

## DIABETES PREVENTION AND MANAGEMENT PROGRAMS:

### WHAT ARE THE CATALYST INITIATIVE DIABETES PREVENTION AND MANAGEMENT PROGRAMS?

The Catalyst Program is a five-year state-funded initiative to accelerate progress on preventing and controlling diabetes by scaling up the availability and connection to evidence based programs that are reimbursed by Medicare and Medicaid. These include the Diabetes Prevention Program and Diabetes Self-Management Training. The Western Regional Partnership includes three hospitals: Frederick Health (FH), Meritus Medical Center (MMC), and University of Pittsburgh Medical Center Western Maryland (UPMC Western Maryland).

**DIABETES PREVENTION PROGRAM (DPP):** DPP, which involves 12 months of group lifestyle management classes, has been shown to prevent or delay diabetes and reduce weight by improving nutrition and increasing physical activity. There are two key DPP avenues: The National DPP, established through the Centers for Disease Control and Prevention (CDC), and the Medicare Diabetes Prevention Program (MDPP). MDPP pays for this program for Medicare beneficiaries who are pre-diabetic. In Maryland, DPP is reimbursable for Medicaid recipients through HealthChoice DPP. The goal of DPP is to promote 5-7% weight loss and reduced risk for type 2 diabetes.

**DIABETES SELF-MANAGEMENT TRAINING (DSMT):** DSMT is a Medicare-covered preventive service that helps persons who have been diagnosed with diabetes to manage their diabetes and prevent additional complications. DSMT is a group-level program that is generally provided in person or virtually over a six-week period. The program goals include educating and empowering individuals with diabetes to better manage and control their conditions.

## ADDITIONAL INFORMATION:

### Diabetes Program Waitlist

Our grant team is currently developing a referral process for your patients. Please email patient name and phone number to:

*Joan Daley*

Patient Referral Navigator

[prediabetes@Frederick.health](mailto:prediabetes@Frederick.health)

### Cost, Coverage and Affordability

We are currently working with billing in regards to price transparency. We will be working with patients who are insured, partially insured and uninsured. We will not be turning anyone away.

### Connect with Frederick Health

### INTERESTED IN LEARNING MORE?

For additional information, please contact

*Crissy Barry*

Community Health Program  
Coordinator

[CBarry@Frederick.health](mailto:CBarry@Frederick.health)

## WHAT IS THE DURATION AND INTENSITY OF THE NATIONAL DPP LIFESTYLE CHANGE PROGRAM?

**THE LIFESTYLE CHANGE PROGRAM (LCP):** LCP has a duration of at least one year. The program must begin with an initial 6-month phase during which a minimum of 16 weekly sessions are offered over a period lasting at least 16 weeks and not more than 26 weeks. The initial six-month phase must be followed by a second six-month phase consisting of at least one session delivered each month (for a minimum of six sessions). The Program is facilitated by Certified Lifestyle Coaches. This program also provides support to a group of people with similar goals and challenges who will help overcome obstacles and celebrate successes.

## HOW IS SCREENING FOR PREDIABETES CONDUCTED?

- All of a program's participants must be 18 years of age or older. The program is intended for adults at high risk of developing type 2 diabetes.
- All of a program's participants must have a body mass index (BMI) of  $\geq 25 \text{ kg/m}^2$  ( $\geq 23 \text{ kg/m}^2$ , if Asian American).
- All of a program's participants must be considered eligible based on either:
  - A blood test result within one year of participant enrollment. Blood test results may be self-reported for CDC recognition purposes. Participants enrolled in the Medicare Diabetes Prevention Program (MDPP) cannot self-report blood test results; lab results must be provided. Blood test results must meet one of the following specifications:
    - Fasting glucose of 100 to 125 mg/dl (Centers for Medicare and Medicaid Services- CMS-eligibility requirement for MDPP participants is 110 to 125 mg/dl);
    - Plasma glucose of 140 to 199 mg/dl measured 2 hours after a 75 gm glucose load;
    - HbA1C of 5.7 to 6.4; or,
    - Clinically diagnosed gestational diabetes mellitus (GDM) during a previous pregnancy (allowed for CDC recognition and may be self-reported; not allowed for MDPP participants); or b. a positive screening for prediabetes based on the Prediabetes Risk Test
- A positive screening for prediabetes based on the Prediabetes Risk Test online at:  
\*Note: The risk test is not an option for eligibility for MDPP participants.
- Participants cannot have a previous diagnosis of type 1 or type 2 diabetes prior to enrollment.
- Participants cannot be pregnant at time of enrollment.
- A health care professional may refer potential participants to the program, but a referral is not required for participation in a CDC-recognized program.