

Collaborative Attack on Diabetes

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- Engaging our members in their health
- Focusing upstream
- Strategic initiative to Attack Chronic Disease

National Kidney Foundation of MI

- Focus on prevention of kidney disease
- Build capacity to deliver evidence-based programs
- Empower people at risk to improve their health



Diabetes Burden in Michigan

- 1 million Michigan residents are living with diabetes. About 25% of them don't even know it
- Diabetes prevalence has increased 40% in 10 years
- 2.6 million Michigan residents are estimated to have prediabetes ---- only 7% know that they are at risk!!
- Without intervention 30% will develop diabetes within 5 years

Demonstration Project Overview

How it all started



Determine readiness/Leadership commitment



Steps toward collaboration



How did we get here



What it looks like now



NKFM

Successes:

- Community partnerships and engagement
- Infrastructure to train coaches, collect data, assure high quality
- Serving high need communities
- Achieved full recognition by CDC
- Changing people's lives
- Impressive outcomes and efficacy/effectiveness

Challenges:

- Lack of awareness and urgency about prediabetes
- Health care provider referrals of people at risk
- Sustainable support of offering DPP as an extension of disease management and prevention programs

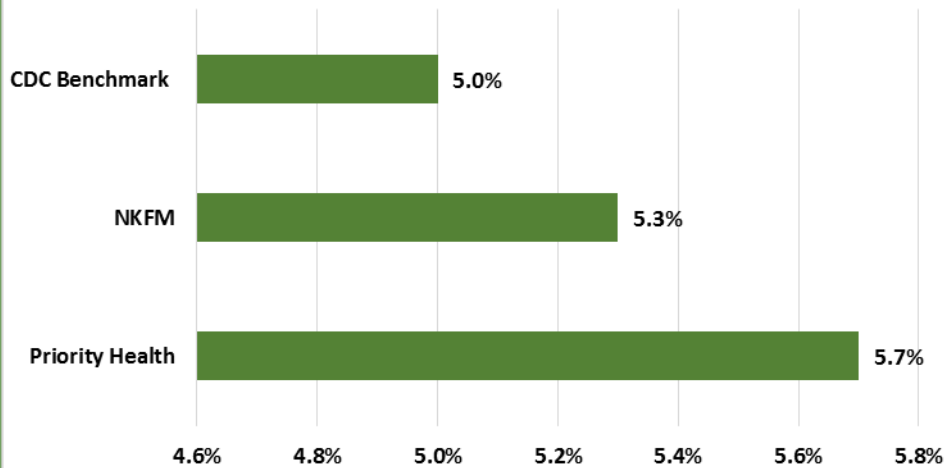


Outcomes NKFM

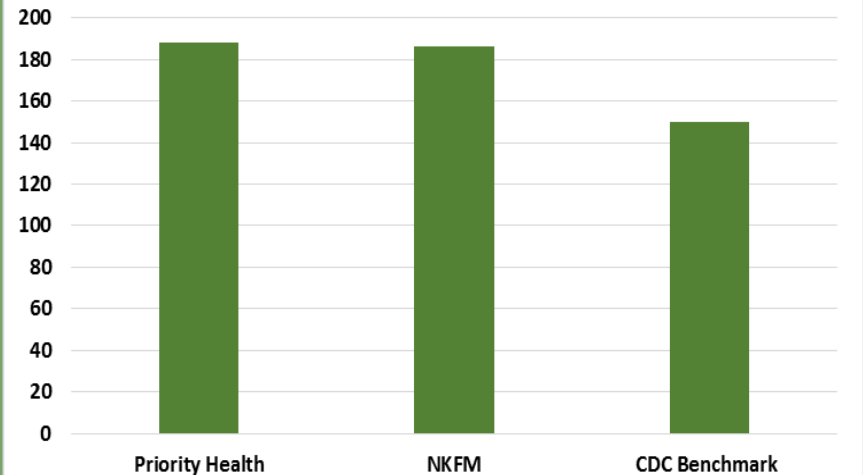
- Over 500 participants have enrolled in the NKFM diabetes prevention program *My Choice...My Health* since the first group in 2012
- More than 50 trained lifestyle coaches lead the programs throughout Michigan

Outcomes NKFM

Weight Loss Comparison



Median physical activity minutes



57% of participants in the Priority Health group lost more than 5% of their starting body weight

42% of participants in the Priority Health group lost more than 7% of their starting body weight

For all NKFM participants, 49% lost >5% and 34% lost >7%

*participants who attended at least 4 weekly sessions

Priority Health

Successes

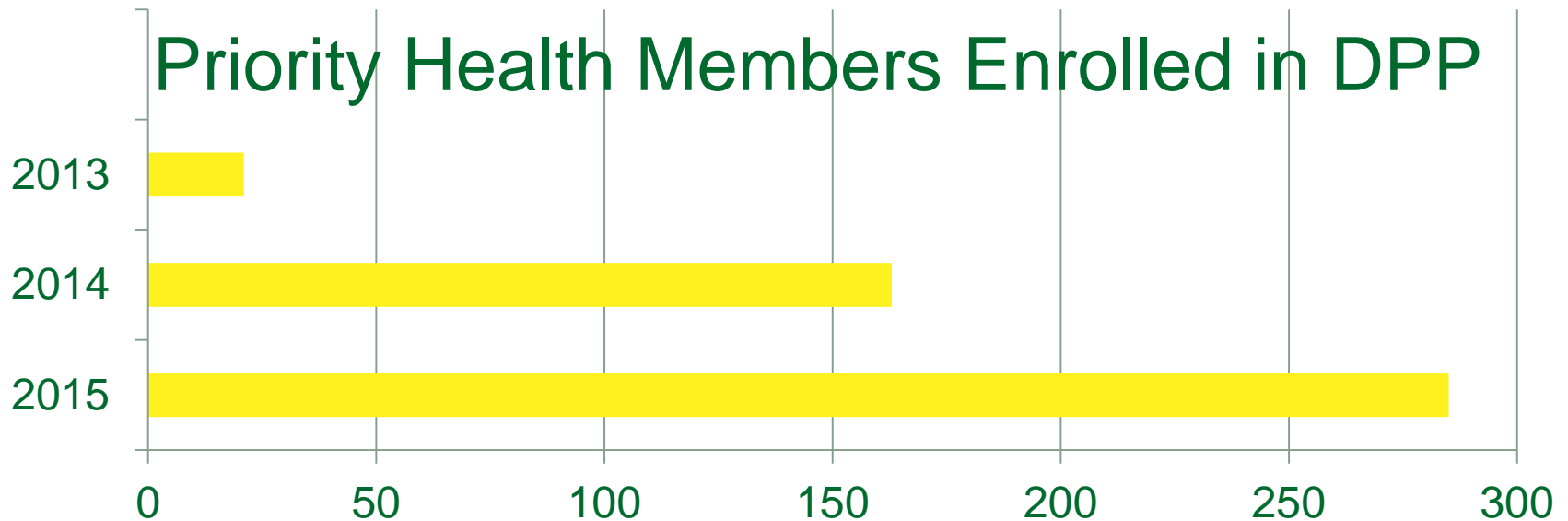
- Population health management identification/targeting
- Collaborative partnerships
- Program Outcomes
- Second year of funding
- Internal leadership/staff support

Challenges

- PCP identification of at risk patients
- PCP awareness of DPP
- Members lack awareness of prediabetes
- Prevention awareness and acceptance
- Reimbursement/benefit structure

Outcomes Priority Health

- 469 members enrolled in DPP
- Working in partnership with 8 DPRP's
- 36 separate programs offered
- 16 different geographic locations in MI
- 2 onsite employer groups



Outcomes Priority Health

88% successfully completed 9+ core sessions

65% met weight loss goals of 5-7%

43% exceeded 7% weight loss

72% met exercise goal of >150 min/week

Program Recommendations



What Priority Health is looking for in a partnership.

- ✓ DPRP or seeking recognition
- ✓ Pilot/Demonstration period
- ✓ Program reporting-individualized
- ✓ Building awareness in your community
- ✓ Positive member engagement efforts
- ✓ Quality outcomes

NKFM and Priority Health are aligned

Our Perspective for Collaboration

- Together we achieved a greater combined impact
- Recruiting participants is the challenge
- Meet people where they are
- Community engagement plan to build capacity and enrollment
- Provider engagement strategy

Future Path

- Pursue strategies for long term sustainability or covered benefit
- Raise awareness about prediabetes
- Make clinician and provider referrals more routine
- Work together to build state-wide DPP capacity
- Collect key data on efficacy/effectiveness
- Build case based on cost benefits of diabetes prevention

