attended the greater the weight loss

The Program

Who?	<ul style="list-style-type: none"> • Overweight* adults (18+) with prediabetes • Confirmed via one of 3 blood tests • Or a qualifying risk score
What?	<ul style="list-style-type: none"> • 12 month program: includes 16 weekly sessions followed by monthly maintenance sessions • 1 hour sessions • 8-15 people in group based, classroom setting
When? Where?	<ul style="list-style-type: none"> • Anytime, anywhere (classroom-type setting)
How?	<ul style="list-style-type: none"> • Weigh-in at every session • Weight recorded in online tracking system • Facilitated by Y Lifestyle Coach (person skilled in Listen First/motivational interviewing and group facilitation)

Individualized Lifestyle Program

- Program Goals
 - To reduce the risk of developing type 2 diabetes through:
 - ≥ 7% loss of body weight and maintenance of weight loss
 - ≥ 150 minutes per week of physical activity

Who Qualifies?

- Participant must have a blood value in the pre-diabetes range or a qualifying risk score

Who Qualifies?

DO YOU MEET THE PROGRAM REQUIREMENTS?
 Please check each box that is true:
 I am 18-64 years old
 I am overweight (BMI > 25)
 I am at risk for developing type 2 diabetes or have been diagnosed with pre-diabetes by a healthcare provider

DO YOU HAVE ONE OF THE FOLLOWING LAB VALUES OR DIAGNOSES?
 Please check each box that is true:
 A1C _____ (must be 5.7% - 6.4%)
 Fasting Plasma Glucose _____ (must be 100 - 125 mg/dl)
 2-hour (2g) glucose Plasma Glucose _____ (must be 140 - 199 mg/dl)
 Pre-diabetes determined by clinical diagnosis of Gestational Diabetes (GDM) during previous pregnancy

ARE YOU AT RISK FOR DEVELOPING DIABETES?
 Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs. Take the first step. Find out your risk for prediabetes!

TAKE THE TEST - KNOW YOUR SCORE!
 Answer these seven questions - for each "Yes" answer, add the number of points listed.

	YES	NO
Are you a woman who has had a baby weighing more than 9 pounds at birth?	1	0
Do you have a parent with diabetes?	1	0
Do you have a brother or sister with diabetes?	1	0
Find your height on the chart to the right. Do you weigh as much as or more than the weight listed for your height?	5	0
Are you younger than 65 years of age and get 300 or no physical activity in a typical day?	5	0
Are you between 45 and 64 years of age?	5	0
Are you 65 years of age or older?	5	0
TOTAL POINTS FOR ALL "YES" RESPONSES:	_____	

AD-454 WEIGHT CHART (Height in inches)	Weight (in pounds)
4'10"	150
4'11"	155
5'0"	160
5'1"	165
5'2"	170
5'3"	175
5'4"	180
5'5"	185
5'6"	190
5'7"	195
5'8"	200
5'9"	205
5'10"	210
5'11"	215
6'0"	220

New Goals and Opportunities

- A national voice
- Collaborations with health care providers, business leaders and non-profits
- Expanding our reach through Cities for Life

Cities for Life

- A community-based diabetes management program anchored in primary care

Cities for Life

- The American Academy of Family Physicians (AAFP) Foundation, with support from Sanofi U.S., selected the city of Birmingham for this program not only because Alabama has one of the highest rates of diabetes in the country, but also for its visible commitment to improving the lives of its citizens

Program Guidance and Partners

- The AAFP Foundation is guiding the Cities for Life program with the National Research Network of the AAFP, who is developing and implementing the program alongside community partners

Program Guidance and Partners

- Guidance is also coming from the AAFP Foundation's Peers for Progress program

Program Guidance and Partners

- The AAFP Foundation is partnering with the University of Alabama at Birmingham's Department of Family and Community Medicine

Program Guidance and Partners

- Other founding community partners:
 - UAB HealthSmart
 - UAB's Diabetes Research and Training Center's Community Engagement Core
 - YMCA of Greater Birmingham

How You Can Help

- Help to champion program among other healthcare provider groups and stakeholders in the community
- Provide direct program referrals to eligible patients
- Add program to community-based resource directory

How You Can Help

- Post / distribute marketing materials to raise program awareness
- Donate space for program sessions

Thank You

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