

2013 Making the Case: *Michigan Diabetes Prevention Conference* Purpose, Objectives and Disclosure

Conference Purpose:

This unique conference affords an opportunity to bring partners together to provide updates on diabetes prevention interventions, increase knowledge of the evidence behind diabetes prevention programs and help partners identify the roles they can play in preventing diabetes in Michigan.

Conference Objectives:

- ❖ Identify burden of diabetes risk in Michigan
- ❖ Identify risk factors for diabetes and prediabetes
- ❖ Describe the influence diabetes prevention programs have on lowering risk
- ❖ Discuss effective communication techniques to reduce diabetes and prediabetes risk
- ❖ Describe the economic benefits of paying for prevention
- ❖ Discuss how to become promoters for reducing diabetes risk

Session Description and Objectives:

Session #: P1

Session Title: The Prevention of Type 2 Diabetes: From Theory to Practice

Session Description: What is causing prediabetes to reach epidemic proportions? Hear how the latest science supports interventions which prevent or delay type 2 diabetes in persons with increased risk. Learn strategies for implementing diabetes prevention in communities.

Presenter: David Marrero, PhD

Objectives

- ❖ Describe the health condition known as prediabetes
- ❖ State the research demonstrating the prevention of type 2 diabetes
- ❖ State the barriers of translating primary prevention research into the public health realm
- ❖ Identify strategies for implementing primary prevention programs into community settings

Session #: P2

Session Title: Laying the Foundation for Prevention: ACA and Beyond

Session Description: Learn more about how the Affordable Care Act can help promote diabetes and obesity prevention and encourage payment of prevention and lifestyle interventions. Hear about national and local evidence-based programs which address self-care behaviors for diabetes prevention and how clinical targets can be achieved

Presenter: Mary Ann Hodorowicz, RD, MBA, CEC, CDE

Objectives

- ❖ Discuss the diabetes and obesity-related prevention elements in the ACA
- ❖ Identify national programs/initiatives that prioritize diabetes prevention

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Session #: P3

Session Title: Heroic Health and Wellness: How to Turn Bad News into Best Practices and Bounce Back from the Health Care Crisis

Session Description Engage employees and demonstrate leadership for better health and wellness results. Learn how to take a systematic approach to engage businesses and worksites to address health and wellness. Using eye-opening intellectual and emotional tools, experience the latest health and wellness innovations.

Presenter: Scott Foster, BA

Objectives

- ❖ Discuss proven strategies that can be utilized to reduce health care costs
- ❖ Identify the real indicators of employee health status and costs
- ❖ Discuss how to develop a step-by-step plan to achieve wellness ROI
- ❖ Discuss how to improve leadership support of the step-by-step plan
- ❖ Describe best practice trends that engage employees in health care decision-making
- ❖ Discuss how to leverage new wellness opportunities from health reform

Session #: A

Session Title: Listen First: YMCA's Strategy to Encourage Change

Session Description: Learn and practice a set of simple communication strategies that provide the fundamentals for developing and sustaining relationships with participants. The lifestyle changes necessary to prevent diabetes seldom occur all at once and collaborative relationships built with "Listen First" skills allow a chance to offer support through the process.

Presenter: Rachel Berglund, BS, LMT

Objectives

- ❖ Describe communication strategies that provide the fundamentals for developing/sustaining relationships with program participants
- ❖ Practice "Listen First" active listening skills to build rapport with participants

Session #: B

Session Title: Medicare's Intensive Behavioral Counseling for Obesity Benefit: Get Reimbursed Now

Session Description: Learn how primary care and other community providers can deliver obesity-related services and receive payment for services. This session will introduce tools which will help the attendees map a plan for delivering and receiving payment for obesity-related services

Presenter: Mary Ann Hodorowicz, RD, MBA, CEC, CDE

Objectives

- ❖ Identify the three basic services of the intensive Behavior Therapy (IBT) Medicare benefit
- ❖ Discuss the frequency of beneficiary visits by predetermined program intervals
- ❖ Identify three requirements that RNs must meet for the IBT benefit to be billed as "incident to physician's services"
- ❖ Identify three requirements RD's must meet for the IBT benefit to be billed as "incident to physician's services"

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Session #: C

Session Title: From Practice to the Community: Evidence from Recent Intervention Studies

Session Description: This session will include evidence from recent intervention studies that were conducted in the community and in primary care. The focus will include lifestyle intervention efforts, care management, and patient and provider decision-making regarding obesity and prediabetes

Presenter: Gretchen Piatt, MPH, PhD; Jodi Holtrop, PhD, MCHES; Jeffrey Kullgren, MD

Objectives

- ❖ Describe the effectiveness of different modalities of lifestyle intervention in the community
- ❖ Describe the utility of using peer leaders as part of lifestyle intervention
- ❖ Identify strategies for prevention of diabetes in primary care settings
- ❖ Describe current and future research being conducted in primary care settings on diabetes prevention
- ❖ Identify current methods to grade obesity in order to refer to intervention
- ❖ Describe provider-patient decision making regarding obesity and prediabetes

Session #: D

Session Title: Successes from the Field: Diabetes Prevention Programs in Action

Session Description: This panel will look at the YMCA Diabetes Prevention Program, plans for scaling the program and opportunities/challenges related to program implementation; review community based lifestyle interventions that are being used to reach vulnerable populations as a strategy to reduce diabetes risk factors,; and identify the state health department's role in increasing access and reimbursement for lifestyle change programs to prevent type 2 diabetes

Presenter: Sarah Brokaw, MS, MPH; Arthur Franke, PhD; Mamta Gakhar, MPH

Objectives

- ❖ identify the role of the state health department in increasing access and reimbursement for lifestyle change programs to prevent type 2 diabetes
- ❖ Describe the process for ensuring that Medicaid members have access to evidence-based lifestyle change programs as a covered benefit
- ❖ Describe how a diabetes prevention program (DPP) is operationalized in the community
- ❖ Discuss the lifestyle changes promoted by the national DPP
- ❖ Identify challenges of participants in the DPP offered in vulnerable populations
- ❖ Describe the YMCA Diabetes Prevention Program (DPP)

Session #: K1

Session Title: Michigan: Leading Diabetes Prevention through Strategic Partnering

Session Description: The Michigan Diabetes Prevention and Control Program worked strategically to address diabetes prevention within the last decade. Learn more about the partnerships developed and current efforts in the state to reduce risk of type 2 diabetes

Presenter: Kristi Pier, MHS, MCHES

Objectives

- ❖ Identify successes in diabetes prevention in Michigan
- ❖ Describe how partnerships enhanced early diabetes prevention work in Michigan
- ❖ Describe future efforts to continue partnerships and collaborations to reduce risk of type 2 diabetes in Michigan

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Session #: K2

Session Title: The Importance and Benefit of Collaboration to Prevent Type 2 Diabetes

Session Description: This session will highlight national-level strategies to scale and sustain Diabetes Prevention Programs and provide program participants with information about their role in this effort, as well as the benefits and value of statewide collaboration for scaling and sustaining diabetes prevention efforts in Michigan

Presenter: Marti Macchi, MEd, MPH

Objectives

- ❖ Describe benefits and value of statewide collaboration for scaling and sustaining diabetes prevention efforts
- ❖ Describe national efforts for scaling and sustaining diabetes prevention efforts
- ❖ Discuss how Michigan contributes to the national effort

Disclosures:

Criteria for nursing contact hours and CHES credit is attendance of at least 80% of the learning activity and completion of the online evaluation .

Criteria for Registered Dietitians is attendance of at least 80% of the learning activity. Please complete the online survey and request a Certificate of Attendance at the appropriate question in the survey. You will be provided a Certificate of Attendance that includes the necessary language and number of available learning hours. Please keep a copy of the Agenda for your records.

A link to the online evaluation will be sent post conference via email or you can click on this link or scan the QR Code with a smart technology device.

Michigan Department of Community Health (MDCH) and its partners have been awarded unrestricted funding for the overall program from exhibitors, partners, advertisers and sponsors. As such, educational content will be fairly balanced as it relates to clinical updates and therapeutic options. At no time did a financial partner participate in or provide event learning activity content.

The Planning Committee members and presenters declare no relevant financial conflict of interest or financial interests in any product or service mentioned in this program, including grants, research support, consultant, stock holdings or other financial and material support. All presenters have signed an attestation that they will present fairly and without bias.

Approved provider status does not imply endorsement of any product by MPHI-CEPU, MDCH, ANCC, OBN or ONA of any products displayed in conjunction with an activity.

A maximum total of **6.00** Nursing contact hours have been awarded for this activity by the Michigan Public Health Institute – Continuing Education Provider Unit.

MPHI - Continuing Education Provider Unit (OH-320, 06/1/16) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

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A maximum total of 6.00 CECH (entry-level) and a maximum of 6.00 CECH (advanced-level) have been awarded.

Sponsored by Michigan Public Health Institute, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This program is designated for Certified Health Education Specialists (CHES) and/or Master Certified Health Education specialist (MCHES) to receive up to 6.00 total Category I continuing education contact hours. Maximum advanced-level CECH available are 6.00. NCECH Provider Number: SEP4266.

All participants have been provided with a copy of the event purpose statement, event objectives, session descriptions, session objectives, and disclosure statements prior to the start of this event.