# LOS ANGELES COUNTY DEVELOPS A FRAMEWORK TO IMPLEMENT THE NATIONAL DIABETES PREVENTION PROGRAM

Preventing Chronic Disease Special Collection Brief:
STATE AND LOCAL PUBLIC HEALTH ACTIONS TO PREVENT AND CONTROL
CHRONIC DISEASES

### **Reaching Underserved Populations**



#### PROGRAM OVERVIEW

More than 34 million Americans have diabetes, and about 88 million American adults have prediabetes. The National Diabetes Prevention Program (National DPP) is a partnership of public and private organizations working to build a nationwide delivery system for a proven lifestyle change program (LCP) to prevent or delay the onset of type 2 diabetes in adults with prediabetes or at risk of developing type 2 diabetes.<sup>2</sup>

#### **PURPOSE OF THE STUDY**

The Centers for Disease Control and Prevention funded state and local program to translate and grow the National DPP in community settings.<sup>3</sup> This study was conducted to develop a framework of core activities to carry out the National DPP LCP in Los Angeles County.

#### **CREATING THE FRAMEWORK**

A three-stage formative assessment featured:

- 1. Qualitative interviews with representatives from community-based organizations.
- 2. Strategic planning sessions to gain insight from the Los Angeles County Diabetes Prevention Coalition.
- 3. Holistic analysis of the data generated through the interviews and planning sessions.

The assessment addressed the core activities needed to identify, refer, and enroll eligible participants in the National DPP LCP including establishing payment options to offset costs. It also identified the key partners necessary for carrying out the program.



## FRAMEWORK FOR IMPLEMENTING THE NATIONAL DPP LCP IN LOS ANGELES COUNTY<sup>4</sup>

Increase identification, referral, and enrollment of eligible people in the National DPP LCP

DESIRED

Increase knowledge and motivation among health care providers and patients.

Improve systems and protocols for identification and referral.

Increase availability of the National DPP LCP and reduce barriers to participation.

## Expand outreach and education.

- Increase knowledge about the impact of prediabetes and the National DPP among consumers through public education campaigns.
- Engage and train community-based partners and health care providers on processes to identify and refer eligible individuals to CDC-recognized organizations offering the National DPP LCP.
- Add National DPP LCPs to resource lists and information databases.

Improve health care referral systems and protocols.

- Develop electronic medical record (EMR) infrastructure to identify patients with prediabetes and refer them to CDC-recognized program delivery organizations.
- Develop systems in EMRs to close the feedback loop between health care systems and CDC-recognized program delivery organizations.
- Promote the use of team care and non-physician providers, such as community health workers.

Increase access to and insurance coverage of the National DPP LCP.

- Increase availability of the National DPP LCP in diverse settings, especially among priority populations.
- Partner with large worksites and insurers to offer the National DPP LCP as a covered benefit.

Diverse partner network

#### **LESSONS LEARNED**

The three-pronged framework (expand outreach and education, improve health care referral systems and protocols, and increase access to and insurance coverage of the National DPP LCP) has the potential to identify people with prediabetes and to expand access to the National DPP LCP among priority populations in Los Angeles County and other large jurisdictions. A key component of the framework is the reliance on a diverse partner network (e.g., health care organizations, nonprofit organizations, payers) to increase participation in this important evidence-based program.

#### References:

<sup>1</sup>Centers for Disease Control and Prevention. *National Diabetes Statistics Report, 2020*. Atlanta, GA: Centers for Disease Control and Prevention, U.S. Department of Health and Human Services; 2020.

<sup>2</sup>Centers for Disease Control and Prevention. The National Diabetes Prevention Program website.

https://www.cdc.gov/diabetes/prevention/index.html. Accessed June 22, 2020.

<sup>3</sup>Mosst J, DeFosset A, Gase L,Baetscher L, Kuo T. A framework for implementing the National Diabetes Prevention Program in Los Angeles County. *Prev Chronic Dis.* 2017;14:160433. DOI: <a href="https://dx.doi.org/10.5888/pcd14.160433">https://dx.doi.org/10.5888/pcd14.160433</a>. Accessed June 23, 2020.

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ACTIVITIES