

# **Diabetes Prevention Program:** ***Kentucky's Story***

**VIRGINIA STATE ENGAGEMENT MEETING**  
**September 28, 2016**

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**Kentucky Public Health**  
Prevent. Promote. Protect.

# Why Kentucky - why are we here?



# Because of You!

- Virginia's General Assembly actually created the **COUNTY of Kentucky** in 1772.
- In 1792, Virginia supported Kentucky's entrance into the Federal union as an independent state.
- So we wouldn't **EVEN** be here without **YOU** and besides...
- **WE'RE NEIGHBORS... AND You invited US!**



# This is US

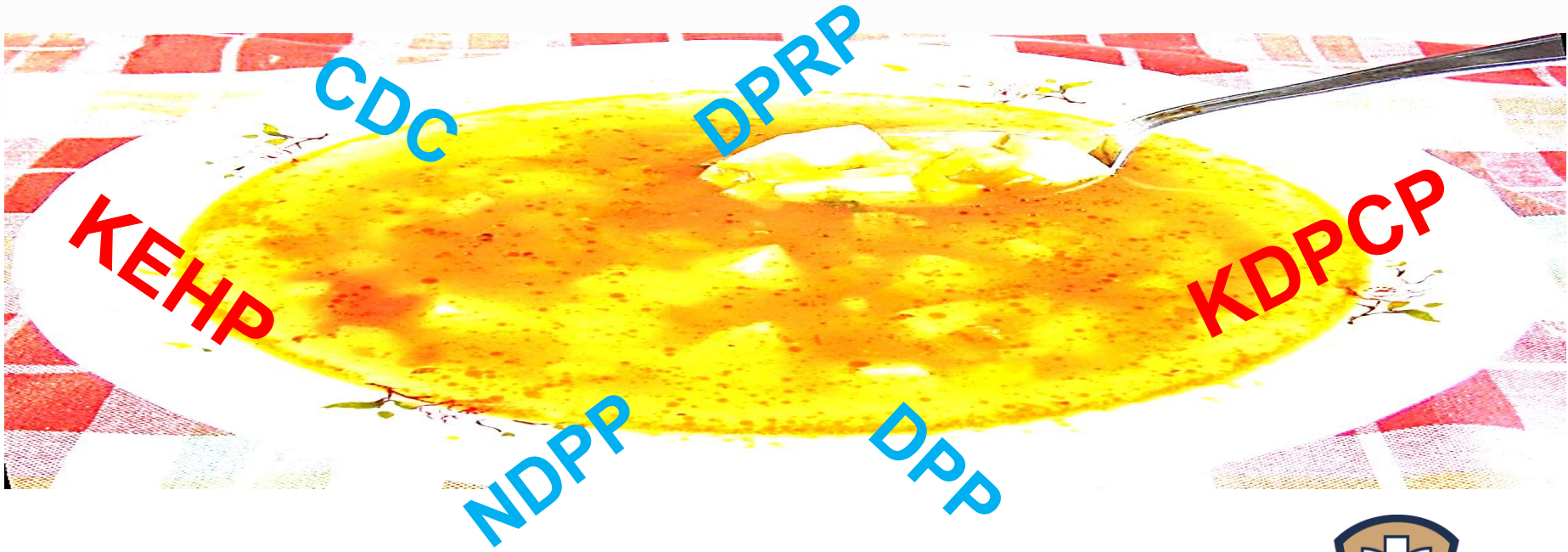


- As part of Kentucky's Diabetes Program – we're excited to be included in your conference to share information about our journey with the **National Diabetes Prevention Program (DPP)**...
- **Including coverage for state employee health plan members.**



# Start with the End

Then tell you the story of our journey...  
(throwing in a little alphabet soup as we go along too)



**Kentucky Public Health**  
Prevent. Promote. Protect.

# Alphabet Soup Acronyms

**KDPCP** = KY Diabetes Prevention and Control Program

**KEHP** = KY Employees' Health Plan

**CDC** = Centers for Disease Control and Prevention

**NDPP** = National Diabetes Prevention Program

**DPP** = Diabetes Prevention Program

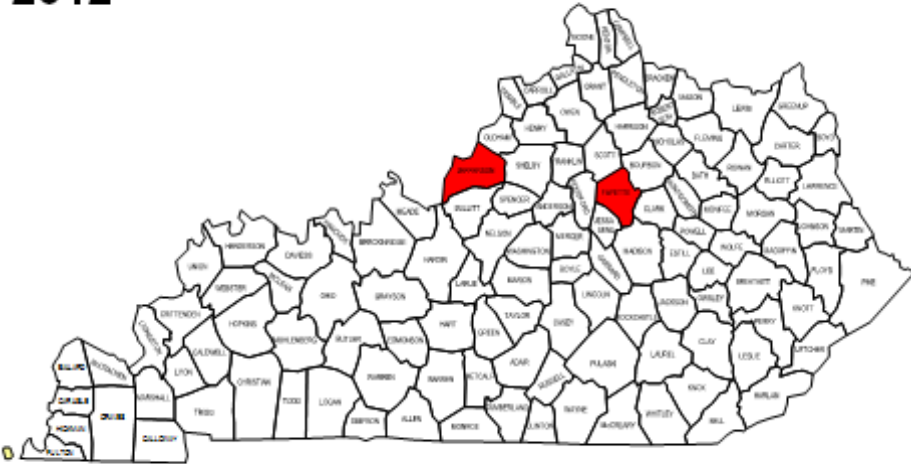
**DPRP** = Diabetes Prevention Recognition Program



# Kentucky Counties Covered by DPP 2012 vs. 2016 (May)

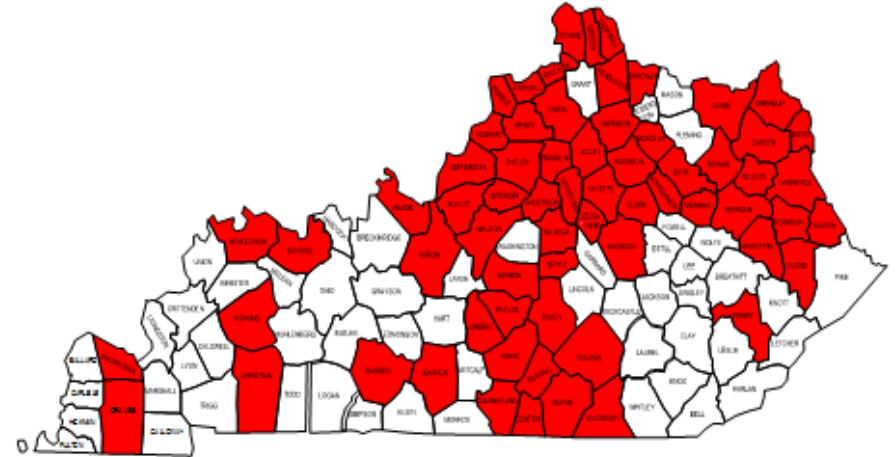
**2 of 120 Counties**

2012



**65 of 120 Counties**

2016



# Kentucky's CDC Recognized DPP Programs

## Kentucky's CDC Recognized National Diabetes Prevention Programs (NDPP)

August, 2016 *(taken from CDC website list and KDPOP NDPP Provider List)*

★ KY CDC Recognized NDPP Organizations - 49

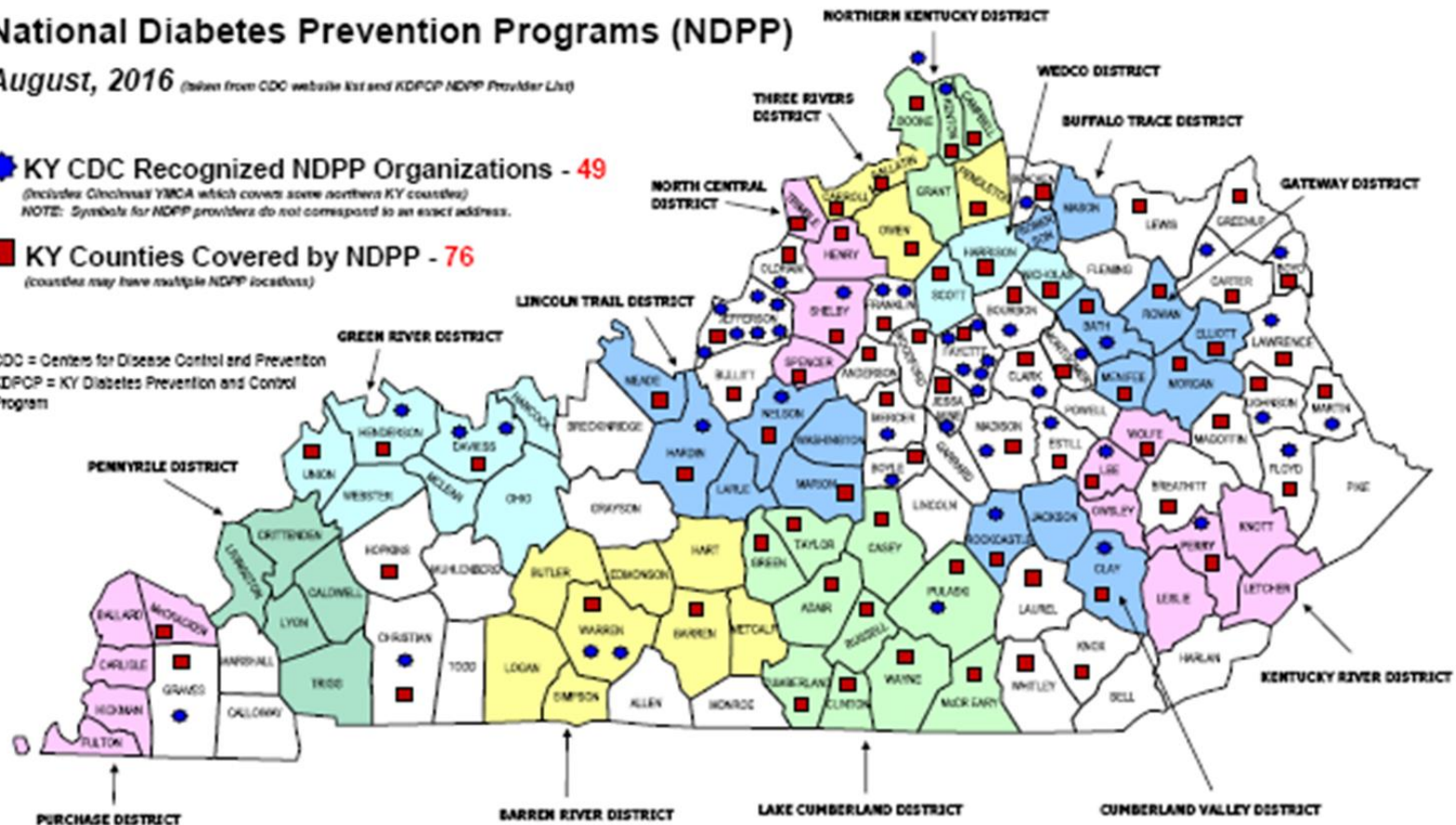
*(includes Cincinnati YMCA which covers some northern KY counties)*

NOTE: Symbols for NDPP providers do not correspond to an exact address.

■ KY Counties Covered by NDPP - 76

*(counties may have multiple NDPP locations)*

CDC = Centers for Disease Control and Prevention  
KDPOP = KY Diabetes Prevention and Control Program





## KY Ranking - Number of CDC-Recognized NDPP organizations

(developed from CDC 2016 July Reports)

R A N K	State	Number of Recognized Organizations <sup>1</sup>
1.	New York	116
2.	California	46
3.	Kentucky	45
4.	Maryland	TIED
	Minnesota	42
5.	Michigan	41
6.	South Carolina	40
7.	Florida	39
8.	North Carolina	TIED
	Pennsylvania	34
9.	Nebraska	32
10.	Colorado	TIED
	Tennessee	22
	Texas	

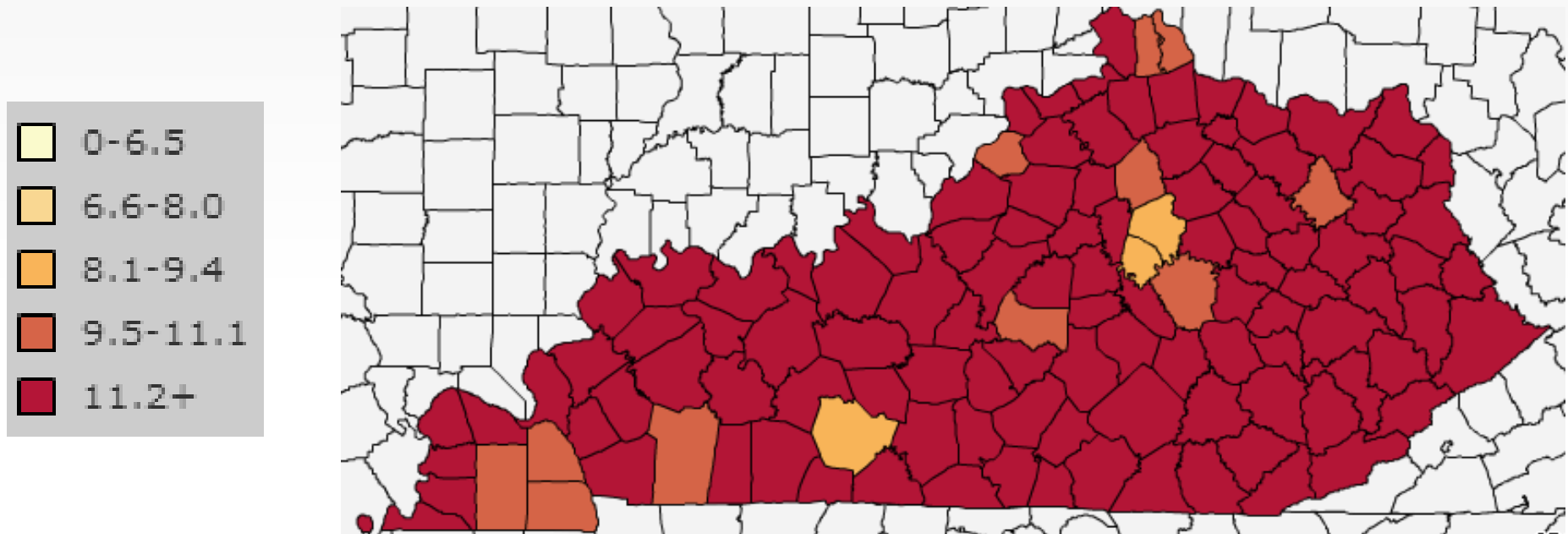
## KY Ranking - Number of Eligible NDPP Participants

(developed from CDC 2016 July Reports)

R A N K	State	Number of Eligible NDPP Participants <sup>2</sup>
1.	Minnesota	8159
2.	Florida	6657
3.	New York	6168
4.	Washington	5357
5.	Ohio	4937
6.	California	4048
7.	Colorado	3131
8.	Michigan	3051
9.	Texas	2535
10.	Missouri	2467
11.	Kentucky	2395

# Our Journey: Background KY Data

Diagnosed Diabetes in Adults KY Counties 2013



**106 of Kentucky's 120 counties** had rates of diagnosed diabetes at **11.2% or above** – ranking these counties in the **top 20% of the nation!**

*(CDC Diabetes Atlas)*

<http://www.cdc.gov/diabetes/atlas/countydata/atlas.html>

# Prediabetes in Kentucky

- **KY 2015 DATA BRFSS = 240,000 KY adults report being told they have prediabetes/borderline diabetes**
- **Using CDC estimates, 35-37% of adults age 20 and older have Prediabetes**
- **KY Prediabetes = 1.1 million Kentucky adults!**

# Began searching for how we could help turn our diabetes numbers around?

**Dr. Ann Albright, CDC Diabetes Translation Director, ...  
"wish we had fairy dust we could sprinkle on people to prevent diabetes..."**





# Turning the Numbers Around

But we don't – so we must use **BEST evidence** for diabetes prevention

- Find out who has Prediabetes (test/screen)
- Intervene with NDPP – To Prevent or Delay Type 2 Diabetes





# **We Knew Interventions Needed...**

- 1. Increase professional and public **knowledge, screening, and treatment** for Prediabetes**
- 2. Increase **insurance coverage** of CDC-recognized DPP programs**
- 3. Increase the **number** of CDC-recognized DPP organizations and numbers of offerings**
- 4. Increase **referrals** to CDC-recognized DPP organizations**

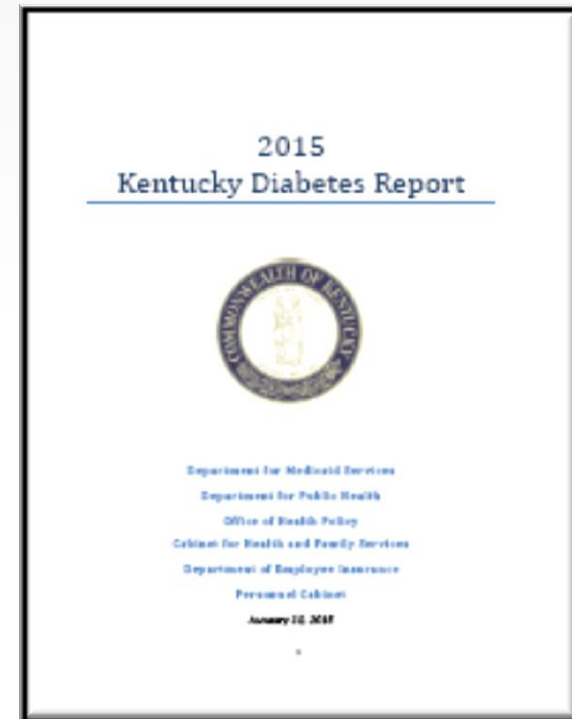
# Background: How KY Story Began

- **KRS 211.752 2011 legislation, required Department for Medicaid Services, Department for Public Health, Office of Health Policy and Department of Employee Insurance to collaboratively develop a biennial **KY Diabetes Report**. *Group began meeting 2012.***
- **Diabetes data gathered from respective agencies -- **relationships and collaboration** became stronger.**
- **KDPCP led group meetings and shared science / research behind diabetes prevention program (DPP).**
- **First **KY Diabetes Report** presented to the legislature in 2013.**
- **Diabetes prevention initiatives (including coverage) were key recommendations in this report.**

# 2015 KY Diabetes Report

## Recommendations

- **Strengthen efforts to prevent new cases of Type 2 Diabetes through evidence-based initiatives such as the National Diabetes Prevention Program (NDPP).**
- **Strengthen efforts to diagnose prediabetes, type 2 Diabetes, and Gestational Diabetes at the earliest point possible.**



<http://chfs.ky.gov/dph/info/dpqi/cd/diabetes.htm>  
(under "helpful information")





# KY DPP Growth Timeline

- **2011 Legislation (led to the KY Diabetes Report 2013)**
- **2013 NACDD Grant**
  - ✓ **Developed the State DPP Steering Committee**
- **Mid-2013 -- DPP added as part of KY Employees' Health Plan (KEHP) Humana Vitality Wellness Program.**
- **2013 AADE Grant (via CDC) to 4 New KY DPP sites**
- **2013 KY Employees' Health Plan (KEHP) did a pilot DPP project (*with one of the AADE Funded Sites*)**
  - ✓ **Pilot conducted to establish payment / coverage processes (*not to re-confirm DPP science*).**

# KY DPP Growth Timeline

- **2014** – DPP became a covered health benefit for KY Employees' Health Plan (KEHP) members who were 18 or older and who qualified for DPP (*by CDC guidelines*).
- However, DPP not heavily marketed as processes continued to be developed.



**By 2015, DPP was fully covered  
and marketed by KEHP in KY.**

**= Growth in KY CDC-Recognized  
DPP Organizations!**

# Keys



# For Making It Happen

- **Education** regarding DPP being evidence based and **relationship building** with key state entities / stakeholders was critical in moving DPP coverage forward in KY.
- KY DPCP formed a Prediabetes / Diabetes Prevention Program (DPP) **state steering committee** including staff from the Personnel Cabinet (KEHP) and their third party administrator, Cabinet of Health and Family Services Office of the Secretary, Department for Public Health, KY DPP organizations, etc.
- Ongoing monthly meetings, requested reports, email communications, etc. among the steering committee and state entities helped to ensure **ongoing sense of urgency and accountability** in trying to reach recommendations contained within the legislative report.



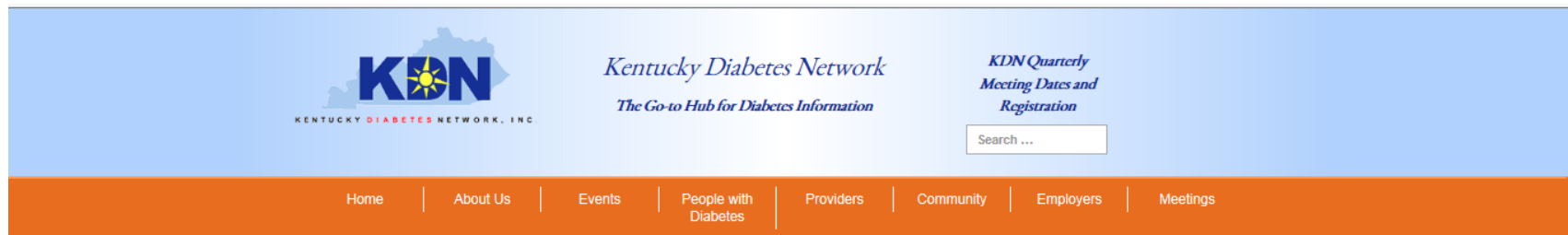
# **Essential Partners** *(for KEHP coverage)*

- **Personnel Cabinet – Commissioner’s Office, Department of Employee Insurance and Staff with the KY Employees’ Health Plan and their third party administrator (*Humana originally and now Anthem*)**
- **Ashland DPP site (*AADE DPP site served as a pilot offering DPP FREE to members in 2013*)**
- **CHFS Secretary’s Office, Deputy Commissioner for Public Health, DPP Steering Committee, etc.**

# It's all about relationships... education... sharing...

**Former Commissioner of KEHP said ...  
covering NDPP was a "no brainer"**

<http://www.kydiabetes.net/newsandreports.html>



# About KEHP...

- **Kentucky Employees' Health Plan (KEHP)** -- a non-profit, self-funded plan offering health insurance benefits / flexible spending accounts
- **Anthem** currently is the third party administrator for **KEHP**

# Who Is Covered by KEHP?

**~265,000 KEHP Members Statewide**  
(KY Population 4.4 million) includes...

**employees of public schools and school boards, city, county, state government, judicial centers, state parks, community and technical colleges, health departments, fiscal court systems, government utility systems, housing authorities, fire and ambulance services, state police, public libraries, area development districts, and more.**

***NOTE: Only KEHP members 18 and over who qualified for DPP were eligible for DPP coverage.***





# What does KEHP DPP coverage look like?

- **KY CDC-recognized DPP face-to-face programs are eligible for payment up to \$429.**
- **Billing and payments are handled through an invoice system.**
- **DPP organizations must sign a Business Associate Agreement and provide reporting information monthly to the KEHP third-party administrator.**

# Useful Tools / Resources

## KY DPP Organizations Monthly Listings / Maps (adapted from CDC Listings)

### 49 CDC Diabetes Prevention Recognition Programs (DPRP)

### 76 counties (KY has 120 counties)

Kentucky's CDC Recognized  
National Diabetes Prevention Programs (NDPP)

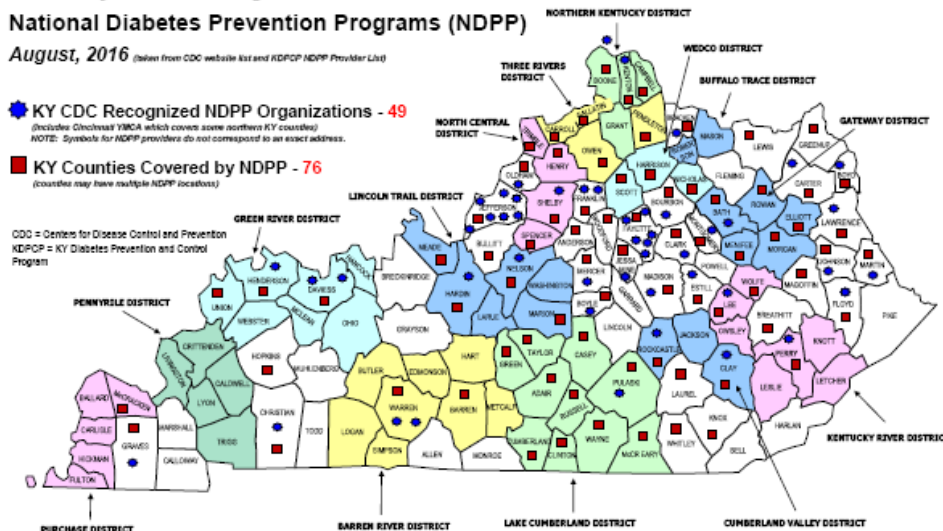
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(includes Glouchester YMCAs which covers some northern KY counties)  
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 KY Counties Covered by NDPP - 76  
(counties may have multiple NDPP locations)

CDC = Centers for Disease Control and Prevention  
KDPP = KY Diabetes Prevention and Control Program



## KY CDC Recognized Diabetes Prevention Program (DPP) Organization List Alphabetical Order

Website: [www.ky.gov](http://www.ky.gov) (August 2016) (taken from CDC website list and KDPP NDPP Provider List)

For more information on CDC Diabetes Prevention Program (DPP) visit: [www.cdc.gov/diabetes/prevention/](http://www.cdc.gov/diabetes/prevention/)

August 2016 (49 organizations serving 76 counties)

DPP organizations are listed from the CDC website by physical location of "recognized organization".

DPP organizations listed in alphabetical order (county name, city/town, and zip code) (county and zip code).

\*Provided for" reason provider is willing to offer DPP outside of county.

County of KY CDC Recognized (DPP)	City, County, District	City, County, District	City, County, District
-----------------------------------	------------------------	------------------------	------------------------

Adams Better Health of Kentucky  
(sponsored by Adams, Jefferson, and Madison counties)  
5288 Corporate Center Dr Ste 100  
Lexington, KY 40511  
Lexington, KY 40511  
Adams County  
252-333-5438  
Mary Beth Lacy [mlacy@adamsky.com](mailto:mlacy@adamsky.com)

Bellarmine Wellness LLC  
(sponsored by Boone, Jefferson, and Wayne counties)  
1313 Lyndon Lane  
Lexington, KY 40505  
Terry Cottle [tcottle@bellarmineky.com](mailto:tcottle@bellarmineky.com)  
502/187-7772 or 502/187-7772

Baptist Health Lexington  
Baptist Health Kentucky (Central)  
Achieved full CDC recognition  
Baptist Health Lexington  
(sponsored by Boone and Madison counties)  
1748 Northside Rd  
Lexington, KY 40503  
Kathleen Stanley [kstanley@baptistky.com](mailto:kstanley@baptistky.com)  
252-333-5100  
Baptist Health Carbon  
Participate in only open to Baptist Health Carbon employees.  
(sponsored by Boone, Madison, and Wayne counties)  
25-25th St Ste 100  
Corbin, KY 40401  
Linda J. Miller [lmiller@baptistky.com](mailto:lmiller@baptistky.com)  
888-533-2546  
Diabetes Screening [www.baptistky.com](http://www.baptistky.com)  
888-533-2100

Baptist Health Louisville  
Baptist Health Louisville (West)  
Baptist Health Louisville  
(sponsored by Jefferson County)  
4888 Krogue Way  
Louisville, KY 40217  
Ronda Perryman-Velazquez [ronda.perryman-velazquez@baptistky.com](mailto:ronda.perryman-velazquez@baptistky.com)  
502/257-2221

Baptist Health Lexington  
(sponsored by Boone County)  
1825 Iron Horse Ln  
Lexington, KY 40503  
Cathy O'Connell [coconnell@baptistky.com](mailto:coconnell@baptistky.com)  
502/333-3344

Baptist Health Paducah  
(sponsored by Adams County)  
Classes to begin a place weekly September 2016  
Participate in only open to Baptist Health Paducah employees.  
3581 Kentucky Ave  
Paducah, KY 40363  
Kathy Wink [kwink@baptistky.com](mailto:kwink@baptistky.com)  
270/525-5330

Barren River District Health Department  
(sponsored by Boone County)  
1185 2nd St  
Bowling Green, KY 42301  
Melissa Waldman [melissa.waldman@barrenriverhealth.org](mailto:melissa.waldman@barrenriverhealth.org)  
248-434-4330 ext 130 or 248-434-5333 ext 130

Breckin County Health Department  
(sponsored by Breckin County, and Wayne counties)  
435 First Ave, 2nd  
Breckinville, KY 40004  
Dana Teegarden [dteegarden@breckincountyky.com](mailto:dteegarden@breckincountyky.com)  
888-533-2546 ext 335

# Kentucky Diabetes Resource Directory

<https://prd.chfs.ky.gov/KYDiabetesResources/>



## Kentucky Diabetes Resource Directory



Diabetes Resources

**Search For Kentucky Diabetes Resources**

**Click Here**

This site allows you to search for diabetes resources such as classes or support groups which are near your location. In addition, this site allows direct links to sites which will help you find diabetes specialists and educators in your area.

# Kentucky Diabetes Resource Directory Search Screen

Resource:

- ☐ All
- ☐ Diabetes Events, Fundraisers, Expos, Camps, or other
- ☐ Diabetes Prevention Program/DPP (CDC "Pending Recognition" or "Full Recognition" Programs)
- ☐ Diabetes Prevention Program (DPP) (Updated monthly)
- ☐ Nationally "Recognized" or "Full Recognition" Management Education Classes
- ☐ OTHER Diabetes Self-Management Education Classes Taught by Licensed Health Professionals
- ☐ Diabetes Self-Management Education Classes - Classes Designed to be Taught by Non-Licensed (Lay) Person
- ☐ Diabetes Self-Management Education Classes Taught by Endocrinologist or Diabetologist
- ☐ Diabetes Self-Management Education Classes Taught by Nutrition Therapy (MNT) (Dietitians)
- ☐ Diabetes Self-Management Education Offerings for Professionals (nurses, dietitians, pharmacists, etc.)

All

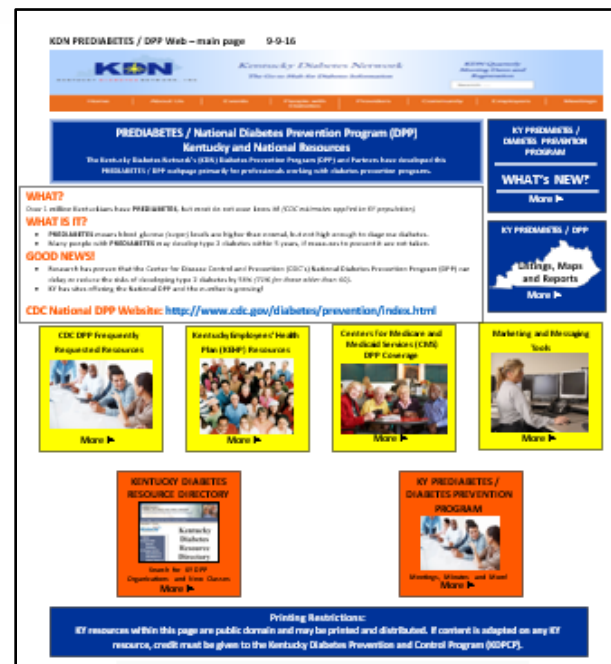
☐ Search Adjacent Counties

Search

[Links to More State and National Diabetes Resources](#)

# KY CDC-Recognized Organizations Invited to be Part of:

- Monthly DPP email communications
- Quarterly conference calls
- Quarterly KY Diabetes Network (KDN) face-to-face meetings





# DPP Coaches Trainings in KY

## East – West – Central – Online



## Kentucky Growth of the Diabetes Prevention Program (DPP)

A map of Ohio showing its 88 counties. The counties of Jefferson and Fayette are highlighted in red. The map includes labels for all counties, such as Cuyahoga, Franklin, Hamilton, and others.

[illegible]



# KY DPP ALPHABET SOUP RECIPE...

- 
1. Mix gallons of education, relationship building, and partnerships together really well
  2. Sprinkle it with people in power
  3. Grate in one or two policies
  4. Spread it out across the state
  5. **mmm mmm Good!**



**Leave you with...**

***Remember it only takes **one**  
**spark** to light a **fire**.***





**We believe...**



**when we work  
together with all our  
collective**

**passion and  
perseverance...**



never  
never  
never  
give  
up



**Together -- WE WILL  
TURN OUR  
DIABETES EPIDEMIC  
AROUND!**





# Thanks!

For More Information

- Janice Haile – [janice.haile@ky.gov](mailto:janice.haile@ky.gov)
- Theresa Renn – [theresa.renn@ky.gov](mailto:theresa.renn@ky.gov)