

NM DPP Collaborative: A Partnership

Presentation by

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Michigan Diabetes Prevention Network

Our Purpose

The Northern Michigan Diabetes Prevention Program (NM DPP) Collaborative ensures the coordination of DPP providers to achieve the best outcomes for our region. The collaborative will accomplish this through the following:

1. Working with the State of Michigan on its DPP Action Plan
2. Sharing DPP updates
3. Providing technical assistance, such as how to do data entry
4. Coordinating DPP scheduling to ensure even regional coverage
5. Sharing lifestyle coach tips for success and best practices
6. Communicating through meetings, emails, and other avenues as appropriate.

How did we start?

- Three existing groups/initiatives
 - Shape Up North/Northern Michigan Diabetes Initiative – Munson Medical Center Community Health
 - Chronic Disease Coordinating Network – Health Department of Northwest MI
 - Chronic Disease Prevention Coalition – District Health Department 10
- State Action Plan released
 - October 18, 2016
- Regional meeting to begin aligning efforts
 - October 19, 2016



Collaborative Participants

- We have a total of 19 participating organizations
 - Hospitals
 - FQHCs
 - Local Health Departments
 - MSUE
 - MSU College of Human Medicine
 - Area Agency on Aging
 - Priority Health
 - National Kidney Foundation
- DPP Lifestyle coaches are most commonly the ones participating



Membership Requirements

- No formal commitment just an interest in offering DPP and collaborating with others
- There are informal written expectations of the members and the coordinators
- Anyone is welcome to participate!



Our Structure

- Quarterly meetings (via phone)
- 1.5 hours in length
- Coordinators develop agenda, facilitate the meetings and take minutes



- Past agenda items:
 - State updates
 - Medicare coverage
 - CDC Standards and Procedures
 - Coach tips, successes & challenges
 - Delivery modalities
 - Resources

Staffing & Resources

- The coordinators roles are supported by their employer through chronic disease related funding and organizational resources
- Members participate with support from their employers
- Holding quarterly meetings via phone greatly reduces the amount of time members have to contribute

Primary Funding Streams

- **Health Department of Northwest MI**

- Northern Health Plan provided grant funding for the Chronic Disease Coordinating Network
- Getting to the Heart of the Matter provided grant funding for a media campaign and to subsidize two DPP programs in FY17 (2 more coming up in FY18)
- Grant funding has allowed HDNW to subsidize the training of many lifestyle coaches
- Work dedicated to priorities identified through the 2015 Community Health Needs Assessment (CHNA)

- **District Health Department #10**

- Tencon Health Plan provided grant funding for the Chronic Disease Prevention Coalition
- Work dedicated to priorities identified through the 2017 CHNA

- **Munson Medical Center Community Health**

- In-kind through the Northern Michigan Diabetes Initiative
- Work dedicated to priorities identified through 2016 CHNA

Getting Buy-In

- Many organizations were just starting to launch & trying to figure it all out – we offered support and technical assistance
- We were able to get their coaches trained by covering the cost of the training
- We were able to subsidize the launching of a few DPPs
- Minimal time commitment to participate



We started as a sharing network...



...Evolved to action network



So...what do you do?

- Several new DPPs have been launched – the biggest action
- Sub work groups initiated for specific issues
 - For example, telehealth delivery
- Host quarterly calls



Coordinated Efforts

- Program promotion
 - Marketing
 - Classes
 - Referrals
- Regional partner website



Communicating to Our Leadership

- Collaborative titles
- Listserv includes clinical and programming leadership
- Reports to backbone organizations
- Joint organization promotion in marketing

Future of the NM DPP Collaborative

- MDHHS alignment
- Medicare and other reimbursement
- Resource network
- Support DPP providers
- Address the “how” of sustainability



Does the Collaborative Contribute to the Collective Success of Our DPPs?

- A little early to tell??
- However, without the existence of the previous partnerships (community health assessments), the Northern Michigan Public Health Alliance, Shape Up North, the NMDI, and the recently funded CDCNs, it is unlikely that most of the organizations would even be trying to launch a DPP. With partnerships come more opportunities to leverage success! We can truly do more together.

Is There Value-Added from Being a Member of the NM DPP Collaborative?

- Coordinators serve as the liaisons between the state and the local DPPs, and keep the members updated about statewide actions, tools, etc. – most cannot attend these Okemos meetings nor participate in them
- Coordinators seek out, problem solve, and share the most up to date - - and often complex - - information about NDPP developments. Not everyone has to be in the weeds!

Is There Value-Added from Being a Member of the NM DPP Collaborative?

- Because of the existence of the Collaborative, participants can get technical assistance from more sources
- Members hear from other DPP coordinators and lifestyle coaches on how they have recruited, retained, motivated participants, and on what seems to be effective
- May receive referrals from another DPP in your area, or may be able to line up a sub lifestyle coach

Considerations for Sustaining the DPPs: Raising the Questions

- ANTICIPATE that there has been and will be turnover in lifestyle coaches. What's the plan to make sure there is another lifestyle coach in the wings?
- Are we actively tapping current DPP participants as future coaches? And how will we reimburse them to deliver a yearlong program? (Should cost less than using a licensed health professional.)
- Given the efficacy of using community health workers, is there consideration for creating positions for community health workers, and training them to be lifestyle coaches as part of their job description?

Considerations for Sustaining the DPPs

- Is management analyzing the organization's capacity to offer the DPP today?
- How many DPPs per year can a lifestyle coach reasonably deliver?
- Five years from now, how many DPPs would your organization like to be able to offer per year? (And how do we get from where we are today to where we want to be in five years?)

Considerations for Sustaining the DPPs

- What is our plan TODAY for subsidizing the DPP until there is reimbursement from health plans?
- Are we planning regular encounters with our providers (at quality improvement meetings, staff training, etc.) to keep the DPP in front of them? Is the DPP a standing agenda item at regularly scheduled meetings?
- Are we talking with our IT people about modifying the electronic medical record to (eternally) tag eligible patients?

Considerations for Sustaining the DPPs

- Are we promoting awareness of our DPP by registering it on the state website, or in other areas?
- Is there a marketing plan in place to regularly market both internally (providers, departments, patient portals) and externally (organization newsletter, newspaper, senior centers, etc.)?
- Are we doing outreach with our local chambers of commerce, employers to offer the DPP as an employee benefit?

Factors That Contribute to Success

- The Collaborative addresses a need
- Spirit of cooperation, problem solving and helpfulness to others; questions are welcomed; respect for everyone's involvement; delivery of tangibles
- Our meetings are planned and organized, move along, cover relevant issues and challenges, direct people to available resources, and allow for asking questions and sharing information
- Many of the people who call in are very helpful, too, in addressing issues and answering questions – State of Michigan, Priority Health, MSUE, etc.

Our Successes!

- Training of lifestyle coaches and subsequent increase in DPPs being offered
- Establishment of the NM DPP Collaborative
- Sharing of developed materials – reimbursement chart; planning timeline; flyers; press releases; recruitment letters
- Lifestyle coaches are referring people to other DPPs
- Lifestyle coaches are substituting for one another
- Regional media campaign in 2017

A Note about Competition

- Important to realize that there is no need to compete as there is no lack of “supply”/eligible participants
- Lifetime supply of participants for all programs and lifestyle coaches (run your county data for 37% of your adult population)
- If we work together, we will be more effective at recruiting participants and filling our DPPs

Helpful Resources

- Each other, participants
- State of Michigan folks and website
- CDC – AskDPRP
- CDC DPP website
- Common Ground
- AMA

Questions?



Thank you.

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