

Michigan Diabetes Prevention Action Plan Extension

2018 - 2020



Background

The ***Michigan Diabetes Prevention Action Plan, 2016-2018*** was developed as the result of an intensive action planning process that took place in spring 2015 led by the Michigan Department of Health and Human Services (MDHHS) Diabetes Prevention and Control Program (MiDPCP) in partnership with the Centers for Disease Control and Prevention (CDC), the National Association of Chronic Disease Directors (NACDD), and the American Medical Association (AMA). This process engaged nearly 90 employers, health plans, health systems, healthcare providers, public health agencies, and other organizations concerned about the burden of diabetes in Michigan and the growing, but largely unrecognized, danger posed by prediabetes. These diverse stakeholders worked together to provide recommendations that could help drive diabetes prevention efforts forward in the state. Following the action planning process, staff from the MiDPCP summarized the results and recommendations into three key focus areas that highlighted the highest priorities of participants:

1. Prediabetes Awareness, which included increasing awareness among all sectors;
2. Health Systems Policy, which included increasing screening, testing, and referral of high-risk patients to the Diabetes Prevention Program (DPP) and increasing employer and health plan coverage or reimbursement of the DPP; and
3. Community-Clinical Linkages, which included creating sustainable, community-clinical partnerships and establishing bi-directional referral systems for the DPP.



**Prediabetes
Awareness**



**Health
Systems
Policy**



**Community-
Clinical
Linkages**

The resulting *Prevention Action Plan* outlined the following four goals that guided statewide efforts to address the three key focus areas between 2016 and 2018:

1. By 2018, implement a multi-faceted communications plan to increase public and healthcare provider awareness of prediabetes and the DPP offerings. (Prediabetes Awareness)
2. By 2018, increase DPP reimbursement coverage through at least one Michigan Medicaid plan and one private insurer. (Health Systems Policy: Coverage)
3. By 2018, engage four healthcare partners to develop systems to screen, test, and refer patients with prediabetes and those at risk for developing type 2 diabetes to a Diabetes Prevention Recognized Program (DPRP). (Health Systems Policy: Screen, Test, Refer)
4. By 2018, establish bi-directional referral systems between eight healthcare providers and Michigan DPRPs. (Community-Clinical Linkages)

Objectives and strategies were identified for each of the four goals and action items were developed to guide implementation of the *Prevention Action Plan*. Key stakeholders and collaborative partners integral to carrying out the plan were convened and the MiDPCP provided technical assistance, support, and leadership throughout the process.



Key Successes to Date

Since 2005, the MiDPCP has been engaged in diabetes prevention efforts. The MiDPCP has supported and collaborated with more than 200 organizations through two statewide partnerships focused on the prevention of diabetes. One of those partnerships, the Michigan Diabetes Prevention Network (Michigan DPN; www.midiabetesprevention.org), links diabetes prevention partners and DPP organizations throughout the state with one another and with other state-level partners. It also provides a venue in which to share resources, information, and success stories. Through the efforts of the Michigan DPN, significant progress has been made toward meeting the four overarching goals of the *Prevention Action Plan*. Key successes achieved between 2015 and 2018 are summarized below by focus area.

Prediabetes Awareness

- The MiDPCP developed yearly media campaigns from 2015-2018. The media campaigns utilized radio, print, digital, google search, transit ads, and outdoor ads to increase awareness and enrollment in DPPs. The call to action was to visit the www.michigan.gov/diabetes website. The campaigns resulted in over 41 million total impressions.
- The MiDPCP considered the linguistic and cultural appropriateness of prediabetes awareness materials through the dissemination of Spanish-language materials in high burden areas and the development of promotional materials that included images of ethnically and racially diverse people.
- Ongoing efforts include the evaluation of media campaigns and collaboration with partners to tailor messaging and ensure media meets the cultural, language, and literacy needs of priority populations as well as the communication needs of people with disabilities.

Health Systems Policy: Coverage/Reimbursement

- In collaboration with the National Kidney Foundation of Michigan (NKFM), the MiDPCP presented to Medicaid staff and networks, including the Medicaid Clinical Advisory Committee, Managed Care Plan Medical Directors, Quality Improvement Directors, and Medicaid Managed Care Directors. Presentations included an overview of burden data, prediabetes and risk factors, DPP details and eligibility criteria, outcome data, and return on investment.
- With the American Medical Association (AMA) and Emerson Consultants, Inc., MDHHS developed a two-part webinar series titled “*Compounding on Your Diabetes Prevention Investment-Finding the Payoff*” and “*Implementing a Successful DPP Reimbursement Model-What You Need to Know.*” Webinar recordings are available at www.midiabetesprevention.org.
- Through partner efforts, nearly 20 employers across Michigan are now engaged in the DPP. Engagement includes promotion and awareness, pilot projects, or offering the DPP as a covered medical or wellness benefit.
- Ongoing efforts include continued outreach, education, and engagement of Michigan Medicaid Managed Care Plans and Michigan employers and employer groups through presentations, meetings, and partner efforts.

Health Systems Policy: Screen, Test, Refer

- Developed and disseminated a Screen, Test, Refer (STR) survey statewide, including throughout the Upper Peninsula. The Michigan Center for Effective IT Adoption (M-CEITA) worked with the MiDPCP to publish the STR survey analysis and provided key recommendations for ongoing support to health systems.
- The Michigan Health Improvement Alliance (MiHIA) conducted key informant interviews and provided additional recommendations to scale STR strategies. The STR survey and key



recommendations are available by request.

- Through a partnership with the MiDPCP, Cherry Health, Inc. adopted the AMA algorithm for point of care prediabetes identification, added prediabetes to the point of care decision making tool, and improved the process to refer patients to the DPP.
- Enhanced the partnership between the MiDPCP and the Michigan State Medical Society (MSMS) to include the promotion of DPP within physician organizations.
- Ongoing support includes the implementation of selected recommendations, resource sharing, and continued health system engagement.

Community-Clinical Linkages

- In each of the Chronic Disease Coordinating Networks, the MiDPCP mapped and analyzed current bidirectional referral models and shared processes and feedback with DPP providers and health systems.
- Through technical assistance provided by the MiDPCP, M-CEITA, and MPRO, more than ten health systems in five counties implemented workflows to include DPP referrals and Community Health Workers were integrated as members of the care team and connectors to the DPP.
- Regional Diabetes Prevention Networks conducted referral discussion groups to learn more about current referral partners, processes, and opportunities to build capacity.
- Ongoing efforts will focus on distributing best practices to additional DPP providers and continuous quality improvement within healthcare organizations.

Development of the Prevention Action Plan Extension

As the timeframe for the ***Michigan Diabetes Prevention Action Plan, 2016-2018*** was drawing to an end, the MiDPCP convened a diverse group of stakeholders on July 19, 2018 for a full-day facilitated discussion to acknowledge the key successes to date and develop recommended actions that could be taken by 2020 to accomplish any of the previously developed strategies that were not yet met. Those in attendance reviewed four documents, one for each focus area, which outlined the progress to date and actions already taken for all objectives and associated strategies. Participants were then broken into smaller groups that addressed a single unmet strategy. After individually brainstorming actions that could be taken to address the unmet strategy, each group compiled a comprehensive list of actions that represented ideas put forth by all members of the group and were both within the group's sphere of influence and within the scope of the group's available time and resources to complete. Next, the groups identified the best person to move each action/task forward and listed key partners who should be involved. Following this process, all four groups shared a brief review of their focus area, the objective and strategy that they were addressing, and the new actions that they developed with all present at the meeting. This process was repeated a second time to brainstorm actions for the remaining unmet strategies.

Following the stakeholder meeting on July 19, MiDPCP staff reconvened on August 14, 2018 to review the action items that were developed during the previous meeting. (*Please see Appendix A for a full list of participants who took part in the meetings on July 19 and/or August 14.*) During this process, additional, intermediary action items were added to the plan as needed to address the unmet strategies. Key partners and collaborators were identified for each action, and a tentative timeline was developed to guide implementation and allow for the periodic assessment of progress throughout the next two years. The newly developed action items, along with a summary of key strategic partners, that resulted from this meeting are summarized below, first by focus area and then by unmet strategy.

For a full copy of the *Michigan Diabetes Prevention Action Plan, 2016-2018* or the *Michigan Diabetes Prevention Action Plan Extension, 2018-2020* visit www.michigan.gov/diabetes and learn how you and your organization can become involved.

GOAL	By 2020, implement a multi-faceted communications plan to increase public and healthcare provider awareness of prediabetes and the Diabetes Prevention Program (DPP) offerings.	
Objective#1	Develop and deploy a communications plan that includes statewide media and a focus on priority populations.	
Strategy	Action Items	Strategic Partners
#2: Ensure that the communications plan and related messages and materials address: <ul style="list-style-type: none"> • cultural, language, and literacy needs; • health disparities and social determinants of health; and • the communication needs of people with disabilities, including people with hearing and/or visual disabilities. 	a. Assess the extent to which existing materials are culturally appropriate. b. Gather feedback from partners that serve priority populations as new materials are created. c. Develop new materials that address the feedback on existing media/materials and cultural, language, and literacy needs. d. Disseminate new materials.	<ul style="list-style-type: none"> • Medicaid • MDHHS Communications • Disability Network • Transit • Arab Community Center for Economic and Social Services (ACCESS) • Regional DPP Networks • Faith Communities • National Kidney Foundation of Michigan (NKFM) • MI Diabetes Prevention Network
Strategy	Action Items	Strategic Partners
#4: Explore opportunities for collaboration on the development of a comprehensive, statewide DPP database that is web-based, searchable, and mobile-friendly, and that can be shared with healthcare providers, employers, health plans, and members of the public.	a. Compare electronic referral systems for evidence-based programs which incorporate data collection, promotion of program offerings, and the capability to send and receive e-referrals.	<ul style="list-style-type: none"> • MI Diabetes Prevention Plan Workgroups



GOAL	By 2020, increase DPP reimbursement coverage through at least one Michigan Medicaid plan and one private insurer.	
Objective #1	Provide education on reimbursement models, claim codes, overall benefit design, and updates on Medicare DPP coverage, as available, to Michigan employers, health plans, and MiDPRPs.	
Strategy	Action Items	Strategic Partners
#2: Partner with the state's Business Coalition on Health, Michigan Chamber of Commerce, and other employer associations to disseminate information about prediabetes and MiDPRPs.	a. Determine key contacts with business/employer groups as well as physician/participant champions.	<ul style="list-style-type: none"> • Economic Alliance on Health • Getting to the Heart of the Matter • Live Well 4x4 Health and Wellness Plan • MI Diabetes Prevention Network • Detroit Regional Chamber • MI Chamber of Commerce • MI Healthier Tomorrow • Office of the State Employer • State Alliance of Michigan YMCAs (Y Alliance) • NKFM
	b. Invite other key stakeholders in the business community to the network.	
	c. Develop survey or informal assessment.	
	d. Conduct needs assessment of employers/employer groups. Clarify their interests/needs.	
	e. Assess needs of business community.	
	f. Develop a common message and approach. Communication materials, "ask," etc.	
	g. Approach stakeholders' business/employer groups. "Activate the plan."	

Objective #2	Implement two DPP demonstration projects with Michigan Medicaid program, employers or private health plans.	
Strategy	Action Items	Strategic Partners
#1: Work with partners to promote DPP outcome data (specifically for Medicaid and employer projects) to demonstrate the benefits of DPP coverage.	a. Identify a champion within the Office of the State Employer to advocate for DPP coverage for State of Michigan employees and assist in determining key steps in securing coverage.	<ul style="list-style-type: none"> • Worksite wellness consultant at MDHHS • Live Well 4x4 Health and Wellness Plan • Getting to the Heart of the Matter • Michigan Association of Health Plans (MAHP) • 1422 Chronic Disease Coordinating Networks (CDCNs) • Y Alliance • Michigan Primary Care Association (MPCA)
	b. Identify a champion within Michigan Medicaid to advocate for coverage of the DPP for Medicaid beneficiaries.	
	c. Share enrollment and outcome data from 1422 and demonstrate with/to health plan champions, Medicaid, the Office of the State Employer, and the Michigan Association of Health Plans. Utilize Michigan DPN to engage partners.	



	<p>d. Partner with MAHP to conduct assessment of member health plans and determine current diabetes prevention efforts.</p> <p>e. Explore the potential of a demonstration project with a Federally Qualified Health Center (FQHC).</p> <p>f. Utilize data from the new demonstration projects to build the case for coverage.</p>	
Strategy	Action Items	Strategic Partners
#3: Partner with at least two health plans and/or employers to develop a DPP demonstration project.	<p>a. Advocate to Medicaid and/or the Office of the State Employer to include DPP as a covered benefit. (ongoing action)</p> <p>b. Identify geographic areas with large employers with wellness focus. Include top health plan and Medicaid managed care plan.</p> <p>c. Determine capacity of DPP providers (including virtual providers) in identified geographic area and interest to pursue employer/health plan reimbursement.</p> <p>d. Make connection with DPP and employer or health plan. Determine who needs to be at the table.</p> <p>e. Begin demonstration project.</p> <p>f. Conclude demonstration project (12 month program).</p> <p>g. Gather and summarize results from demonstration project.</p> <p>h. Share results from demonstration project with Medicaid and the Office of the State Employer.</p>	<ul style="list-style-type: none"> • MI Diabetes Prevention Network Partners • Regional DPP Networks • MAHP



Health Systems Policy: Screen, Test, Refer

GOAL	By 2020, engage four healthcare partners to develop systems to screen, test, and refer patients with prediabetes and those at risk for developing type 2 diabetes to a Diabetes Prevention Recognized Program (DPRP).	
Objective #1	Four health systems will implement a prediabetes registry using their electronic health records (EHRs).	
Strategy	Action Items	Strategic Partners
<p>#2: Promote tools, best practices, and lessons learned around developing prediabetes registries within EHRs.</p>	<p>a. Share STR survey analysis and MiHIA focus group summary with diabetes prevention network, Diabetes Partners in Action Coalition (DPAC), MSMS, MPCA, and Diabetes Self-Management Education and Support (DSMES) programs.</p>	<ul style="list-style-type: none"> • MI Diabetes Prevention Network • Regional DPP Networks • MPCA • MSMS
	<p>b. Disseminate standards for identification of and referral for patients with prediabetes and diabetes.</p>	
	<p>c. Explore opportunities to connect STR survey results to value-based payment system to incentivize provider referrals.</p>	
	<p>d. Utilizing aggregate Azara data, promote STR processes.</p>	

GOAL	By 2020, establish bi-directional referral systems between eight healthcare providers and MiDPRPs.	
Objective #1	Increase awareness of best practices for DPP bi-directional referral systems between healthcare providers and MiDPRPs.	
Strategy	Action Items	Strategic Partners
#2: Through Michigan DPN and DPAC, share best practice models on establishing sustainable, effective, bi-directional referral systems with diabetes prevention statewide partners.	a. Connect with at least one partner to promote electronic referral models and lessons learned.	<ul style="list-style-type: none"> • AMA • Henry Ford Health System • Cherry Health • NKFM • Regional DPP Networks • DSMES Programs • MPCA
	b. Connect with at least one partner to promote paper-based referral models and lessons learned.	
	c. Identify methods (video, infographic, etc.) to share referral models and lessons learned.	
	d. Determine resources needed to develop promotional materials.	
	e. Assess the number of DSMES programs that offer DPP and are connected to an EHR/HIT.	
	f. Assess capacity and interest of DSMES programs to serve as a central DPP referral source.	
	g. Partner with MPCA to distribute referral resources.	



Appendix A: Action Planning Participants

The MDHHS Diabetes Prevention and Control Program would like to acknowledge the following individuals who contributed to the development of the *Michigan Diabetes Prevention Action Plan Extension, 2018-2020*. Their time and expertise is greatly appreciated.

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- Candy Vertalka, RN - Michigan Primary Care Association
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