

Connecting Clinical and Community  
Partners: NYS YMCA Diabetes  
Prevention Program

CHCANYS Annual Conference



# Diabetes and Pre-Diabetes in NYS

- Over one million adult New Yorkers (8.1%) have been diagnosed with diabetes.
- Based on national estimates, there are between 3.7 and 4.2 million (25-30%) adult New Yorkers with pre-diabetes.
- People with pre-diabetes are 5 to 15 times as likely to develop type 2 diabetes than someone without the condition, and are also at increased risk of developing heart disease, stroke and eye disease.

# Preventing Type 2 Diabetes

## Diabetes Prevention Program

- A major multicenter clinical research study sponsored by the National Institutes of Health
- Lifestyle modifications that achieve and maintain modest weight loss in adults with pre-diabetes reduce the risk of developing diabetes by 58%
- In adults over the age of 60, the risk was reduced by 71%

Visit <http://diabetes.niddk.nih.gov/dm/pubs/preventionprogram/> for more information about the Diabetes Prevention Program.

# The DEPLOY Study

*Diabetes Education and Prevention with a Lifestyle Intervention Offered at the YMCA*

- Indiana University School of Medicine, Diabetes Translational Research Center
- Translates the success of the DPP and adapts curriculum for the community setting
- Evidence-based 16-week lifestyle intervention program based at the YMCA
  - The YMCA is a natural partner and is accessible to a broad segment of residents from diverse communities
  - YMCA membership is not a requirement for participation
- Results demonstrated a 6% reduction in body weight, sustained after 12 months, and highlighted the YMCA as a promising channel for wide-scale dissemination

Ackermann R., Finch E., Brizendine E., Zhou H., Marrero D. Translating the Diabetes Prevention Program into the Community: The DEPLOY Pilot Study. *Am J Prev Med* 2008; 35(4):357–363

# NYS YMCA Diabetes Prevention Program (Y-DPP)

- Partnership between the NYS Diabetes Prevention and Control Program (DPCP), NYS YMCA Foundation and the New York State Health Foundation
- Utilizes the model developed by Indiana University researchers to implement group-based diabetes prevention programs in YMCAs across NYS

# Timeline - Overview

- Year 1 (4/09 – 3/10): Work with advisory group members to build the capacity to implement the project in NYS
- Year 2 (4/10 – 3/11): Implement and evaluate diabetes prevention interventions for **adults with pre-diabetes** in 10 YMCA sites
  - Each of the YMCA sites will implement the 16-week curriculum at least three times within a 12-month period, including monthly maintenance sessions for participants
  - Approximately 10-12 individuals would participate in each 16-week session, reaching between 300 - 400 individuals with pre-diabetes
- Year 3 – 5: Expand dissemination to additional YMCA sites and/or other community-based organizations throughout NYS

# Y-DPP Sites

- Capital District YMCA
- YMCA of Greater Rochester
- YMCA Buffalo Niagara
- YMCA of Greater Syracuse
- YMCA of Greater New York
- YMCA of Broome County
- Watertown Family YMCA
- YMCA of Long Island in Huntington
- Plattsburgh YMCA
- YMCA of Middletown

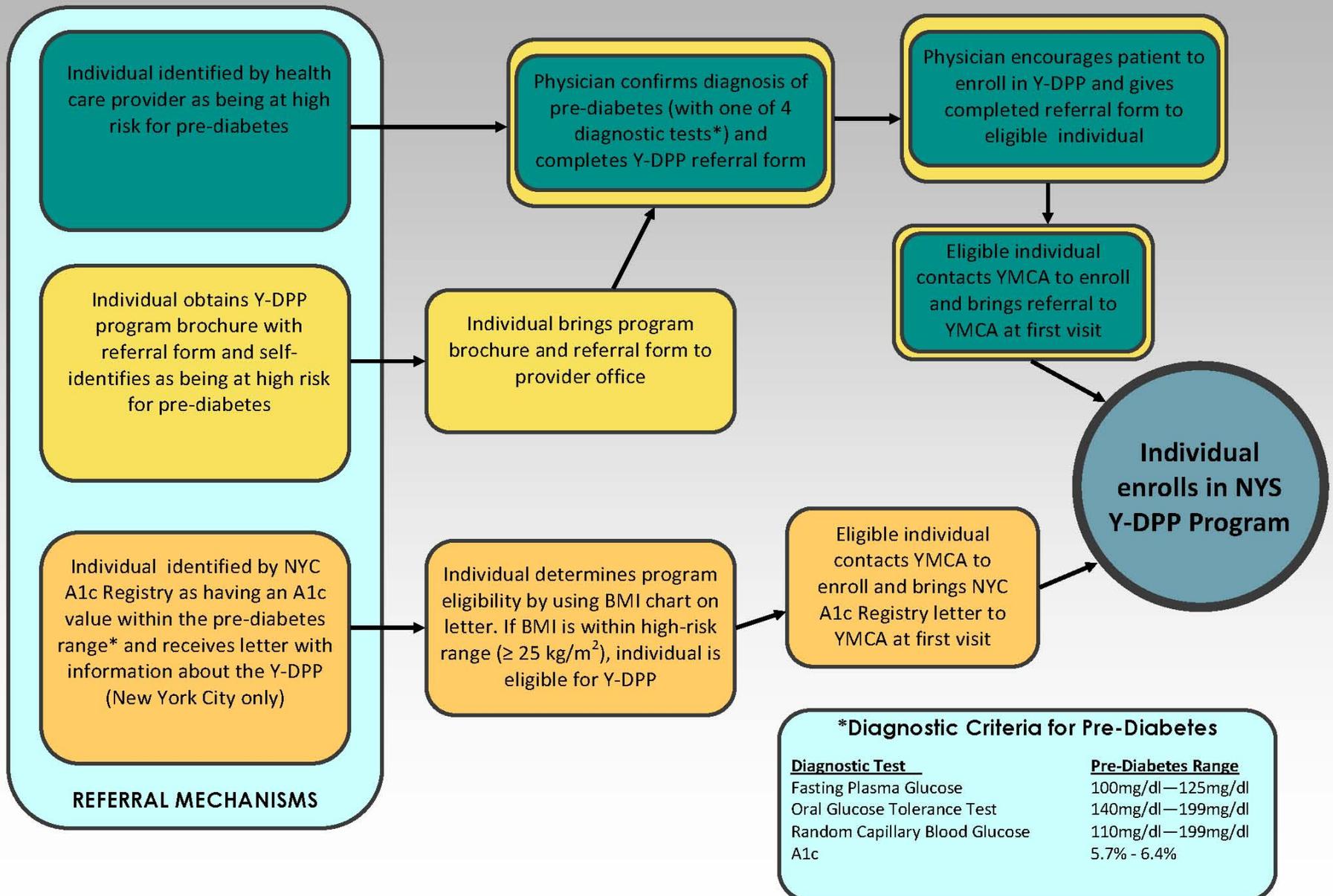
Sites were selected based on capacity, interest and ability to serve high-risk, disparate populations



# Y-DPP Session Descriptions

1. Welcome and Getting Started
2. Be a Fat and Calorie Detective
3. Ways to Eat Less Fat and Fewer Calories
4. Healthy Eating
5. Move Those Muscles
6. Being Active: A Way of Life
7. Tip the Calorie Balance
8. Take Charge of What's Around You
9. Problem Solving
10. Four Keys to Healthy Eating Out
11. Talk Back to Negative Thoughts
12. The Slippery Slope of Lifestyle Change
13. Jump Start Your Activity Plan
14. Make Social Cues Work for You
15. You Can Manage Stress
16. Ways to Stay Motivated

# New York State Y-DPP Referral Process



# Clinical Partners

- Identify patients with pre-diabetes using the NYS Y-DPP Referral Algorithm
- Complete form to refer patients with pre-diabetes to the local Y-DPP
- Over 60 existing clinical partners include:
  - health centers
  - clinicians/private practices
  - hospitals and health systems
  - county health departments
  - insurers
  - other primary care sites

# Could You Have Pre-Diabetes?

This office participates in the **New York State YMCA Diabetes Prevention Program (NYS Y-DPP)\***

Talk to your health care provider today to find out more about the NYS Y-DPP and determine if you are eligible to participate in this exciting, 16-week lifestyle modification program offered at the YMCA.

For more information, please contact:

*\*You do not need to join or be a member of the YMCA to be eligible!*

NEW YORK STATE DEPARTMENT OF HEALTH



# NYS Y-DPP Referral Algorithm

- Determine if patient is overweight/obese and positive for at least one additional risk factor

IF YES....

- Review patient medical records to determine if diagnostic test has been performed in the last 24 months

OR

- Utilize one of the following diagnostic tests to determine pre-diabetes and diabetes status:
  - Fasting Plasma Glucose
  - Oral Glucose Tolerance Test
  - A1C
  - Random/Casual Capillary Blood Glucose

# NYS Y-DPP Referral Algorithm

<i>Diagnostic Test</i>	<i>Normal Range</i>	<i>Pre-Diabetes Range</i>	<i>Diabetes Range</i>
FPG	≤99 mg/dl	100 mg/dl - 125 mg/dl	≥126 mg/dl
OGTT	≤139 mg/dl	140 mg/dl - 199 mg/dl	≥200 mg/dl
A1C	≤5.6%	5.7%-6.4%	≥6.5%
RCBG	≤109 mg/dl	110 mg/dl - 199 mg/dl	≥200 mg/dl

# Point of Care A1C Machines

- Grant funding from the NYS Health Foundation will support the purchase of a small quantity of Point of Care A1C machines
- Priority will be given to offices with high-risk, underserved patient populations
- Geographic location will be considered to support the availability and use of this equipment in each of the 10 Y-DPP communities in New York State

# Role of Health Centers

- Participate on advisory group to inform implementation and evaluation plans
- Promote availability of the program to patients
- Become a clinical partner to identify and refer patients with pre-diabetes using the Y-DPP Referral Algorithm
- Receive a Point of Care A1C machine to support pre-diabetes diagnosis
- Coordinate with local YMCA to offer program on-site

# Evaluation

- Center for Evaluation at the New York Academy of Medicine
- Overall, the evaluation is designed to assess:
  - effectiveness of the program in meeting weight loss and physical activity goals
  - characteristics, strengths, and weaknesses of the different referral/recruitment mechanisms
  - implementation process, cost and the critical programmatic elements for replication
  - overall perceptions of the Y-DPP program

# Cost and Funding

- Researchers from Indiana University estimated \$200-\$300 per participant (academic setting)
- NYS Y-DPP
  - Initial 3 programs offered at each of the 10 YMCA sites will be free to participants due to grant funding from NYSHealth
  - Subsequent programs will be available through member and non-member fees

# Y-DPP on the National Level

- Partnership between CDC, YMCA of the USA and UnitedHealth Group
- CDC's National Diabetes Prevention Program
  - Establish Master Training for evidence-based diabetes prevention programs
  - Develop certification process to ensure the integrity and quality of the program
- UnitedHealth Group is reimbursing for this program in select markets in four states, through the Diabetes Prevention and Control Alliance
  - In 2011, there will be an additional 13 United-reimbursable sites, including NYC and Rochester
- Additional CDC-funded model sites to launch or expand the program in their community

# NYS Sustainability

- NYS is currently working to facilitate third-party reimbursement
  - Presentations and information sharing with NYS employers and insurers
  - YMCA sliding-scale and scholarship support for members and non-members
  - Exploring strategies to encourage public and private insurance coverage

# Contact Information

Tracy Mills, MPP  
Coordinator of Program Development  
Diabetes Prevention and Control Program  
NYS Department of Health  
[txv03@health.state.ny.us](mailto:txv03@health.state.ny.us)  
Phone: (518) 408-0125



Thank You!

