



# MI Diabetes Prevention Network Fall 2019 Meeting

Tuesday, September 24, 2019

[www.MiDiabetesPrevention.org](http://www.MiDiabetesPrevention.org)



# Welcome and Overview

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# Welcome!

- Thank you for coming!
- New members
- Remote participants
- Coming soon: Meeting and action group meeting dates for 2020
- Brief MI Diabetes Prevention Network (DPN) background



# Housekeeping

- Restrooms
- Sign-in
- Join our DPN email list or workgroups!
- Evaluations and making this group better



# What to Expect from the Meeting

- Agenda
- Discussions
- On the phone
- MI Diabetes Prevention Action Plan workgroups
- Action plan
  - Meet someone new
  - One next step
- What do you want to know/do today?

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# Objectives

## **MI DPN fall meeting attendees will be able to:**

- Name at least **2** actions MDHHS is taking to prevent diabetes across MI
- Name **3** characteristics unique to the Arab American population
- Identify at least **1** action step they can take within 1 month related to preventing diabetes – either with DPP coverage/reimbursement or promoting prediabetes screen-test-refer
- Identify at least **1** new MI diabetes prevention contact



# MDHHS Diabetes Prevention Work Update

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# MDHHS Diabetes Prevention Work Update

- New MDHHS staff roles
- MDHHS diabetes prevention work
  - Past year
  - Next year
- MI DPPs, 2015-now
- Your input matters!





# New MDHHS Staff Roles

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# New MDHHS Staff Roles 1

## Main Diabetes Prevention Staff

- **Lauren Neely** – Manager, MDHHS Diabetes & Kidney Unit (DKU) (promoted fall 2018)
- **Tamah Gustafson** – Consultant, DKU
  - Lead, Diabetes Prevention Program
  - Co-lead, DPN
  - Lead, Action Plan workgroup on coverage and reimbursement
  - Lead, DPP pilots supported by MDHHS
  - Program manager for grant contracts including with: ACCESS, YMCA, NKFM, Some MIHIA work, MAHP
- **Adrienne Davenport** (started April 2019) – Consultant, DKU
  - Co-lead, DPN
  - Lead, Action Plan workgroup on screen, test, refer
  - Program manager for grant contracts including with: MSMS, CHWs, Some MIHIA work, NMU, WSU

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# New MDHHS Staff Roles 2

## Supporting/Partner DKU Staff – Just as important!

- **Megan Goff** – Administrative Support and Excellence
  - Support
  - Meeting invites
  - Emails
- **Kim Lombard** – Consultant, Diabetes Management
  - Lead, DSMES certification, quality improvement, support, coordinator meeting and updates
  - Liaison with MI Medicaid
  - Program manager for grant contracts, including with: NKFM, MPCA, GLHC, WSU
- **Anjanette Laurin** (started April 2019) – Consultant, Diabetes Management
  - Program manager for grant contracts, including with: MPA, MPCA, NKFM, BETP, GLHC
- **Lynn Foucrier** (started February 2019) – Overall DKU Evaluator and Results Mgmt.
  - CDC grant evaluation
  - Data requests

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# What we've worked on the last year

A snapshot of some of the diabetes prevention work MDHHS did 2018-19, often with the help of partners/subcontractors

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# Results from 2018-19, p.1

- **Hired 2 consultants to support grant work**
  - Adrienne – diabetes prevention
  - Anjanette – diabetes management
- **DPN**
  - 3x meetings
  - MI Diabetes Prevention Action Plan meetings, progress report
  - DPP classes posted on [www.mihealthyprograms.org](http://www.mihealthyprograms.org)
  - Maintenance of [www.midiabetesprevention.org](http://www.midiabetesprevention.org), [www.mihealthyprograms.org](http://www.mihealthyprograms.org)
  - 4 e-newsletters sent to network
  - Worked w/ DPAC to get Nov. 2019 proclamation approved – Diab Awareness Month



# Results from 2018-19, p.2

## Media campaigns

- Diabetes management
  - Rural areas of northern lower peninsula
- Diabetes prevention
  - Southeast MI, especially Wayne County
  - Arab American focus in Dearborn/Wayne County



# Results from 2018-19, p.3

## Media results!

- Digital, transit, Google, social media
  - **Diabetes prevention:** Nearly **14.8 million** impressions (2.7 million people in MI estimated to have prediabetes)
  - **Diabetes management:** Nearly **19.2 million** impressions across all outreach (870,000 diagnosed with diabetes in MI)

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A screenshot of a social media post from the Michigan Department of Health and Human Services. The post features a green background with silhouettes of three people and the text "BE 1 WHO PREVENTS TYPE 2 DIABETES." Below this, it says "MICHIGAN.GOV/DIABETES Get support. Learn about lifestyle changes." and includes a "LEARN MORE" button.

Michigan Department of Health and Human Services  
Sponsored · 🌐

1 in 3 are at risk of developing Type 2 diabetes, but help is here. Enroll in the National Diabetes Prevention Program.

BE 1 WHO PREVENTS TYPE 2 DIABETES.

MICHIGAN.GOV/DIABETES  
Get support.  
Learn about lifestyle changes.

LEARN MORE





# Results from 2018-19, p.4 - 1

- **DPP providers mapped** 2015-2019
- **DPP relationships and referral-provider channels** strengthened and started
  - Several contractors, priority populations the focus
  - Electronic health information exchange system relationship started
  - Laid groundwork for Medicaid DPP pilots
  - Several DPP cohorts started
  - Set up pay for performance DPP model





## Results from 2018-19, p.4 - 2

- **Lifestyle coach support**
  - 5 advanced lifestyle coach trainings
  - 3 Trainings on cultural competency, implicit bias
- **6+ presentations/modules**
- **3+ exhibit tables**
- **3+ assessments/surveys**
- **3 modules in Northern Michigan U's learning network (1 pre-D, 2D)**



What we'll work on in the next year  
and beyond

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# Upcoming MDHHS Diabetes Prevention Work, p.1

- Presentations
- Exhibit tables
- Webinars/education modules
- Data collection and summary
- Advanced lifestyle coach trainings
- More media outreach (target underserved, priority groups)



# Upcoming MDHHS Diabetes Prevention Work, p.2

- DPN
  - Looking to add at least one org. to incorporate Diabetes STAT/survey recos
  - Meetings
  - Calls
  - E-updates
  - Website
- Action Group
  - Calls every 2 months
  - Results updating
  - Next steps

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# Upcoming MDHHS Diabetes Prevention Work, p.3

- DPP expansion. We plan to support:
  - Electronic 2-way referral and feedback with DPP providers and referrals
  - Pilots
    - Priority population
    - Medicaid demonstration pilot
    - Pay for performance
  - Support priority population DPP cohorts
  - Encourage/support decisions toward Medicaid coverage

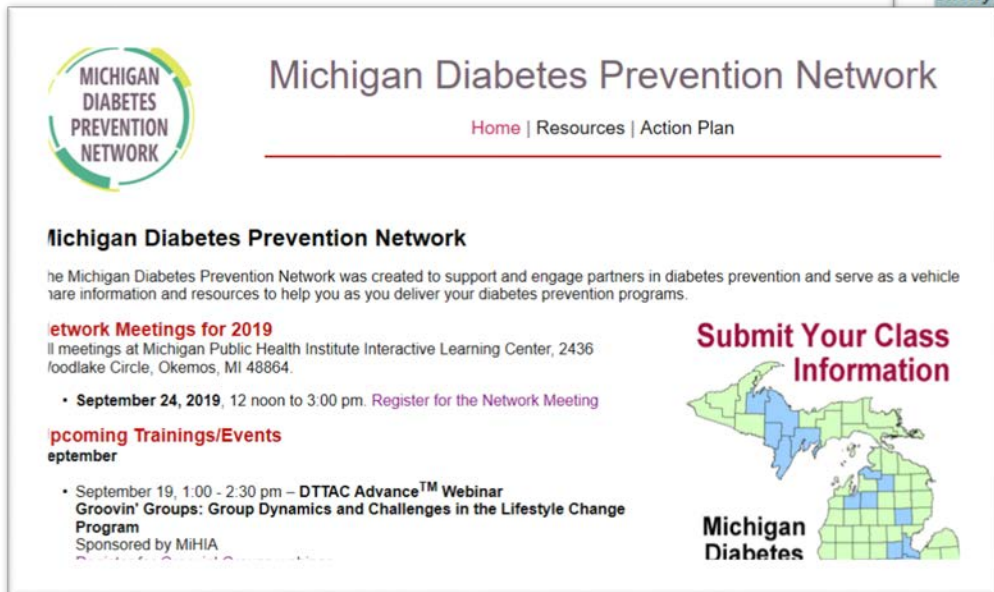
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# Upcoming MDHHS Diabetes Prevention Work, p.4

Support of:

- [www.MiHealthyPrograms.org](http://www.MiHealthyPrograms.org)
- [www.MiDiabetesPrevention.org](http://www.MiDiabetesPrevention.org)



**MICHIGAN DIABETES PREVENTION NETWORK**

Michigan Diabetes Prevention Network

Home | Resources | Action Plan

**Michigan Diabetes Prevention Network**

The Michigan Diabetes Prevention Network was created to support and engage partners in diabetes prevention and serve as a vehicle to share information and resources to help you as you deliver your diabetes prevention programs.

**Network Meetings for 2019**  
 All meetings at Michigan Public Health Institute Interactive Learning Center, 2436 Foodlake Circle, Okemos, MI 48864.

- **September 24, 2019**, 12 noon to 3:00 pm. [Register for the Network Meeting](#)

**Upcoming Trainings/Events**  
 September

- September 19, 1:00 - 2:30 pm – DTTAC Advance™ Webinar  
**Groovin' Groups: Group Dynamics and Challenges in the Lifestyle Change Program**  
 Sponsored by MIHIA

**Submit Your Class Information**

**Michigan Diabetes**



**LIVING Healthy in Michigan**

Personal Action Toward Health (PATH)

Enhance Fitness Physical Activity Program

**Diabetes Prevention**

DPP class

Class Submission for Providers

Diabetes Self-Management Education

Foundations

Resources and Links

**What is the Diabetes Prevention Program (DPP)?**

[Find a DPP Class in Michigan](#)

The Diabetes Prevention Program (DPP) is a lifestyle change program that can help prevent or delay type 2 diabetes.

For participants who achieve **modest weight loss** (5-7% of body weight, about 10-14 pounds for a 200 pound person) and **150 minutes of physical activity a week**, the program can help prevent or delay type 2 diabetes by 58% for people with prediabetes (71% for people over 60 years old).

As part of a group, participants work with trained lifestyle coaches and other participants to learn skills to make lasting lifestyle changes.

Participants learn to eat healthy, increase physical activity, manage stress, stay motivated, and solve problems that can get in the way of healthy habits. There are nearly 70 Diabetes Prevention Programs in Michigan!

For the first six months, participants meet weekly for a total of 16 sessions. During the second 6 months, participants will meet monthly.

**Cut your type 2 diabetes risk in HALF**



# Mapping Michigan DPPs

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Your input matters!

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[www.MiHealthyPrograms.org](http://www.MiHealthyPrograms.org)

Please add your DPP to [www.MiHealthyPrograms.org](http://www.MiHealthyPrograms.org)

- Statewide listing of DPPs all in one place
- Note: DSMES classes also listed, but uses ADA and AADE site listings
- Site lists class session details for DPP, DSMES, EnhanceFitness, Arthritis Foundation Programs, other resources and links

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# Make DPN Work for You

- Evaluations
- What are we missing?
- What could we do better?
- Who are we missing from our group?
- How would you like to see technology used better?
  - Examples:
    - More functional remote meeting options
    - Use of interactive technology – Sli.Do, live polling, etc.
    - Inviting tech-focused experts to speak



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# Group Discussion

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# Discussion Question 1

What is the best way for MDHHS to proactively contact “pending” DPP providers and provide support?



## Discussion Question 2

What is the best way for MDHHS to do exit surveys for DPP providers that lose recognition?



## Discussion Question 3

How do your doctor-DPP or doctor-CHW-DPP relationships work?

- Wins?
- Challenges?
- 1 thing you need to make the relationship better





## Discussion Question 4

What is at least one “win” from your own screen, test, refer experience for diabetes prevention?



## Discussion Question 5

What are some of your top challenges or misses from your own screen, test, refer experiences for diabetes prevention?

What are some solutions? List at least 3.



## Discussion Question 6

How can we find other key stakeholders to join DPN? Are there any individuals or groups you can think of that we are missing?



## Discussion Question 7

What questions should MDHHS ask when surveying about:

- Needs/values of employers and interest in DPP (to develop talking points/outreach to employer groups)?
- Current prediabetes screen, test, refer practices?



# Report Back

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# Recap and Next Steps

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