e-News

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What's New?

Diabetes Prevention Program Milestone Reached

We wanted to let you know about a recent milestone reached in our state to help reduce the burden of diabetes on residents of Washington State! The Washington State Diabetes Plan, published in 2005, listed as one of 10 overarching goals:

"In recognition of the financial and human impact of diabetes, state, local, tribal, and business entities develop policies and allocate appropriate funding to support diabetes prevention and case management in Washington State."

To help achieve this goal, in 2009, the Washington State Diabetes Network Leadership Team established an Advocacy Committee focused on prediabetes. The first objective listed in the Advocacy Committee's workplan was:

"By 2013, secure public and private insurance coverage for the evidence-based DPP."

We are happy to report that as of January 2013, we have made key progress on this objective.

King County's Healthy Incentives benefits program now offers the Diabetes Prevention Program (DPP) to employees and spouses. There are no out-of-pocket costs to employees and/or their spouses with prediabetes for participating in approved Diabetes Prevention Programs offered through the YMCA of Greater Seattle and Group Health. In addition to participating without any fees, employees and their families can be eligible for lower health insurance costs in the following year, up to \$1,200 for a family of four. Screening events using A1C testing for prediabetes and to measure diabetes control are being held at several worksites in King County, and onsite classes are available in County buildings.

Getting to this point of employer-based coverage and incentives for the Diabetes Prevention Program has been a long road. Many partners were involved in the initial development of the Pre-Diabetes Advocacy Plan, a process which was facilitated by the National Association of Chronic Disease Directors Policy State Technical Assistance Team, to help identify and define priorities for this work. Data from Department of Health epidemiologists was essential in identifying this work as a priority. Starting in 2009, four YMCA associations in the state took up the charge to offer the DPP: Greater Seattle, Wenatchee Valley, Inland Northwest and Pierce/ Kitsap Counties. Other organizations also began pilot testing the DPP curriculum, including the Seattle-King County REACH Coalition. Nationally, a partnership between the Centers for Disease Control and Prevention, the YMCAs and UnitedHealth Group made it possible for organizations to receive reimbursement from private insurance carriers for participants who successfully complete the DPP. While the Washington State Department of Health coordinated and convened many of these efforts with funding from CDC's Diabetes Prevention and Control Program, it took every partner, every Leadership Team member and every organization involved to achieve this progress.

Washington is now one of the states with the highest capacity to offer the Diabetes Prevention Program. More than 25 organizations, many with several locations, are now able to offer the DPP across the state. We are now working to expand the network of organizations and Lifestyle Coaches who can offer the Diabetes Prevention Program to people enrolled in private health insurance. We now know of four insurers that are participating in offering the DPP to their members, including the three insurers that employees in King County are covered by: Regence, Group Health and Aetna. UnitedHealth's members also have access to the DPP. On the public insurance front, pilot projects are underway in other states to determine the cost-effectiveness of offering the Diabetes Prevention Program to people with prediabetes enrolled in Medicare and Medicaid.

Looking ahead, the Diabetes Network Leadership Team is continuing efforts to expand access to the DPP. We are working with the Public Employee Benefits Division of the Health Care Authority to encourage adoption of DPP as a covered and incentivized benefit, and looking for opportunities to promote the DPP to other employers and insurance carriers. DOH received a grant from NACDD for 2013 to expand the number of people participating in the Diabetes Prevention Program at existing locations to increase awareness of the DPP and referrals to the DPP. We will share more information about the plans for this grant as they develop.

Too many individuals deserve credit for this success to name each one. Each person involved in making progress on this objective deserves to take a moment, pat themselves on the back, and stand a little taller knowing their work helps to turn the tide on prediabetes and diabetes prevalence.

For more information on the Diabetes Prevention Program as part of King County's Healthy Incentives program, visit http://www.kingcounty.gov/employees/HealthyIncentives/Toolkit/BenefitPlanDesign.aspx

For more information on the Diabetes Prevention Program in Washington, visit: http://www.doh.wa.gov/ YouandYourFamily/IllnessandDisease/Diabetes/Prevention.aspx

Interested in joining the Advocacy Committee of the Washington State Diabetes Network? Contact Ben Conn at ben.conn@doh.wa.gov.

Diabetes Connection Readership Increases

Unique visitors to the Diabetes Connection have increased over the last year by 14%. More visitors to the Connection means more potential viewers for your resource or event.

If you'd like to contribute to the Diabetes Connection, sign up as a contributor. It's free!

If you need help contributing, please contact **Ben Conn**.



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Leadership Team Update

Meet the New Diabetes Network Chair, Wendy Bart



Please welcome the new chair of the Washington State Diabetes Network, Wendy Bart.

Wendy graduated from UCLA in 1985 with a Bachelor of Science in Kinesiology. She began her Y career as a Fitness Director at the Bellevue YMCA, where she had been a member since the age of 6. The "Y blood cells" stuck and she has now been with the YMCA for 26 years. Wendy spent 13 years as an executive director at the Marysville YMCA where she established a Pioneering Healthier Communities (PHC) site. She has also been very active with Y-USA's Activate America/Health Innovation Initiative, including involvement with its cancer survivorship program, LiveSTRONG at the Y, and serving as a Master Trainer for the YMCA's Diabetes Prevention Program. Wendy is currently the Vice President for Membership, Marketing and Communications at the YMCA of Greater Seattle.

Wendy lives in Seattle with her two daughters, Carlee and Kimber.

Diabetes Network Leadership Team Meeting February 20

The next meeting of the Diabetes Network Leadership Tem will take place on February 20th, 2013. Want to get involved with the Leadership Team? You can start out by joining a committee.

If you're interested in joining the advocacy committee, the communications committee, or the evaluation committee, contact Ben Conn.

New Resources

New Resources Available from the American Association of Diabetes Educators

Three new resources are available from the American Association of Diabetes Educators.

- Learn about target numbers for people with diabetes, including blood glucose levels, A1c, blood pressure, and more.
- Set and keep goals to manage your diabetes.
- Test your knowledge of diabetes-related goals.

These materials can help people with diabetes set appropriate self-management goals and make progress towards achieving them.

Diabetes resources for Asian American, Native Hawaiian, and Pacific Islander populations, all in one place

Now in one location, the National Diabetes Education Program offers *Diabetes Resources: Know. Prevent. Control.*, a compilation of culturally and linguistically tailored resources for community organizations, health care providers, public health agencies, and others who work with Asian Americans, Native Hawaiians, or Pacific Islanders.

You can find more information on this resource on the Diabetes Connection.

Diabetes Resolutions for the New Year

Many people use New Years as a time to come up with resolutions for a better life.

The Joslin Diabetes Center has resources available to help people with diabetes set self-management goals for the new year. The center offers lists of annual and daily goals, and a printable handout to help reach these goals.

For more information, <u>click here</u>.