

OneCare Vermont Network Success Story

PRE-DIABETES



Diabetes is a growing epidemic in our country. Currently, it is estimated that 84 million Americans have pre-diabetes, meaning that they have an elevated blood glucose level, yet 90% of these individuals are unaware that they are at risk. In Vermont there are roughly 56,000 people with diabetes and 174,000, or 35.7% of the state's population, who have pre-diabetes.* In 2012 the Vermont Department of Health (VDH), under the state public health actions federal grant, implemented a prevention program that targets individuals diagnosed with pre-diabetes. The program is a 12 month lifestyle change initiative that is endorsed by the Centers for Disease Control and Prevention (CDC).

The participants engage in 16 weeks of group meetings and then transition to monthly check-ins. The diabetes prevention program has been implemented statewide at the local health service area level and is supported by community health team regional coordinators. * <http://main.diabetes.org/dorg/PDFs/Advocacy/burden-of-diabetes/vermont.pdf>

DIABETES PREVENTION PROGRAM

Key Drivers

- Diabetes is a chronic condition that is, in most cases, preventable
- Diabetes and pre-diabetes cost an estimated \$534 million in Vermont each year
- 15- 30% of individuals diagnosed with pre-diabetes will develop type 2 diabetes within in 5 years
- There was an identified need for collaboration between community and clinical organizations to support prevention, self-management and control of diabetes

Actions Taken

- Engagement of provider community to refer patients to local diabetes prevention programs
- Development of a provider toolkit and workflows to assist with identification and referral of eligible patients
- Creation and marketing of community materials to educate the public on the prevention program
- The program is free of charge to those >18 years old with a diagnosis of pre-diabetes

OUTCOMES: SPRINGFIELD MEDICAL CARE SYSTEMS

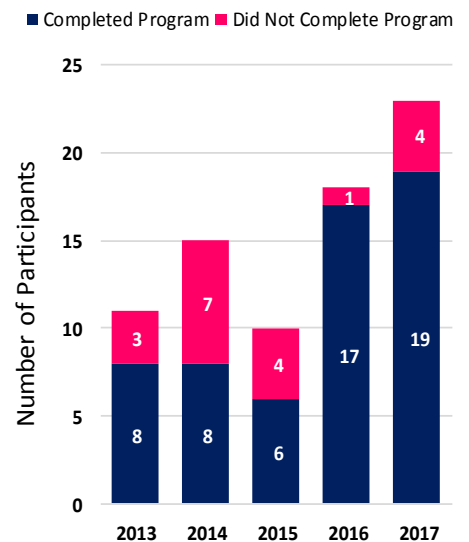
Springfield Medical Care Systems (SMCS) is a non-profit, community-based health care system that serves southeastern Vermont and southwestern New Hampshire. The health system, which serves 29,025 patients each year, integrates nine federally qualified health centers, including a dental clinic and a vision center, and Springfield Hospital. SMCS began implementing the VDH diabetes prevention program in 2013.

Implementation Steps:

- Created a patient panel of patients with pre-diabetes; identified as having elevated blood glucose levels (i.e. A1c 5.7- 6.4)
- Panel was received and reviewed by the clinical care coordinator in each practice
- Providers and care coordinators discussed patient panel for outreach and referral to the diabetes prevention program
- Outreach invitation letters were sent from providers to appropriate patients to engage them in the program
- EMR was modified with a 'quick click' button for providers to make referral to the prevention program
- Designed a Panel Management algorithm for pre-diabetes diagnosis
- Created a nutritional counseling screening for providers to assess a patient's risk for development of pre-diabetes

Outcomes: Since the initial rollout of the program in 2013, SMCS registered 88 participants in the diabetes prevention program and 75% have completed the year-long program. **The average weight lost in the group was 4.12%.**

YMCA Diabetes Prevention Program
Participation and Completion



LESSONS LEARNED

- Panel management and educating on lifestyle interventions for patients with pre-diabetes can often prevent or delay diabetes onset
- An essential element to engage the patient in the pre-diabetic program is to have the provider discuss the benefits with the patient
- Collaboration between organizations at the health service level helps to make the program successful and meaningful for patients