



American Association
of Diabetes Educators

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About AADE

- **Mission:**
 - Empower healthcare professionals with the knowledge and skills to deliver exceptional diabetes education, management and support
- **Vision:**
 - Optimal health and wellness for all people with diabetes and related chronic conditions

AADE members

- **Multidisciplinary membership (14,000 +)**
 - Nurses
 - Dietitians
 - Pharmacists
 - Other
- **Diverse practice settings**
 - Outpatient
 - Inpatient
 - Community Pharmacies
 - Independent entrepreneurs
 - Other

Diabetes is an inability to use/store glucose

- **Types**

- Type 1
- Type 2
- Gestational
- Insipidus
- MODY
- Neonatal

- **Treatment targets**

- Pancreas
- Liver
- Kidney
- Muscle
- GI

Why Diabetes Self-Management Education?

1. Lifestyle choices are the foundation of proper care

- diet
- physical activity
- medication regimens
- stress management

2. Self-care tools must utilized properly

- potent medications
- medical devices and instrumentation

3. Individual responses vary

- interpreting data
- taking action on data
- problem solving

Balanced Budget Act of 1997

PUBLIC LAW 105-33—AUG. 5, 1997

111 STAT. 251

*Public Law 105-33
105th Congress

An Act

To provide for reconciliation pursuant to subsections (b)(1) and (c) of section 105 of the concurrent resolution on the budget for fiscal year 1998.

Aug. 5, 1997
[H.R. 2015]

Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled,

SECTION 1. SHORT TITLE.

This Act may be cited as the "Balanced Budget Act of 1997".

SEC. 2. TABLE OF TITLES.

This Act is organized into titles as follows:

Title I—Food Stamp Provisions
Title II—Housing and Related Provisions
Title III—Communications and Spectrum Allocation Provisions
Title IV—Medicare, Medicaid, and Children's Health Provisions
Title V—Welfare and Related Provisions
Title VI—Education and Related Provisions
Title VII—Civil Service Retirement and Related Provisions
Title VIII—Veterans and Related Provisions
Title IX—Asset Sales, User Fees, and Miscellaneous Provisions
Title X—Budget Enforcement and Process Provisions
Title XI—District of Columbia Revitalization

Balanced Budget
Act of 1997.

PUBLIC LAW 105-33—AUG. 5, 1997

111 STAT. 271

Sec. 4017. Orderly transition of municipal health service demonstration projects.
Sec. 4018. Medicare enrollment demonstration project.
Sec. 4019. Extension of certain medicare community nursing organization demonstration projects.

CHAPTER 3—COMMISSIONS

Sec. 4021. National Bipartisan Commission on the Future of Medicare.
Sec. 4022. Medicare Payment Advisory Commission.

CHAPTER 4—MEDIGAP PROTECTIONS

Sec. 4031. Medigap protections.
Sec. 4032. Addition of high deductible medigap policies.

CHAPTER 5—TAX TREATMENT OF HOSPITALS PARTICIPATING IN PROVIDER-SPONSORED ORGANIZATIONS

Sec. 4041. Tax treatment of hospitals which participate in provider-sponsored organizations.

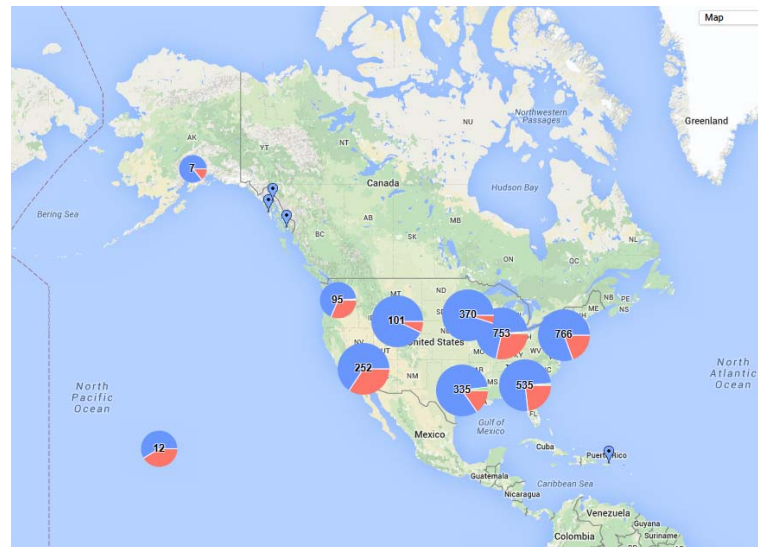
Subtitle B—Prevention Initiatives

Sec. 4101. Screening mammography.
Sec. 4102. Screening pap smear and pelvic exams.
Sec. 4103. Prostate cancer screening tests.
Sec. 4104. Coverage of colorectal screening.
Sec. 4105. Diabetes self-management benefits.
Sec. 4106. Standardization of medicare coverage of bone mass measurements.
Sec. 4107. Vaccines outreach expansion.
Sec. 4108. Study on preventive and enhanced benefits.

10 hours in the first year; 2 hours in subsequent years

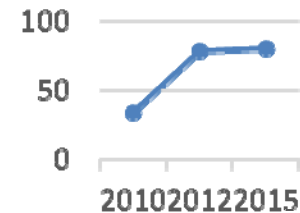
Certified DSME Programs

- **National Standards for Diabetes Self-Management Education and Support**
 - Reviewed and revised every 5 years by CMS
- **National Certification – requisite for Medicare reimbursement**
 - AADE (DEAP)
 - ADA (ERP)



AADE in Diabetes Prevention

- **Member engagement**



- **Hypothesis paper (written in 2012)**

- “Diabetes Educators: Skilled Professionals for Improving Prediabetes” *Am J Prev Med.* 2013; 44: S390-3.

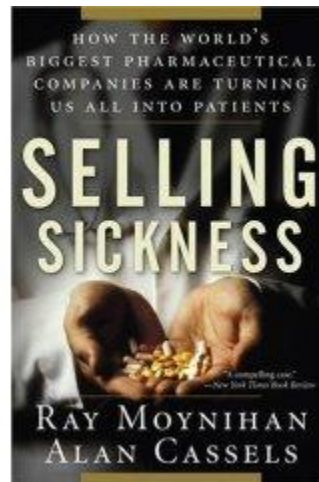
- **Feasibility (cooperative agreement with CDC in 2013)**

- American Association of Diabetes Educators Diabetes Prevention Program (AADE-DPP)

- **Demonstration (written in 2015)**

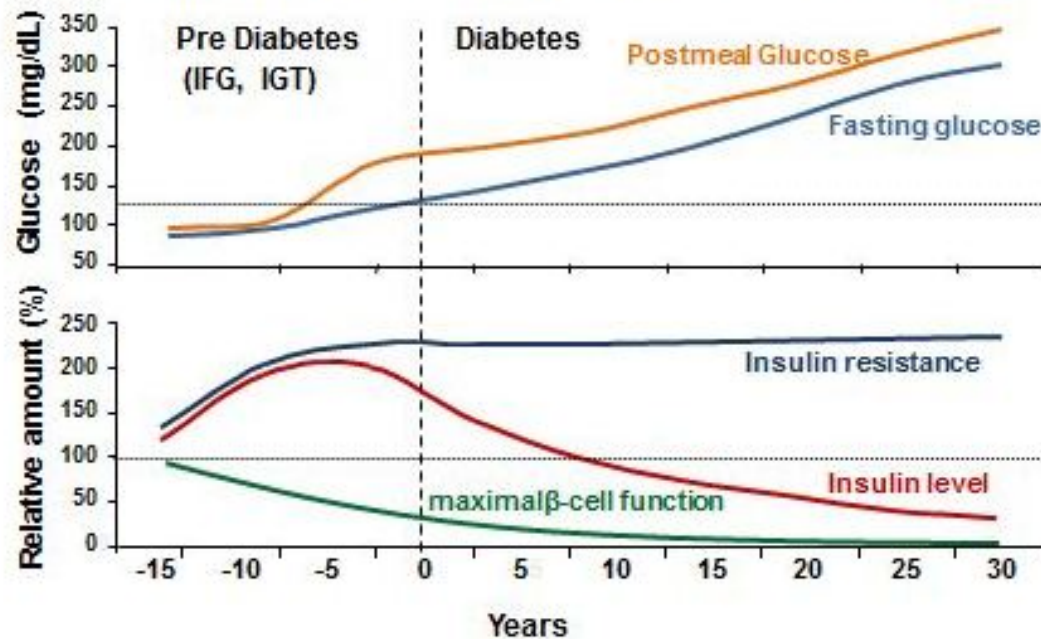
- “A National Diabetes Prevention Network Using Diabetes Self-Management Programs” *Prev Chronic Disease (submitted)*

What is prediabetes and aren't we disease mongering here?



Defining diabetes/prediabetes

Natural History of Type 2 Diabetes



Adapted from: Kendall DM, et al. Am J Med, 2009;122:S37-50.

Consequences of Prediabetes

- **Cardiovascular disease**

- **Stroke** 10% of people with an ischemic stroke have undiagnosed diabetes (Ovbiagele, B. Crit Pathw Cardiol (2010) 914:185).
- **Myocardial infarction** 12.2% of people with non-ST-segment elevation (a type of heart attack) are found to have undiagnosed diabetes. (Giraldez, RR, et al. Am Heart J (2013) 165(6):918).

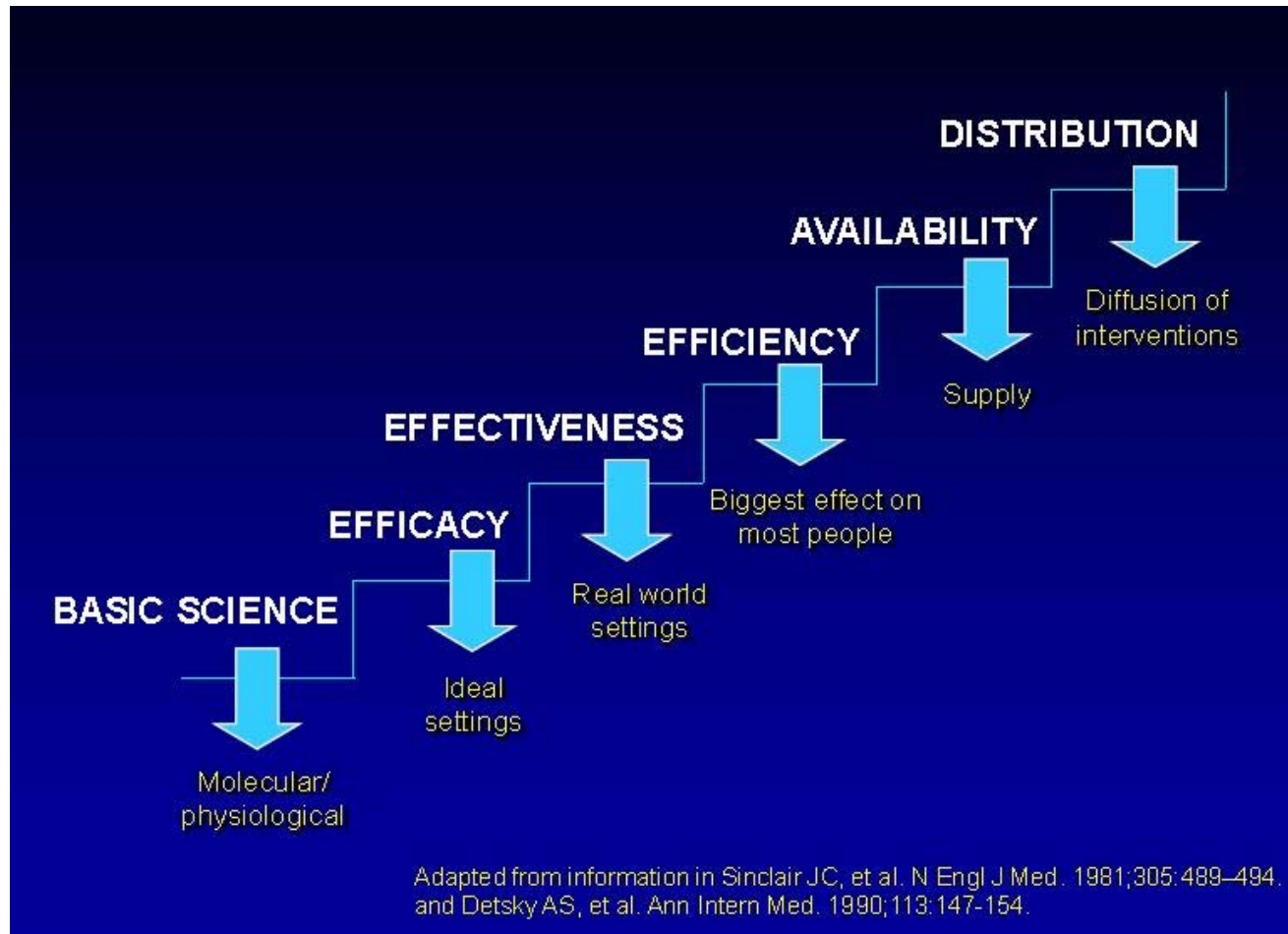
- **Nephropathy** Glomerular hyperfiltration increases as the severity of prediabetes increases (Okada,R. et al. Ren Fail (2012) 34(9):1084).

- **Neuropathy** 10% of people diagnosed with neuropathy are found to have diabetes (Singleton, JR, et al. Diabetes Care (2001) 24(8):1448).

- **Retinopathy** 20% of people diagnosed with retinopathy are found to have diabetes (Harris, MI et al. Diabetes Care(1992) 15(7):815).

- **Diabetes** 3.6% (and higher depending on population characteristics) annual rate of progression from prediabetes to type 2 diabetes (Morris, DH., et al. Diabetologia (2013) 56(7):1489).

Approach to building the evidence



AADE-DPP (current)

REDUCING THE IMPACT OF DIABETES



Congress authorized CDC to establish the NATIONAL DIABETES PREVENTION PROGRAM (National DPP) —a public-private initiative to offer evidence-based, cost effective interventions in communities across the United States to prevent type 2 diabetes

It brings together:



Research shows structured lifestyle interventions can cut the risk of type 2 diabetes in

HALF

to achieve a greater combined impact on reducing type 2 diabetes



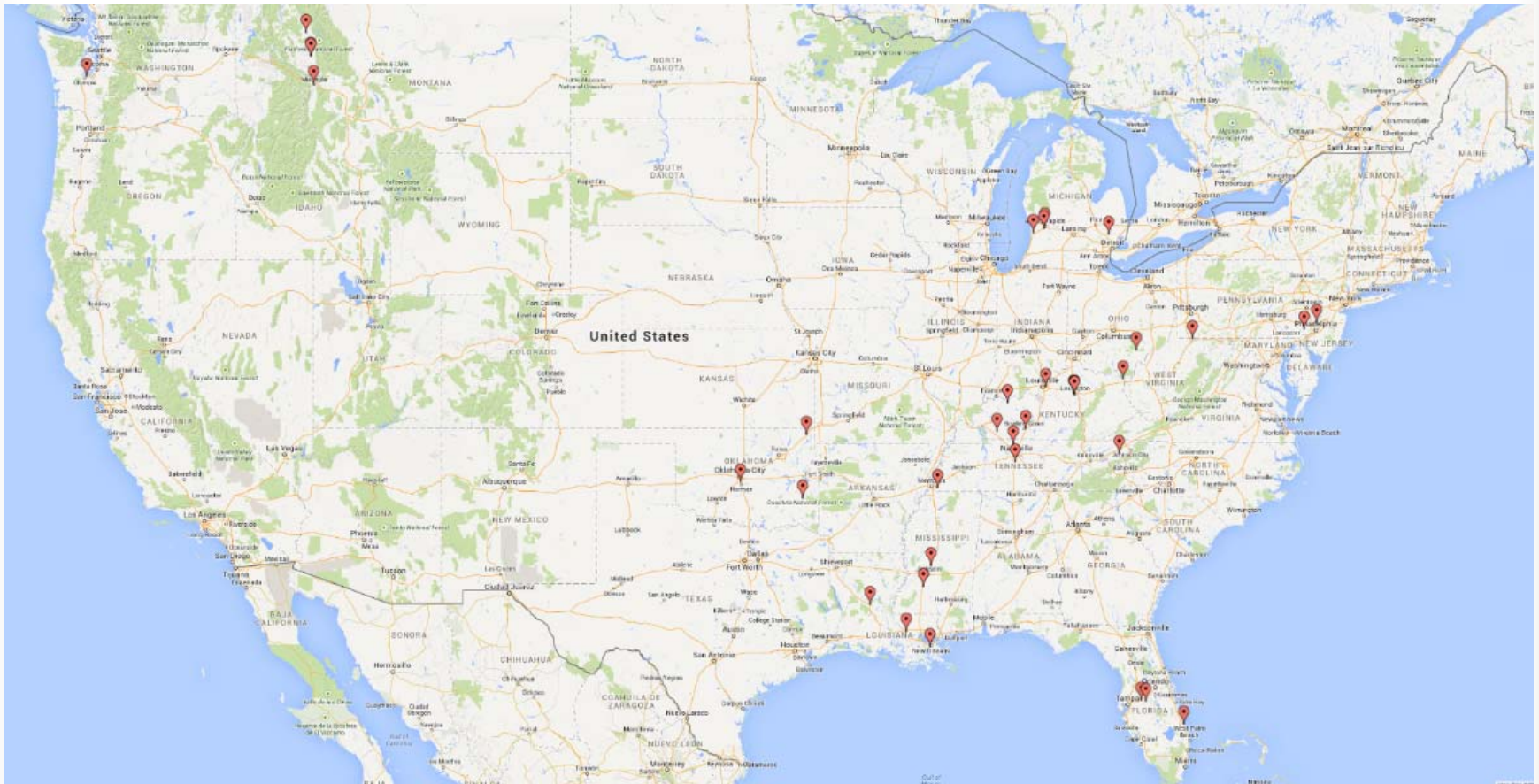
National Organizations

- Increase access
 - Increase participation
 - Make it a covered health benefit
- [American Association of Diabetes Educators \(AADE\)](#)
 - [American Health Insurance Plan \(AHIP\)](#)
 - [Black Women's Health Imperative](#)
 - [National Association of Chronic Disease Directors \(NACDD\)](#)
 - [Optum Health Care Solutions/Diabetes Prevention and Control Alliance \(DPCA\)](#)
 - [YMCA of the USA](#)

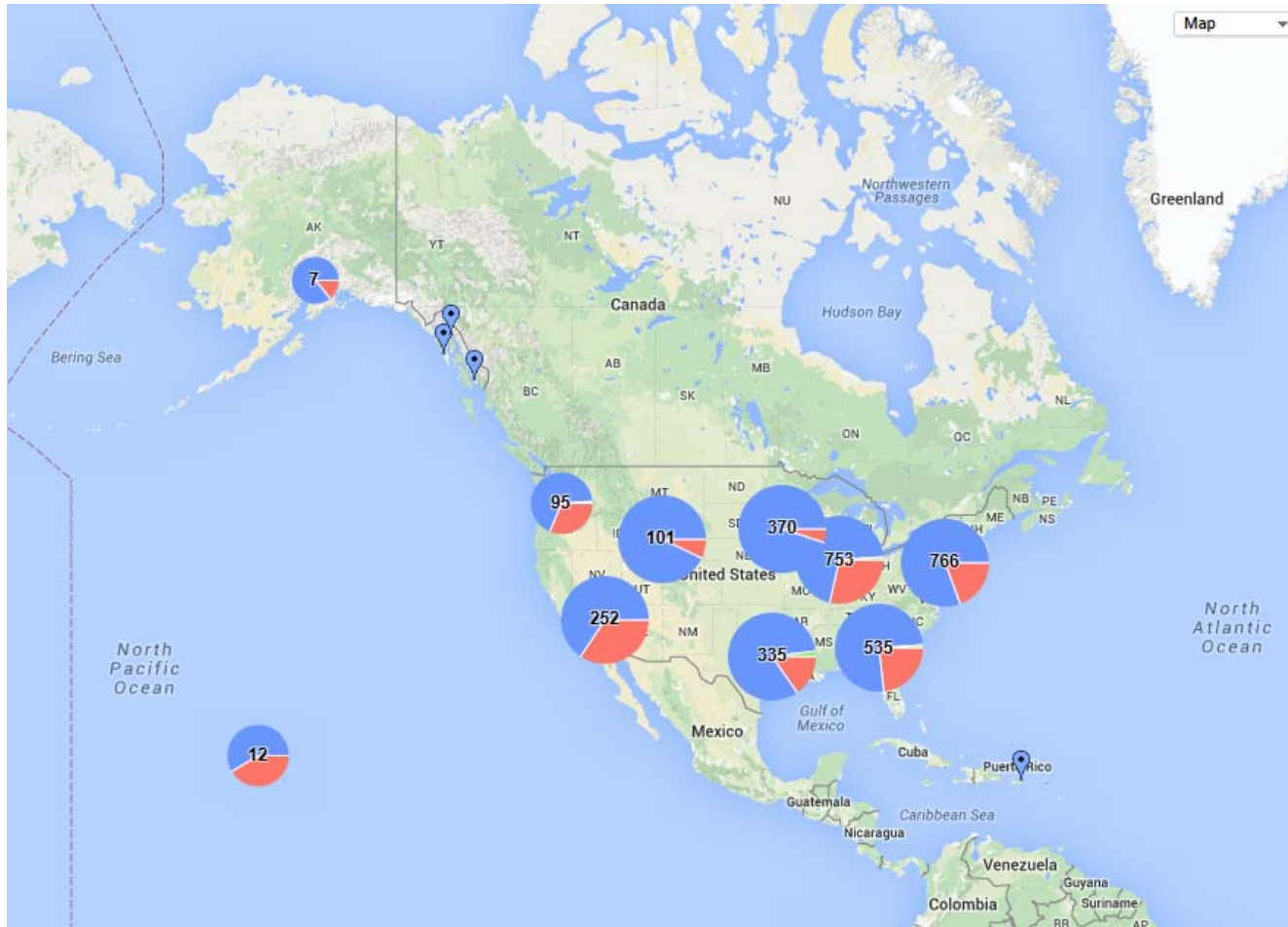
Specific AADE DPP site characteristics

- Appropriate management of PHI
- HIPAA compliance
- Third-party payment processing
- Linkage with local primary care providers
- Strong background in diabetes
 - Evidence-based answers to participant questions
 - Linkage with DSME for people with diabetes

AADE-DPP (current)



AADE-DPP potential site capacity



AADE DPP

- Stand-up sites
- Lifestyle coach training
- Experience with > 100 cohorts of participants
- More than 1500 people have gone through the program at our sites

AADE-DPP site experience (year 1)

Standard	Requirements for DPRP recognition	AADE-DPP year 1	% of sites meeting the requirement
Session attendance during months 1-6	Minimum of 9 sessions	14.7	100%
Document body weight	Recorded at 80% of sessions attended	97.7%	100%
Document minutes of physical activity	Recorded at 69% of sessions attended	89.8%	100%
Weight loss at 6 months	5% of starting body weight	4.6%	46.7%
Session attendance during months 7-12	Minimum of 3 sessions	3.8%	46.7%
Weight loss at 12 months	5% of starting body weight	5.9%	46.7%

AADE engagement

- State coverage for Medicaid recipients
 - Montana
- State employee coverage
 - Colorado, Kentucky, Washington
- State departments of public health
 - Colorado, Kentucky, Louisiana, Michigan, Mississippi, Oklahoma, West Virginia
- Insurers
 - United Health (Optum), Anthem (regional/national), BC/BS (regional/national), Humana (regional/national), Priority Health
- Employers
 - Watkins and Latham, Geisinger Health System, Philadelphia Gas Works, Plumber Supply Company

Additional Resources:

<http://www.cdc.gov/diabetes/prevention/>

<http://www.diabeteseducator.org/ProfessionalResources/Prevention>

<http://www.diabeteseducator.org/ProfessionalResources/accred/>

For more information email:

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