



Michigan DPP Community of Practice Call

2/10/2025



Welcome!



Community of Practice (COP) Purpose

The COP is meant for lifestyle coaches, program coordinators, and others interested in the Diabetes Prevention Program (DPP) offerings in Michigan.

Monthly calls will begin with a presentation and then offer an open Q&A session. Barring unforeseen circumstances, at least one representative from the MDHHS-Diabetes & Kidney Unit will attend to help answer questions and/or work to get them answered after the meeting.



About the Community of Practice

- Optional.
- Direction guided by Planning Committee (open to all).
- Format:
 - Similar to national CDC DPRP Office Hours (3rd Th of the month at 2p).
<https://cdc.zoomgov.com/j/1610691757?pwd=L0VGS0dnTEZ3am5obndYdGNyTUfVUT09>
 - Starts with presentation and then opens for Q&A.
 - Informal.

An aerial photograph of a river flowing through a dense forest with vibrant autumn foliage in shades of orange, yellow, and red. The river features a small waterfall with white water cascading over a rocky ledge. The background is a solid blue color.

Community of Practice Call Schedule

- Calls held monthly and alternate between:
 - 2nd Monday of the month at 3p.
 - 2nd Thursday of the month at 1p.
- Zoom or call-in.
- 50 minutes long.
- Presentation part of the call can be recorded but discussion will not be.
- Quarterly Medicare + Medicaid calls offer in-depth discussion specific to these topics; next call 12/5 @ 2p (email DavenportA1@Michigan.gov).



Contact Sheet

- After each call, Adrienne will circulate a contact sheet (if new participants join).
- If you wish to be added to the contact sheet or edit your information, email Adrienne (DavenportA1@Michigan.gov).
- You can use to call on each other without the State getting involved!

An aerial photograph of a river flowing through a dense forest with vibrant autumn foliage in shades of orange, yellow, and red. The river features a small waterfall with white water cascading over a rocky ledge. The sky is not visible, focusing the view on the natural landscape.

What We'll Cover

- Advanced Lifestyle Coach Training – You voted!
- Motivational interviewing training
- DPP cost savings study
- Save the date – Spring DPN
- Open Q&A

Advanced Lifestyle Coach Training ⁽¹⁾



- MDHHS-Diabetes held a quick optional online survey in January to tailor free advanced lifestyle coach training before end of June.
- Response highlights in following slides; will work to order training accordingly.
- Training announcement through DPN listserv, direct emails, COP calls.

Advanced Lifestyle Coach Training ⁽²⁾



- General needs:
 - Retention – keeping DPP participants motivated and engaged, coming to class
 - Motivational interviewing
 - Supporting participants taking GLP-1 medications

Advanced Lifestyle Coach Training ⁽³⁾



- Format preference:
Live and on-demand webinars.
- Our response:
We will aim to offer 1-2 live webinars that make on-demand recordings available after before end of June.

Advanced Lifestyle Coach Training ⁽⁴⁾



Top topic choices:

- Lifestyle change and weight loss medications
- Cultural adaptations for food
- Delivering DPP with cultural humility and adaptation overall
- Keeping participants engaged all year

Advanced Lifestyle Coach Training ⁽⁵⁾



- Our response:
We will work to offer
1-2 webinars that cover two of these
topics for FREE.
- Training announcement through DPN
listserv, direct emails, COP calls.

Advanced Lifestyle Coach Training ⁽⁶⁾



Future exploration:

- Some said that covering training to become a lifestyle coach would help.
- Some said Spanish advanced lifestyle coach training would help.



Motivational Interview Training

Registration coming soon!

- Motivational interviewing training
- T 5/6, Th 5/8, T 5/20, Th 5/22 (must attend all 4 days)
- 9:00 a.m. – 12:00 p.m.
- FREE
- Space limited to 30 attendees
- Provided by Behavior Change Consulting
- Questions? Contact Tamah at GustafsonT2@Michigan.gov

DPP Cost Savings Study ⁽¹⁾



A recent study published in American Diabetes Association's *Diabetes Care* journal found that the National DPP:

- **Reduced Medical costs** for participants with prediabetes by an average of **\$4,552** over **two years**.
- **Reduced 2-year risk** of developing **diabetes** by **2.8%**.
- Had an **88% chance** of **saving personal medical costs**.

DPP Cost Savings Study ⁽²⁾



Study Background (1):

- Study by University of Michigan (U of M).
- Analyzed data from nearly 6,000 adults who were employed or retired from U of M.
- Aimed to measure effectiveness in real world, not clinical settings.

DPP Cost Savings Study ⁽³⁾

Study Background (2):

- **Medical costs**

- Direct medical costs tracked.
- These are costs for the people themselves, not for the health system.
- Year before DPP enrollment/index date.
- Continued the 2 years after.
- Mostly r/t hospitalizations, outpatient visits, ER visits.
- Estimated DPP cost of \$518.
- Used health insurance claims to assess costs, self-reports, and HbA1c levels to determine diabetes incidence.
- Used surveys to assess health utility scores.



DPP Cost Savings Study ⁽⁴⁾

Study Background (3):

- **DPP enrollment**

- Enrolled: 575 (9.6% of eligible people).
- Did not enroll in DPP: 5,373.
- What did “enrollee” mean? Attended session #1 of DPP (did not track beyond that).



DPP Cost Savings Study ⁽⁵⁾

Study Background (4):

- Starting 2015, UM offered DPP at no cost to employees and retirees with prediabetes and overweight/obesity who were part of U of M self-funded insurance program.
- Study carried out August 1, 2015 – February 28, 2018.
- Health plan contracted with 4 orgs offering DPP – (1) in-person led by certified diabetes educators, (2) in-person led by trained peer instructors in community settings, (3) in-person in a YMCA led by trained LCs, and (4) online virtual group meetings led by personal health coaches.



DPP Cost Savings Study ⁽⁶⁾

Study Background (5):

- Prediabetes defined by health plan claims Dx of prediabetes or HbA1c of 5.7%-6.4%.
- Health plan sent letters every 6 months to newly identified prediabetes, encouraged to enroll in DPP.
- Dates of first session = enrollment date.
- Dates nonenrollees got letters + median # days to enroll from same cohort = index dates for nonenrollees to establish baseline, 1-year, and 2-year marks.



DPP Cost Savings Study ⁽⁷⁾

Study Background (6):

- Measured BMI, BP, lipids, and HbA1c in year before enrollment/index date and 1y and 2y following.
- Excluded people whose 2y follow-up overlapped with COVID pandemic (health care utilization and costs changed dramatically during that time).



DPP Cost Savings Study ⁽⁸⁾



People enrolled in DPP showed:

- **88% probability of saving costs** by enrolling in DPP.
- Individual medical cost **savings of \$4,552** over 2 years.
- **\$160,000 saved per case of diabetes prevented** (people with diabetes have medical costs 2.6x higher than those without diabetes).
- Offering DPP to insured people at no out-of-pocket cost provides **good value for money** (author conclusion).
- No difference in quality of life.

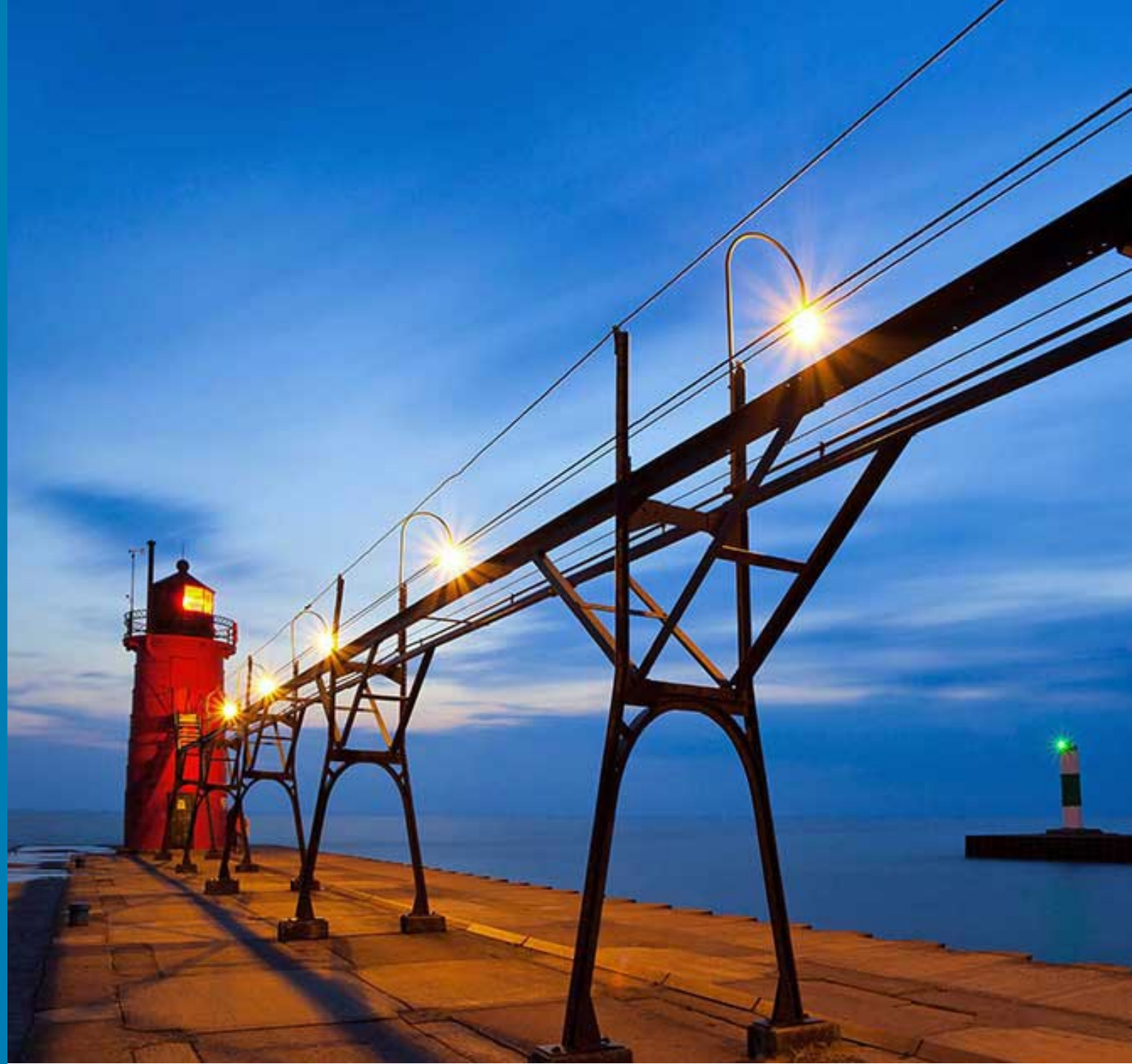


Spring Michigan DPN Meeting

Save the date!

- Michigan Diabetes Prevention Network Meeting
- Virtual – Zoom
- Tuesday, April 22nd
- 1-2:30 p.m.
- Registration coming soon!

Open Q&A



Thank you!

www.Michigan.gov/Diabetes

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