

**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



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.

What is National DPP?

Overview:

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

Year-long program focused on long-term changes.

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

Participants make real lifestyle changes.

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

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

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.

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:
 - 3500 With Type 2 Diabetes or Pre-Diabetes

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

Sanford Center for Aging

- Part of the UNR School of Medicine
- Our mission is to enhance the quality of life and well-being among elders through education, translational research and community outreach.





Sanford Center for Aging Diabetes Programs

Diabetes Self-Management Program

Offered since 2012

Virtual via Zoom and in-person in Reno/Sparks area

Ten active facilitators

Offered in English and Spanish

Diabetes Prevention Program

Offered since 2019

Fully recognized site for in-person and distance learning delivery modes

Five active lifestyle coaches

Offered in English and Spanish

Dignity Health St. Rose Dominican

Dignity Health-St. Rose Dominican, part of *CommonSpirit* Health, is the only not-for-profit, faith based hospital system in Southern Nevada.

Our Mission: As *CommonSpirit* Health, we make the healing presence of God known in our world by improving the health of the people we serve, especially those who are vulnerable, while we advance social justice for all.

Our Vision: A healthier future for all, inspired by faith, driven by innovation, and powered by our humanity.

Dignity Health offers various community health programs among 7 wellness centers in the Las Vegas and Henderson areas.



Hello
humankindness®



Dignity Health St. Rose Diabetes Programs

- **Diabetes Self-Management Program (DSMP)**
 - Local in Person Classes within the Las Vegas/ Henderson valley
 - Statewide Virtual Classes
 - 9 active facilitators
 - Classes available in English and Spanish
 - Our organization houses two master trainers to new train DSMP facilitators
- **Diabetes Prevention Program (DPP)**
 - Local in Person Classes within the Las Vegas/ Henderson valley
 - Statewide Virtual Classes
 - Fully recognized site for in-person and distance learning delivery modes
 - 6 active lifestyle coaches
 - Classes available in English and Spanish
 - Our organization houses the only master trainer in the state of Nevada to train DPP lifestyle coaches

Scope of Work

Baseline Narrative: To Coordinate and deliver Diabetes Prevention Program and Diabetes Self Management Program to State of Nevada employees as enrolled.

Expected Outcomes: Marketing materials, enrollment, delivery and assessment of DPP and DSMP.

Strategy 1. Develop Marketing materials for DPP and DSMP

Responsible person(s)

Objective	Activities	Outputs	Timeline Begin / Completion	Target Population	Evaluation Measure (indicator)	Evaluation Tool
1.1: Deliver Marketing materials for each program and specific to each program provider	1.1.1: Deliver Marketing materials for each program and specific to each program provider	Presentation Materials	7/1/23 to 10/31/23	PEBP Personnel	Marketing Materials	Complete
	1.1.2: Determine with the State the best method of delivery for materials	Method of delivery identified	7/1/23 to 10/31/23	PEBP Personnel	Delivery Methods	Complete
1.2: Identify potential candidates for classes	1.2.1: Work with State of Nevada Third Party Administrator and State staff to identify potential candidates and method of delivery	Listing of potential candidates and preferred delivery method	7/1/23 to 10/31/23	TPA/PEBP Personnel	Complete and workable listing	Complete

Scope of Work

1.3: Communication of Program to potential candidates	1.3.1: Send materials to potential candidates	Send out materials	10/21/23 to 11/30/23	PEBP Participants	Communications Complete	Complete
1.4: Enrollment	1.4.1: Enroll participants in appropriate class for location and availability	Work with class providers to facilitate enrollment and communications	11/1/23 to 7/1/24	PEBP Participants	Participant Enrollment	Complete
1.5 Conduct DPP and DSMP Classes	1.5.1 Hold up to 8 DPP and 6 DSMP classes dependent on enrollment		1/1/23 to 7/1/24	PEBP Participants	Program Completion	7 DPP and 9 DSMP Held
1.6 Analyze success of program	1.6 Provide statistical and anecdotal feedback on program to State of Nevada		Following each class	PEBP Participants	DPP measures – weight loss, attendance, success of class, exercise increase	Complete

By the Numbers

- Number of PEPB Participants identified as Type 2 Diabetic, or Pre-Diabetic - 3478
- Number of Individual Direct Mail Pieces Sent – 3478
- Number of individuals expressing an interest in DPP or DSMP Classes
- (all employers, est PEBP 90%)
 - 220 (PEBP 198)
- Number Enrolled:
 - DPP 47 (PEBP 42)
 - DSMP 110 (PEBP 99)
- Number Completed
 - DPP 42 (in process)
 - DSMP 74 (PEBP 66)



Estimated Savings

- Dollars Spent by Employer on Program
 - ZERO
- Potential Savings to Plan by addressing Type 2 Diabetes:
 - \$10,000 average savings per year, per participant upon completion of DPP
 - Programs completed - (26 Participants – potential of \$260,000 savings)
 - 73 additional currently registered
(if 25% complete – 18, potential of \$180,500 savings)
 - \$800-\$1,700 per year, per participant upon completion of DSMP
 - 66 participants completed
 - 66 X \$1,250 (average) = \$82,500 savings year one



Thank You!

Questions?