

**Nevada Business Group on Health  
State of Nevada  
DPP/DSMES  
Grant**

# **Pilot Program for Public Employees Benefit Program**

# Nevada Business Group on Health (NVBGH) Nevada Health Partners (NHP)

**NVBGH** is a partnership between public and private sectors formed to provide quality and cost-effective health care for the mutual benefit of employers, employees and families.

**Two Organizations** – both non-profit

**NVBGH** – Focus on Data, Community Health, Education

**NHP** – Contracting

Direct Hospital – 60%+ Discount Rates

Direct Ancillary Services (ACS, EAP, Dental) – 57%+ Discount Rates

Direct Pharmacy, EAP, Dental

# The National Alliance

Approximately 50 healthcare purchaser coalitions across the US, serving nearly every major metropolitan area and multiple primarily rural states

Supports over 12,000 healthcare purchasers providing health coverage to over 45 million Americans

Represents a cross-section of private sector, public sector, non-profit and Taft-Hartley organizations

Driving improvements in health, well-being and value across the US





# DPP

National Diabetes Prevention  
Program

This is a public-private partnership of community organizations, private insurers, health care organizations, employers, and government agencies. Partners work to establish local evidence-based lifestyle change programs for people at high risk for type 2 diabetes.

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## What is National DPP?

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Overview:

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Evidence-based lifestyle change program for preventing Type 2 diabetes.

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Year-long program focused on long-term changes.

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Sessions are weekly for 6 months and then monthly for 6 months.

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Participants make real lifestyle changes.

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Participants meet with a trained lifestyle coach and a small group of people who are also making lifestyle changes to prevent diabetes.

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This proven program cut participants' risk of developing Type 2 diabetes by 50%.

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# National DPP

Learning objectives for participants:

- Eating healthy
- Exercising
- Managing stress
- Navigating challenges and how to get back on track when derailed
- Setting goals
- Tracking diet and exercise
- Staying motivated

**YOU CAN MAKE A  
CHANGE  
FOR LIFE**





# National DPP

## Delivery methods:

### In-person

- Face-to-face with group members and the lifestyle coach.

### Online

- 100% online delivery of sessions with multiple opportunities for live lifestyle coach interaction.

### Distance Learning

- Delivered by Lifestyle Coaches via remote classroom or telehealth.

### Combination

- A combination of any of the previously defined delivery modes.





58%

Weight loss of 5 to 7% of body weight achieved by reducing calories and increasing physical activity to at least 150 minutes per week resulted in a 58% lower incidence of type 2 diabetes



71%

For people 60 and older, the program reduced the incidence of type 2 diabetes by 71%



34%

After 10 years, lifestyle change program participants had a 34% lower incidence of type 2 diabetes

Results of the CDC's National DPP





## The Simple Math

Type 2 diabetics  
cost \$10,000  
(2.3x more than  
non-diabetics)



DPP cost \$150-  
\$600

# Diabetes Self-Management Education and Support (DSMES) Programs



# DSMES

Diabetes Self-Management  
Education and Support (DSMES)

Diabetes self-management education and support (DSMES) provides an evidence-based foundation to empower people with diabetes to navigate self-management decisions and activities. DSMES is a cost-effective tool proven to help improve health behaviors and health outcomes for people with diabetes.



# DSMES Program

## Overview:

- Evidence-based educational program to reduce symptoms and improve quality of life.
- A 6-week group program for people with type 2 diabetes.
- Sessions are 2.5 hours per week for 6 weeks.
- Participants meet with trained leaders, at least one of whom has a chronic condition, and a small group of people who are also diagnosed with diabetes.



# PEBP – Exposure

## Why is this program important?

- ▶ Data provided from the PEBP Third Party Administrator showed that within PEBP, there are approximately:
  - ▶ 3700 diabetics
  - ▶ 2400 pre-diabetics

In addition, CDC statistics show that 8 out of 10 adults have pre-diabetes and do not know it.



# Nevada Business Group on Health Program

## Overview:

- CDC/State of Nevada Grant Received to bring employers to the table to consider coverage of DPP and DSMES in their benefit program
- NVBGH has partnered with several agencies to provide a 'pilot' program to employers to determine if the program is successful – **At No Cost to Employers**
- Confidentiality of Member data preserved
- Reporting out at a group level only
- Very little additional work-load to the agency



# What we are asking?

- Permission to move ahead to identify potential pilot group
- Communication of the program
- Identification of potential eligible members
- Review of program results
- Consideration to cover DPP and DSMES in self-funded benefit plan moving forward.





Thank You!

Questions?