National Diabetes Prevention Program (NDPP) at Dow

US Implementation Overview
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Objectives

• Review National Diabetes Prevention Program (NDPP)
• Share Dow’s commitment and experience with implementing NDPP
Diabetes: A Major Health Challenge

7th leading cause of death in U.S.

25.8 million people affected (1 in 9)

7 million undiagnosed
1 in 5 will have diabetes in 2025

1 in 3 will have diabetes in 2050
Myths about Diabetes

- Diabetes is NOT that serious of a disease
- I don’t eat a lot of sweets, so I’m not at risk
- People with diabetes have to eat special food
- People with diabetes can’t eat sweets
- I’m not obese, so I can’t get diabetes
- Diabetes is for senior citizens
- I’m JUST pre-diabetic, not diabetic. That’s OK
Prediabetes (At Risk) to Diabetes

1 in 3 adults or 86 million have prediabetes

10 Years
time most people with prediabetes will become diabetic
Fork in the Road... Which Path to Take?

DIABETES

PREVENTION

(At Risk) Pre-Diabetes
Achieved weight loss goal of 5-7%

50% achieved weight loss goal of 5-7%

58% risk reduction

The National Diabetes Prevention Program (NDPP)

Must qualify to participate

2 primary goals for participants
  • Achieve 5 – 10% weight loss
  • Average 150 minutes of physical activity per week

Interactive sessions facilitated by a Certified Lifestyle Coach

Weekly Meetings
  • Weigh-ins
  • Discussion Topic – healthy eating, physical activity and stress

Food/exercise tracking

Packaged and available for implementation:
  • In-person
  • Virtual
# The National Diabetes Prevention Program (NDPP)

## Participant materials and handouts

Materials and handouts consists of the participant schedule, tools to assist with tracking food, fitness, and weight, and additional resources. Click here to view or download the program handouts.

<table>
<thead>
<tr>
<th>Module</th>
<th>Description</th>
<th>Coach</th>
<th>Participant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program Overview</td>
<td>This module provides an overview of the PreventT2 Lifestyle program, background, goals, explanation of the course structure, and your role as a coach.</td>
<td><a href="#">View</a> [PDF-1.4MB]</td>
<td><a href="#">View</a> [PDF-4.5MB]</td>
</tr>
<tr>
<td>Introduction to the Program</td>
<td>This module sets the stage for the entire Prevent T2 course. Presented at the first session.</td>
<td><a href="#">View</a> [PDF-1.1MB]</td>
<td><a href="#">View</a> [PDF-4.5MB]</td>
</tr>
<tr>
<td>Get Active to Prevent T2</td>
<td>This module provides the core principles of getting active. Recommended at the second session.</td>
<td><a href="#">View</a> [PDF-2.0MB]</td>
<td><a href="#">View</a> [PDF-4.5MB]</td>
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<tr>
<td>Track Your Activity</td>
<td>This module provides the core principles of tracking activity. Recommended at the third session.</td>
<td><a href="#">View</a> [PDF-1.5MB]</td>
<td><a href="#">View</a> [PDF-2.2MB]</td>
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<tr>
<td>Eat Well to Prevent T2</td>
<td>This module provides the core principles of healthy eating. Recommended at the fourth session.</td>
<td><a href="#">View</a> [PDF-1.1MB]</td>
<td><a href="#">View</a> [PDF-5.2MB]</td>
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<tr>
<td>Track Your Food</td>
<td>This module provides the core principles of tracking food. Recommended at the fifth session.</td>
<td><a href="#">View</a> [PDF-1.3MB]</td>
<td><a href="#">View</a> [PDF-5.7MB]</td>
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<tr>
<td>Get More Active</td>
<td>This module provides the core principles of increasing activity level. Recommended at the sixth session.</td>
<td><a href="#">View</a> [PDF-1.4MB]</td>
<td><a href="#">View</a> [PDF-3.7MB]</td>
</tr>
<tr>
<td>Burn More Calories Than You</td>
<td>This module provides the core principles of caloric balance. Recommended at the seventh session.</td>
<td><a href="#">View</a> [PDF-1.6MB]</td>
<td><a href="#">View</a> [PDF-5.3MB]</td>
</tr>
<tr>
<td>Shop and Cook to Prevent T2</td>
<td>This module teaches participants how to buy and cook healthy food.</td>
<td><a href="#">View</a> [PDF-1.1MB]</td>
<td><a href="#">View</a> [PDF-7.8MB]</td>
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Foundation of Health at Dow

Dow Health Strategy

• Has been in place since 2004

• 2015, Dow announced the 2025 Sustainability goal: World-Leading Operations Performance in natural resource efficiency, and environment, health and safety.

• Goal includes a focus on Total Worker Health
  ▪ Healthy People
  ▪ Healthy Culture

• 2016 Dow Commitment to Implement NDPP
Dow’s US NDPP Implementation Strategy

Virtual

US Partner: Omada Health

Select US Sites

Onsite

CDC-recognized providers reimbursed

Community Partners
Experience Delivering Onsite Programs

- Collaborative Effort
- 3 trained Lifestyle Coaches
- Participant materials
- 6 onsite classes at Dow Headquarters in Midland
- 1 internal Master Trainer for onsite program sustainability
Implementation Experience

**U.S.** — Over the last 18 months, implemented the NDPP

- Enrolled >2400 Dow people into the program (≈10% of our pre-diabetic population)

- Participant outcomes are consistent with the CDC’s expectations for effectively delivered NDPP programs!

- Effectively implementing the NDPP at Dow is preventing thousands of people from developing costly chronic illnesses, with projected savings of millions of dollars in health care expenses.
Canada – piloted a virtual diabetes prevention program (Live Well) for 16-week program

- The goal was to reach 5% of the Canadian workforce.
- 13% (131 people) of the Canadian workforce participated in the program.
- Overall, almost 40% of the participants achieved 5% weight loss.
2017 U.S. Implementation Plan

• Continue to deliver virtual DPP through Omada
• Continue to deliver onsite DPP (Live Well) at Midland Site
• Expand Onsite offerings (Live Well) to 3 locations in U.S.
   Freeport, TX – 1Q, 2017
   Houston, TX – 4Q, 2017
   Collegeville, PA– 4Q, 2017
• Effectively communicate the Community DPP reimbursement model
   Begin monitoring participation through benefits plan
• By YE, 2017 - Summarize overall U.S. DPP strategy outcomes and impact
Implementation Learnings

• Solid company commitment to health

• Steering Team – oversight & coordination
  - HR/HS Leadership
  - HS Business Office
  - Communications/Public Affairs

• Systems integration
  - EMR, existing processes

• Trainings – Internal Staff and Stakeholders

• Integrated, Ongoing Communication Plan
  - Executive Leadership, HR/PA/HS staff, Employees, Dependents, Retirees
Thank you!