

**Kentucky**  
**Diabetes Prevention Program (DPP) Workgroup Quarterly Conference Call**  
**July 24, 2019 from 2:00pm – 3:30pm (Eastern)**  
**Conference Call Minutes**

**58 Attendees (82 users noted on Adobe Connect)**

**Attendees:** Vicky Albertson, Melinda Auston, Marsha Bach, Michele Baysore, Julie Brown, Kaylee Brown, Carolyn Bullock, Maranda Burgin, Mary Beth Castle, Karen Ten Cate, Beth Cecil, Russelyn Cruse, Kelly Dawes, Krista Fanelli, Alma Fink, Terri Flanigan, Angela Garcia, Hana Gilbert, Janice Haile, Elizabeth Hancock, Rachel Hardin, Kayleigh Jones, Reita Jones, Carolyn Kerr, Lauren Lane, Jamie Lee, Ashley Lillard, Teresa Lucas, Brenda Ludwig, Beth Magner, Rachel Marquez, Mae Margaret Maupin-Story, Etta McGhee, Patrice McGhee, Jessica Meredith, Cheryl Neal, Melinda Osborne, Michelle Owens-Gary, Sarah Piper, Nar Ramkissoon, Theresa Renn, London Roth, April Sandlin, Kim Schuetze, Sheri Setser-Legg, Julie Shapero, Andrew Shewmaker, Mallory Stasko, Julie Steber, Chelsea Tabor, Leeann G. Uebel, Denesa Watts, Sandy West, Ashley Wilks, Riley Beth Willett, Christie Yontz, Amy ?, Chris ?

*If you attended the call and are not listed, please notify: [Janice.haile@ky.gov](mailto:Janice.haile@ky.gov)*

**Attachments for Conference Call:** Agenda 7-24-19; Minutes from 4-24-19; NEW CDC ADA Prediabetes Risk Test; KY Sponsored Webinars Flyer; AADE MDPP Guide; CMS Prediabetes Services: Referring Patients to the Medicare Diabetes Prevention Program MDPP

**DTTAC Facilitators:** Mallory Stasko and Kayleigh Jones

**DPP Hot Topic Presenter:** Michelle Owens-Gary, PhD, MA, Behavioral Scientist, Center for Disease Control and Prevention, Division of Diabetes Translation

## **WELCOME / PURPOSE / INSTRUCTIONS**

- Janice Haile welcomed everyone on the call and explained that this Kentucky DPP Conference Call occurs to assist Kentucky partners and organizations interested in and or providing DPP with an avenue to stay informed, connected, and share with each other. Janice noted that this **Kentucky DPP Group** receives monthly to bi-monthly DPP email communications and has quarterly conference calls.
- Janice welcomed any new people who may be on the call and then introduced Mallory Stasko and Kayleigh Jones with Emory University's Diabetes Training and Technical Assistance Center (DTTAC) who served as the technical assistants for the conference call. Kayleigh also welcomed everyone and explained how to interact with the Adobe Connect Platform during the call as well as how to download handouts for the meeting and note attendance in the roll call chat box.

## **DPP HOT TOPICS Presentation/Discussion**

**DPP Hot Topic Presentation “Tips For Using CDC’s NEW and FREE Interactive Tool”** -- The link for the hot topic presentation /business meeting recording is <http://emory.adobeconnect.com/pk7hgydy4pnx/>.

- Michelle Owens-Gary, PhD, MA, Behavioral Scientist at the Center for Disease Control and Prevention, Division of Diabetes Translation, presented information regarding a newly developed CDC tool to improve retention in the National Diabetes Prevention Program (National DPP). The link for this new tool is <https://www.cdc.gov/diabetes/prevention/resources/retention-modules.html>. As background, Michele noted that the National DPP is a year-long lifestyle change program that aims to help participants prevent or delay type 2 diabetes through weight loss, physical activity, and healthy food choices. The National DPP has weekly sessions the first 6 months and monthly sessions for the last 6 months.
- CDC data has shown that there is a continued drop in attendance throughout the yearlong National DPP with a big drop noted at the end of the weekly sessions. CDC data has also shown that Caucasian and older adults have higher rates of retention and that there were no retention rate differences by gender.

- To understand retention challenges and determine what type of tools would be most successful in motivating ongoing participation in the National DPP, CDC wanted to find out what others have already done to address retention and assess experiences/successes from current and former participants and coaches.
- CDC learned that in order to keep everyone engaged throughout the yearlong program that it was useful to send ongoing frequent messages/reminders that surprise/delight, be responsive to participants needs, recognize participants' challenges, and shine light on participant successes. Other recommendations included giving participants opportunities to commit to small actions when they are highly motivated, help participants track their activities, and make tools fun / interactive by including things like quizzes / games.
- The NEW CDC National DPP **Retention Tool** is a web-based resource with each of the modules tailored in a timely way. The tool can be accessed on Smart Phones, tablets or computers. It has encouraging messages, quizzes, games and pledges that participants can print. The tool does not retain or store any personal identifiable information. Within the **Retention Tool**, there is a weekly module and pledge timeline (for example there is a pledge on weeks 1, 5, and 20). There are also guidance documents for the coach regarding how to use the tool. Michelle demonstrated use of the tool by going through some of the modules and showing what is included.
- CDC is continuing work on a **Retention Tool** Demonstration Project which includes 9 community, clinic, and pharmacy-based lifestyle change programs. Follow-up is completed with coaches and participants via in-depth interviews as to the usefulness of the guidance materials as well as needs / challenges noted when using the tool. What has been learned so far is that coaches / participants like the tool and feel it complements class activities but they don't like the name "**Retention Tool**". CDC has also learned that there needs to be more modules developed (i.e. managing stress, take charge of your thoughts, when weight loss is stalled, getting back on track) as well as more guidance regarding how to use the tool.
- Based upon feedback, CDC has now decided that instead of the name "**Retention Tool**", the NEW name will be '**Personal Success Tool**' (**PST**). **PST** has a user guide for lifestyle coaches as well as a participant guide which describes the **PST** and how to access it.
- The user guide highlights module order variability and gives guidance on when to send relevant links to participants. Talking points for lifestyle coaches encourages them to focus on the benefits of the tool and suggests that they demonstrate a module in class. The planning worksheet outlines the Prevent T2 curriculum topic and the module associated with it. Generally, it's recommended that module links be sent out 2-3 days after the topic was covered in class. Sample emails to participants are also provided.
- CDC is developing more modules per feedback, updating guidance documents, testing updated materials, and will continue to conduct field study with the Y USA to examine impact and revise the **Personal Success Tool** Website <https://www.cdc.gov/diabetes/prevention/resources/retention-modules.html> . Today's session was a sneak peek of the new CDC tool and the modules will be finalized very soon. Any suggestions for the new Tool or website can be sent to Jude McDivitt [zlf2@cdc.gov](mailto:zlf2@cdc.gov) who is the CDC Team Lead for the Health Education and Promotion team.

## GENERAL ANNOUNCEMENTS

- **Kentucky DPP Numbers and More**
  - **Minutes** – Janice noted that the last conference call / business meeting was held April 24, 2019 and the minutes were sent by email. Janice asked that any corrections to the minutes be emailed to her [janice.haile@ky.gov](mailto:janice.haile@ky.gov).
  - **NEW CDC/ADA Prediabetes Risk Test** -- Janice announced that there is a new CDC/ADA Prediabetes Risk Test (included in email). You can recognize the newest version by its grass green color scheme instead of teal. Janice noted that when the new CDC DPRP standards come out, this will be the risk test included. Keep in mind that CDC may still be in the process of updating national links to include the new risk test.
  - **Reminder - KY DPP Support**
    - ✓ **KY DPP Quarterly Conference Calls with Hot Topics** -- Janice pointed out a few reminders of some of the things available related to DPP across Kentucky. One thing are these quarterly conference calls that include a DPP Hot Topic. Please share National DPP topics you are interested in with [janice.haile@ky.gov](mailto:janice.haile@ky.gov) .
    - ✓ **Free KY DPP Webinars** -- Janice noted that Kentucky continues to offer FREE DPP webinars that can be joined live or on-demand. The flyer for these webinars was included with email handouts. The FREE code to utilize is on the webinar flyer. Janice noted that she was pleased to see that people are taking advantage of these webinars. For the June webinar, **DPP and the Dollar Store**, Kentucky had 32 participants (7 who joined live).

- ✓ **DPP Coaches Training** -- The state diabetes program is continuing to provide DPP coaches training online and this will now be provided by Emory University and DTTAC. If someone is in need of DPP coaches training, email [janice.haile@ky.gov](mailto:janice.haile@ky.gov) for more information.
  - ✓ **Meal and Activity Trackers** -- Janice noted that the state diabetes program has printed **Food and Activity Trackers** that are available for ordering through the Pamphlet Library in Frankfort. In addition, the program mails these trackers and Calorie King Books (when available) to DPP organizations who notify KEHP's administrator Anthem's Julie Brown when a NEW DPP session is beginning.
  - ✓ **Prediabetes Basics Booklet/Slides** -- Janice noted that Kentucky diabetes staff recently developed a new Prediabetes booklet and slide set to be used in community presentations to help increase prediabetes awareness (may be used by licensed as well as unlicensed individuals). Copies of the Prediabetes booklets are available in the Pamphlet Library, however, organizations can make copies from a PDF as well. Slides may be obtained by emailing Janice or Julie at [janice.haile@ky.gov](mailto:janice.haile@ky.gov) or [julie.steber@ky.gov](mailto:julie.steber@ky.gov).
- **KY DPRP Organizations/Map** -- (May/June listings sent with 6-27-19 email) Janice noted that in lieu of time she would not review all of the new KY DPP numbers and instead referred attendees to the agenda for summaries which are listed below.
    - **36 KY DPP organizations serving 120 counties (57 counties served in-person)**
    - **NEW Organizations** – Congratulations to Lexington Fayette County Health Department for Distance Learning and Ruwe Family Pharmacy.
    - **2 organizations removed from the CDC list:** Accessible Home Care of Frankfort and Clover Fork Clinic.
    - **18 organizations have achieved FULL CDC Recognition (congratulations to new sites Balanced Wellness and Juniper Health): 7 organizations have achieved PRELIMINARY CDC Recognition (congratulations to new sites Clay County Health Department, Good Measures LLC for Distance Learning and YMCA of Central Kentucky); 11 organizations have PENDING Recognition).**
    - **Kentucky DPP Employer List:** (UK and Owensboro Health Added)
    - **Kentucky Medicare Diabetes Prevention Program (MDPP) Suppliers: 4** (highlighted yellow on the Kentucky lists) includes Baptist Health Lexington (2 sites), Owensboro Health, and the University of Kentucky, Barnstable Brown Diabetes Prevention Program <https://data.cms.gov/Special-Programs-Initiatives/Medicare-Diabetese-Prevention-Program/vwz3-d6x2/data>
  - **KY DPP State Engagement Meeting (StEM) (Coverage Focus)** -- Janice reminded everyone that Kentucky's DPP State Engagement Meeting (StEM) focused on National DPP coverage and was held in May of 2018. There were four DPP Coverage Groups formed including a group for insurers, employers, Medicaid and Medicare. The state diabetes program is continuing to explore ways to assist the groups that were formed to move forward with their DPP coverage plans.
    - **Medicaid Humana DPP Pilot (YMCAs/Partnering Entities)** -- Krista Fanelli from the YMCA of Greater Louisville, who Humana is contracting with to provide DPP, reported that they are now ready to start enrollment of Humana Care Source members. The pilot expects to provide DPP to 50-60 Humana Care Source recipients at no cost to them. The pilot includes the YMCA of Greater Louisville, the YMCA of Central Kentucky, Humana Care Source, and the KY Primary Care Association. The KY Primary Care Association identified 4 sites in Louisville and 2 sites in Lexington willing to send referrals to the DPP organizations. No referrals have been received yet.
    - **DPP Resolution** – Janice reminded everyone that a legislative resolution related to analyzing/evaluating DPP coverage by Medicaid filed by Senator Alvarado passed and was signed by Governor Bevin. Janice noted that as a result of this resolution, a report will be due to the legislature in the fall. She asked if there was anyone on the call from Medicaid that wanted to report anything regarding this – and hearing none, there was no further report. The link to the DPP resolution is <https://legiscan.com/KY/bill/SJR7/2019>.
    - **KY DPP Bi-Directional Referral With Providers Work** -- Reita Jones reported that the state diabetes program is working on a process for having DPP referrals / communications occur electronically between Primary Care Offices/Providers and Kentucky's National DPP Organizations. This work includes having providers identify individuals with Prediabetes and make a referral electronically to the National DPP organization AND then for the National DPP Organization to be able to report outcomes back to the practice. Since the last update for this project during the April conference call, there has been a face-to-face meeting of all the participating organizations held in Lexington in May.

The two DPP organizations are the YMCA of Central KY and the Lexington-Fayette Co. Health Department. The primary care offices are Family Practice Associates of Lexington and HealthFirst Bluegrass. There are now monthly phone meetings occurring with each of the practices and the DPP organizations. Set-up of the web-based direct secure messaging portal used for the communication between the two organizations has occurred. This will allow the provider practice to send the referral through their EHR through a web-based portal (*called Care-Align*). The KY Health Information Exchange makes this portal available free for anyone who is on the KY Health Information Exchange Highway. Business agreements have been signed and organizations are finally set up for the direct messaging. A “test referral” was recently completed with one practice and one DPP organization. The “test referral” was successfully sent and received. Unfortunately, the referral could not be read so there is still some work to be done with information technology to correct this. One practice has sent two referrals through the system – so the project is moving along.

- **6/18 Meeting Report** -- Webinars and information sharing continues -- no new report.

## UPDATES / ANNOUNCEMENTS

- **Bluegrass Lions Club Diabetes Project/Plans/Needs**
  - Pat Ryan, the Bluegrass Lions Club Diabetes Project Manager, reported that a national Lion’s Club grant to provide diabetes “paper” screening/A1C testing/retinal screenings was received in May 2019. This project, plans to fight diabetes through screening and testing for diabetes / prediabetes using the Prediabetes paper screening tests, A1C tests, and retinal screening tests. Participants who score 5 and over on the paper screening will be offered an A1C blood test screening. For participants who score 6 or more -- a retinal imaging screening will be offered.
  - Pat reported that 6 screening events have been completed thus far and there are 14 more scheduled between now and the 14<sup>th</sup> of October. Pat noted that all screenings are free. He also noted that the retinal screenings are using retinal cameras through a partnership with IRIS (Intelligent Retinal Imaging System).
  - Pat noted that there has been networking going on to provide even more screenings in the state with trained volunteers – possibly with the YMCAs in Louisville and Lexington, AARP, the Retired Teachers Association, UK Pharmacy (want to get their students involved), and Kroger.
  - Pat noted that he loved hearing about the new CDC DPP Personal Success Tool earlier in the call. He said this Lion’s Club project hopes to drive people in the prediabetes range to DPP classes. Pat reported that the KY Bluegrass Lions Club Diabetes Project is for the district east of interstate I -65 but by the end of this year, there should be enough data to renew the grant and expand to cover all of Kentucky. Physician follow-up for those with abnormal screening results is being tracked. Through this project, they hope to find ways to drive people with prediabetes or at high risk for diabetes into DPP classes. Pat Ryan’s contact information is 859-221-1041 email [pat.bldp@gmail.com](mailto:pat.bldp@gmail.com).
- **KY Employees’ Health Plan Coverage Changes**
  - Julie Brown introduced herself and noted that she is the Anthem administrator that oversees the Kentucky Employees’ Health Plan (KEHP) DPP benefits. Julie announced that in September of this year, KEHP through Anthem, will be introducing a new national partner, Solera Health, to help oversee DPP coverage processes. The decision was made to do this to help move the KEHP National DPP coverage to the next level. Solera Health will bring technology and process efficiencies to the program administration that are not currently offered.
  - Solera will begin a pilot covering DPP for KEHP members beginning in September and running through the end of the year. Anthem is extremely optimistic that the pilot will reach more KEHP members who are at risk for diabetes.
  - Solera contracts with DPP organizations, and the Solera contracted providers that are part of their network are the providers KEHP will be working with. Solera does population outreach and will be reaching out to KEHP member adults age 18 and older to find out if they are at risk for prediabetes. If they are at risk, Solera will inform and connect them to DPP classes being offered.
  - Anthem will also continue its zip code outreach through the claims system to identify KEHP members that would likely qualify for a class. Reach out to [Julie.Brown@anthem.com](mailto:Julie.Brown@anthem.com) for information about how to become a Solera provider. The KEHP process doesn’t change until September 1, so if a DPP organization needs payment, bill/contact Julie Brown 502-475-6092 email [julie.brown@anthem.com](mailto:julie.brown@anthem.com).

- Janice Haile noted that during a conference call with Solera that she understood that Solera was going to allow “contracted” DPP organizations across Kentucky to use the Solera data platform system (without a separate charge), to enter all DPP class participants even if they were not a KEHP member. The Solera platform may also be useful for tracking data, reporting to CDC, billing processes, etc.
- **KET Diabetes/Prediabetes Prevention Documentary**
  - Janice Haile noted that Laura Krueger with KET was unable to be on the call but sent an update noting that KET went to Atlanta and interviewed/filmed Dr. Ann Albright, CDC Director of the Diabetes Translation Division, for the Kentucky diabetes documentary due to be released in early 2020. Since the last KY DPP conference call, Laura reported she has talked to numerous people across the state, has been doing some documentary filming, and wanted to thank everyone who has given KET input / feedback. Laura noted that she will be continuing to reach out to people who have contacted her with potential stories for possible inclusion as part of the documentary. She will keep this group in the loop and appreciates everything that is being done across Kentucky.
- **Louisville Health Advisory Board (LHAB) DPP Plans**
  - No new report.
- **KDN DPP Workgroup Report**
  - Jamie Lee and Beth Ackerman, co-chairs for the KDN DPP workgroup, reported that KDN’s new executive director, Terry Gehrke, did several television interviews with United Healthcare regarding prediabetes, DPP, and a KY-made DPP PSA. The interviews included information regarding prediabetes, the importance of it, the national diabetes prevention program, and the importance of getting tested / referred to a National DPP. The TV interviews were completed with WTVQ Lexington 5-22-19 & 6-20-19 (aired 6 times with newscasts) and WHAS Louisville 6-18-19.
  - Workgroup continues to follow Kentucky results from a CDC ‘Do I Have Prediabetes’ website report (January 2018 through March 2019) that showed there were higher rates noted in November, for Diabetes Month, and March for Diabetes Awareness Day.
  - United Healthcare also partnered with the KDN DPP workgroup to provide a prediabetes awareness postcard campaign in conjunction with Walgreens. These printed Prediabetes postcards, which are accessible digitally for anyone to print, were distributed to 37 Louisville/Frankfort/London area Walgreen stores as well as 2 Anthem events (through Sherri Hoffman) in Shively (24 members) and Owensboro (38 members).
  - This workgroup is also partnering with United to provide a Prediabetes yearlong billboard campaign to be completed in the Louisville/Frankfort/Lexington/Lake Cumberland (Green County) area.
- **University of Louisville Report**
  - Beth Ackerman sent an email that there was nothing new to report for the University of Louisville.
- **University of Kentucky Report**
  - Sheri Setser-Legg reported that UK Barnstable Brown Diabetes Prevention Program is continuing to work with their UK College of Agriculture Cooperative Extension Department, which will include working with Knox, Muhlenberg, Scott, Washington, and Whitley Extension offices to begin DPP cohorts as part of the UK umbrella. Most coaches have been trained and sites will start recruiting to fill classes over the next few months. UK plans to stagger beginning the extension cohorts over the next year or so.
- **AADE DPP**
  - Janice Haile reported that AADEs Angela Forfia, was unable to be on the call due to a previously scheduled meeting, but Angela shared AADE’s Medicare DPP Step-by-Step Guide pdf <https://www.diabeteseducator.org/docs/default-source/default-document-library/enroll-as-amedicare-dpp-supplier.pdf?sfvrsn=0> (a pdf was sent with the email). Angela also sent out a link for a free CE Webinar **“Running a Successful Diabetes Prevention Program”** which covers Medicare DPP requirements, billing, etc. [www.diabeteseducator.org/product/WEBC190627](http://www.diabeteseducator.org/product/WEBC190627)
- **DTTAC**
  - Sarah Piper noted that in the handout pod, there was the KY DPP Webinars flyer that gives free access to pre-recorded DPP webinars. She also noted that DTTAC recently updated a DPP enrollment form with the newest screening information and it is now available free on the DTTAC Common Ground website [www.LCcommonground.org](http://www.LCcommonground.org) (Common Ground is a FREE DPP access site through Emory University for DPP Coaches

which has DPP resources available). Janice thanked Kentucky River's April Sandlin for requesting an update to DTTACs enrollment form.

### **Announcements**

- Janice announced that the 2019-2020 quarterly KY DPP call dates were listed at the bottom of the agenda in red.
- Janice mentioned that CMS just released (in June) a new brochure called "***Prediabetes Services: Referring Patients to the Medicare Diabetes Prevention Program***" which is a step-by-step guide for providers to use when making referrals to the Medicare Diabetes Prevention Program (MDPP) (*PDF was attached to the email*).

### **Quarterly Kentucky DPP Webinar and Conference Call 2019 Dates**

- Mark your calendar now for future KY conference calls  
**October 23, 2019; January 22, 2020; July 22, 2020; October 28, 2020 from 2-3:30pm ET / 1-2:30PM CT**

***Respectfully Submitted By: Janice Haile***