Diabetes Prevention Program

GAYE FORTNER, HC 21 PRESIDENT & CHIEF EXECUTIVE OFFICER

PUTTING DIABETES PREVENTION TO WORK: HOUSTON IMPLEMENTS THE NATIONAL DIABETES PREVENTION PROGRAM

FEBRUARY 7, 2017
Overview of HC21

• Employer founded (1997)
• Governed by multi-stakeholder board
• 500,000 covered lives in East and Middle TN

• HealthCare 21 Solutions, Inc.
• Data warehouse (over 10 years of data)
• Integrates claims, Rx, lab, biometric, attendance
Identify • Find eligible participants

Reach Out • Communicate… communicate… communicate

Enroll • Build database for weekly weight and activity measurement

Engage • Conduct 16 small-group sessions
• Submit participant data to CDC

Maintain • Conduct 6 post-core monthly sessions
• Evaluate program effectiveness
- Identify
  - Find eligible participants

- It may be harder than you think!
  - Employers
  - Program participants
- Use multiple sources of data
- Understand the CDC requirement
- Understand vendor arrangements
Using Data to Present DPP Opportunity
Using Data to Present DPP Opportunity

**INTEGRATED DATA**: combining biometric data and financial data

- Identification of Diabetics
  - Based on claims diagnosis codes
- Total Claims for Diabetic members
- Identification of Pre-Diabetics
  - Based on clinically valid biometric results
- Total Claims for Pre-Diabetic members
- Average cost of a pre-diabetic vs diabetic
Integrated Data: Claims and Biometric

Diabetes Population Risk (all Adults)
- n = 874

- 40% Diabetics
- 60% PreDiabetics

Population BMI (Adults with Metrics)
- n = 2,743

- 48% Normal Weight
- 31% Obese
- 18% Overweight
- 2% Underweight
Modeling impact using actual data

“Prediabetes: A High-risk state for developing diabetes”
Around 5–10% of people with prediabetes become diabetic annually...
-authors; Tabak, Herder, Rathmann, Brunner, Kivimaki

Projected trends:
With intervention 
& without (blue)

<table>
<thead>
<tr>
<th>Year</th>
<th>Pre Diabetics</th>
<th>Diabetics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseline</td>
<td>351</td>
<td>316</td>
</tr>
<tr>
<td>YR1</td>
<td>316</td>
<td>281</td>
</tr>
<tr>
<td>YR2</td>
<td>281</td>
<td>249</td>
</tr>
<tr>
<td>YR3</td>
<td>249</td>
<td>219</td>
</tr>
<tr>
<td>YR4</td>
<td>219</td>
<td>178</td>
</tr>
<tr>
<td>YR5</td>
<td>178</td>
<td></td>
</tr>
</tbody>
</table>
Modeling savings using CDC estimates and actual data

Based on: Difference between claims cost of diabetics and pre-diabetics and the number of pre-diabetics in the given population benefitting from DPP intervention and mitigating the progression of disease (and the higher claims costs associated) less 1st year DPP program costs.
Reach Out

- Communicate... communicate... communicate

- Key to engagement
- Brand communications
- Informational meetings
- Be intentional about invitations
Samples

Hop on the fast track and get signed up!

EMPLOYER X is offering the FREE National Diabetes Prevention Program*, and the opportunity to participate is almost gone! Space is limited, so sign up today!

For more information,
Call (XXX) XXX-XXX
*Qualifying participants will be notified.

Don’t get left in the dust.

Have You Heard?
EMPLOYER X is offering the FREE National Diabetes Prevention Program, and the opportunity to participate is almost gone!

Space is limited, so sign up today!

For more information,
Call (XXX) XXX-XXX
*Qualifying participants will be notified.
• Database for weekly weight and activity measurement

- P4P
- Vendor management
- CDC reporting
- Program Evaluation
Pay for Performance

Total of $400 per participant possible.

P4P Schedule

**Participation**

- $55 for each attendee at first two sessions
- $125 for each attendee at 2 of the first four sessions
- $140 for each attendee at 7 of the first 9 sessions

**Outcomes**

- $5 per participant to lose 5% or more
- $10 per participant to lose 9% or more
- $55 for each attendee at 2 of the first four sessions
- $140 for each attendee at 7 of the first 9 sessions

On average $310 was paid P4P per participant (both phases, both vendors)

Note:

Vendor 1 = East and Middle TN averaged $319 per participant P4P
Vendor 2 = West TN averaged $285 per participant P4P
Results – Phase I

Total Participants

- EastTN: 31
- MiddleTN: 96
- WestTN: 56
- Total: 183
Results - Phase 1

Core Session Attendance

<table>
<thead>
<tr>
<th>Region</th>
<th>Valid TN Session 1</th>
<th>Attendance Rate Session 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>EastTN</td>
<td>12.5</td>
<td>78%</td>
</tr>
<tr>
<td>MiddleTN</td>
<td>13.3</td>
<td>83%</td>
</tr>
<tr>
<td>WestTN</td>
<td>10.8</td>
<td>67%</td>
</tr>
<tr>
<td>Total</td>
<td>12.4</td>
<td>77%</td>
</tr>
</tbody>
</table>

Post-Core Session Attendance

<table>
<thead>
<tr>
<th>Region</th>
<th>Valid TN Session 1</th>
<th>Attendance Rate Session 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>EastTN</td>
<td>3.8</td>
<td>63%</td>
</tr>
<tr>
<td>MiddleTN</td>
<td>4.3</td>
<td>72%</td>
</tr>
<tr>
<td>WestTN</td>
<td>0.8</td>
<td>14%</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>53%</td>
</tr>
</tbody>
</table>
Results – Phase I

Weight Loss Percentage

- **>=5%**: 45%, 48%, 34%, 43%
- **4 to 4.99%**: 10%, 6%, 16%, 7%
- **3 to 3.99%**: 14%, 13%, 13%, 8%
- **2 to 2.99%**: 19%, 16%, 20%, 12%
- **1 to 1.99%**: 19%, 11%, 5%, 15%
- **>0 and <1%**: 0%, 3%, 9%, 4%
- **gain or no chg**: 0%, 3%, 3%, 3%

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**Locations**
- EastTN
- MiddleTN
- WestTN
- Overall
Results – Phase 1

Average Pounds Lost

<table>
<thead>
<tr>
<th>Region</th>
<th>Average Pounds Lost</th>
</tr>
</thead>
<tbody>
<tr>
<td>EastTN</td>
<td>13.8</td>
</tr>
<tr>
<td>MiddleTN</td>
<td>11.6</td>
</tr>
<tr>
<td>WestTN</td>
<td>8.9</td>
</tr>
<tr>
<td>Overall</td>
<td>11.15</td>
</tr>
</tbody>
</table>

Total Weight Loss

<table>
<thead>
<tr>
<th>Region</th>
<th>Total Weight Loss</th>
</tr>
</thead>
<tbody>
<tr>
<td>EastTN</td>
<td>427</td>
</tr>
<tr>
<td>MiddleTN</td>
<td>1,117</td>
</tr>
<tr>
<td>WestTN</td>
<td>497</td>
</tr>
<tr>
<td>Overall</td>
<td>2,041</td>
</tr>
</tbody>
</table>
Engage

- Conduct 16 small-group sessions
- Submit participant data to CDC

- Logistics are a big deal
- Privacy
- Vendor access
• Conduct 6 post-core monthly sessions
• Evaluate program effectiveness

- 3 key components
- Set metrics in advance
- Need for a beginning comparative group – don’t forget the non-participants
- Incorporate claims if possible
- Long term measurement a challenge
Participation

Core Session Attendance

- Vendor 1: 82% (Valid TN Session 1), 13.1% (Attendance Rate Session 1)
- Vendor 2: 67% (Valid TN Session 1), 10.8% (Attendance Rate Session 1)

Post-Core Session Attendance

- Vendor 1: 70% (Valid TN Session 1), 4.2% (Attendance Rate Session 1)
- Vendor 2: 14% (Valid TN Session 1), 0.8% (Attendance Rate Session 1)
So, What’s The Secret Sauce?
Contact Information

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