

# Medicare Diabetes Prevention Program (MDPP)

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No disclosures



# Objectives

Understand:

- 1) The diagnostic criteria and prevalence of prediabetes
- 2) The role of the Diabetes Prevention Program (DPP) in the prevention or delay of type 2 diabetes mellitus
- 3) The Medicare Diabetes Prevention Program (MDPP) & steps to becoming a MDPP supplier.
- 4) Area opportunities for those with prediabetes to participate in a DPP.

# Diagnosis Criteria – ADA, 2024

(1)

	<b>FPG mg/dL</b>	<b>A1C %</b>	<b>OGTT 2-hr PG mg/dL</b>	<b>Random PG, mg/dl</b>
Diabetes *	≥126	≥6.5	≥200	≥200 w/classic symptoms
<b>Prediabetes</b>	<b>100-125</b>	<b>5.7-6.4</b>	<b>140-199</b>	

\*In the absence of unequivocal hyperglycemia, dx requires 2 abnormal test results.

# Prediabetes

[National Diabetes Statistics Report | Diabetes | CDC](#) (2)

- **Total:** 38% of the US Adult population aged 18 years or older have prediabetes  
(97.6 million people)



- **65 years or older:** 48.8% of those aged 65 years or older have prediabetes  
(27.2 million people)

# History: Diabetes Prevention Program <sup>(3)</sup> (DPP) Lifestyle Change Program

- 1996-2001 research
- Multicenter-27,
- 3234 people, 45% from minority groups, 68% ♀
- Followed for an avg of 2.8 yrs
- **All** ↑ FPG *and* ↑ 2-hour post-load PG (75g OGTT)
- BMI 24 or more (avg 34)
- Age 25 years or more (avg age 51 yrs)

# History: Diabetes Prevention Program<sup>(3)</sup> (DPP)

Purpose: Prevent Type 2 diabetes with

- modest weight loss w/ dietary changes & increased physical activity (PA)

OR

- treatment with metformin
- 3 arms: control group, metformin and intensive lifestyle intervention

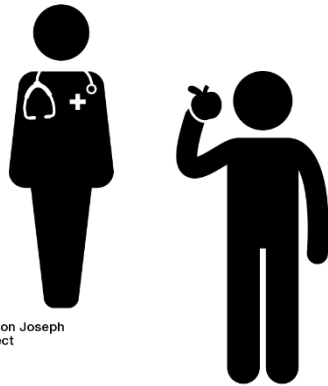
# DPP Intensive Life-Style Intervention <sup>(3)</sup>

- Goal 1: 7% weight loss
- Goal 2: 150 minutes moderate intensity PA
- Phase 1: 16 Individual sessions over 6 months
- Phase 2: Sessions at least every 2 months with at least 1 phone call between sessions;
- DPPOS (DPP Outcomes Study) 2002-present

# If Diabetes Prevention were a pill, would you prescribe it?

(13)

(adapted slide compliments of Association of Diabetes Care & Education Specialists)



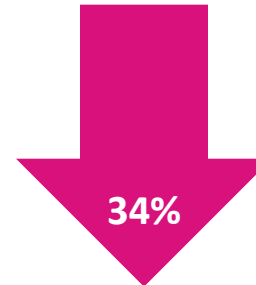
Created by Wilson Joseph from Noun Project

Created by Gan Khoon Lay from Noun Project

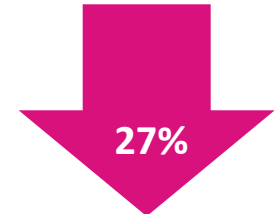
DPP



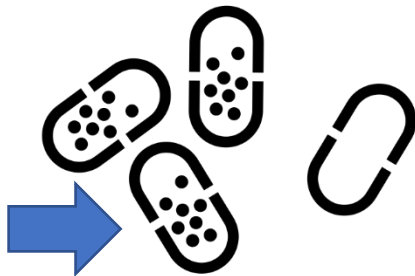
10-year follow up



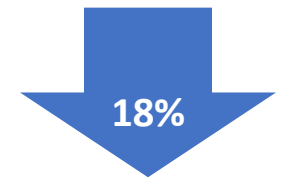
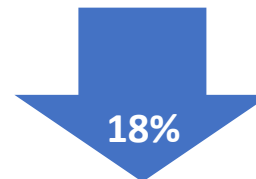
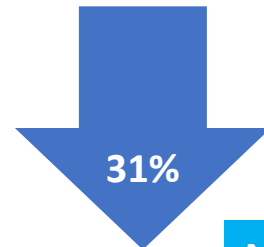
15-year follow up



Participants over 60 reduced risk by 71%



Created by Luis Prado from Noun Project



Metformin was most effective with younger participants, women with a history of GDM, and those with higher BMI



# Diabetes Prevention Programs

2010 National Diabetes Prevention Program (NDPP)

- [www.cdc.gov/diabetes-prevention](http://www.cdc.gov/diabetes-prevention)

2018 Medicare Diabetes Prevention Program Expanded Model (MDPP)

<https://www.cms.gov/priorities/innovation/innovation-models/medicare-diabetes-prevention-program>

# MDPP

1 year, minimum of 22 sessions

100% paid by Medicare

Referral by self or provider, labs required

**May participate virtually thru the end of 2027 from any location in the U.S.**

Once in a lifetime benefit



Life-Style Intervention – Strategies to

**Eat Healthy** **Get Good Sleep**

**Be more active**

**Eat fewer calories**

**Get Support**

**Get back on track**

**Make action plan**

**Cope w/ Triggers, Temptations, Stress**

**Stay Motivated**

**Solve Problems**

**Shop & Cook**

# Becoming a MDPP supplier

- First offer the NDPP

[www.cdc.gov/diabetes-prevention](http://www.cdc.gov/diabetes-prevention)

- Submit application to CDC to become an NDPP
- Submit data to CDC every 6 months-recognition
- Learn about the MDPP

[www.cms.gov/priorities/innovation-models/medicare-diabetes-prevention-program](http://www.cms.gov/priorities/innovation-models/medicare-diabetes-prevention-program)

# CDC Recognition – Pending

(5)

- Submit application
- Commit to using
  - CDC approved curriculum
  - 1 year duration of program
  - Intervention intensity
- Intensity: 16 weekly sessions over months 1-6, and 1 session/month in months 7-12
- Cannot bill Medicare with Pending Recognition

# CDC Recognition – Preliminary (5)

- Met criteria for Pending, ie, applied & agree to program plan

And you meet one of the following:

- 1) Immediate Preliminary after applying if serving a high vulnerability population

OR

- 2) Data shows attendance requirements are met at the 6 month, 12-or 18-month submission report.

Typical: 12 months

# CDC Recognition – Full

(5)

Met criteria of Pending & Preliminary Recognition and risk reduction criteria have been met PLUS

Risk Reduction - 60% of “completers” at 12- or 18-month report meet at least 1 of these:

- 5% weight loss
- 4% weight loss, attended 8 sessions, average 150 minutes PA/week
- A1c down 0.2% or more

PLUS 35% of completers were eligible based on blood work

Typical: 24 months

# CDC Recognition – Full Plus

(5)

All previous requirements are met PLUS Retention outcomes are met:

- Month 4 – 50%
- Month 7 – 40%
- Month 10 – 30%

Summary: recognition granted on step-wise approach from agreement, to attendance, performance outcomes, to participant retention.



# Becoming an MDPP supplier (10)

ADCES recommendations:

- 1) Meet CDC recognition requirement
- 2) Build a Team
- 3) Obtain an NPI
- 4) Provide documentation of CDC recognition
- 5) Know your MAC
- 6) Understand the MDPP provider regulations
- 7) Enroll as an MDPP supplier

# Medicare Diabetes Prevention Program Providers

- CDC recognition – Preliminary, Full or Full Plus
- NPI Number: that is unique to your MDPP even though your organization may already have an NPI and bill Medicare

# MDPP - Who Qualifies

(6)

## Must have

- Medicare
- **BMI** of 25 or higher  
(BMI of 23+ if self-report Asian descent)
- **Any 1 abnormal Glucose result**  
(within 1 year of program start date)
- Fasting plasma glucose of **110 to 125mg/dL**
- Oral glucose tolerance results of 140 to 199 mg/dL.
- Hemoglobin A1C of 5.7 percent to 6.4 percent.

# MDPP - Who Qualifies

(6)

Do NOT have

- past dx of diabetes (hx GDM ok)
- dx of ESRD/dialysis
- past MDPP participation



Select anywhere on the map below to view [the interactive version](#) 9

● Participant



South Dakota

# Diabetes Prevention Program Outcomes Study (DPPOS)

(14, 15)

## Diabetes Reduction – Lifestyle Arm

	DPP 3 year	10 yr follow- up	15 yr follow- up	22 yr follow- up
All ages 25 yrs +	58%	34%	27%	25%
Ages 60+	71%	49%	u/a	u/a

# National MDPP Outcomes thru Nov 2022

(12)

<b>Number</b>	<b>Avg % Loss</b>	<b>% Achieving 5% loss</b>	<b>% Achieving 9% loss</b>
3618	5.1%	53%	25%

# MH Outcomes March – September 2024 (11)

<b>Number</b>	<b>Avg % Loss</b>	<b>% Achieving 5% loss</b>	<b>% Achieving 9% loss</b>
Cohort 1 n = 4 Month 8	8%	75%	50%
Cohort 2 n = 9 Month 3	3%	33%	0%



# Medicare MDPP Reimbursement (4)

	MDPP Payment Structure	
HCPCS G-Code	<b>Attendance Payments</b>	
G9886	Behavioral counseling for diabetes prevention, in-person, group, 60 minutes	\$25
G9887	Behavioral counseling for diabetes prevention, distance learning, group, 60 minutes	\$25
	<b>Performance Outcomes</b>	
G9880	5% WL Achieved from baseline weigh	\$145
G9881	9% WL Achieved from baseline weigh	\$25
G9888	Maintenance 5% WL from baseline weight chargeable monthly in months 7-12	8
G9890	Bridge Payment	25



# DIABETES COALITION

- ABOUT
- PATIENTS
- EDUCATORS
- PROVIDERS
- STAY CONNECTED
- CONTACT US



The mission of the South Dakota Diabetes Coalition (SDDC) is to collaboratively improve the quality of life for all South Dakotans at risk for, or affected by, diabetes.



The SDDC is a volunteer-based, non-profit 501c3 organization in South Dakota.

[ABOUT THE SDDC](#)

## For Patients and Family Members



Are you or a loved one affected by diabetes? Whether prediabetes, Type 1 Diabetes, Type 2 Diabetes, or Gestational Diabetes, learn more about diabetes and local resource available in South Dakota.

[LEARN MORE](#)

## For Educators



Diabetes Educators play an important role in caring for and educating those with diabetes and prediabetes in South Dakota. The SDDC provides many digital and print materials, as well as support and continuing education for Diabetes Educators.

[LEARN MORE](#)

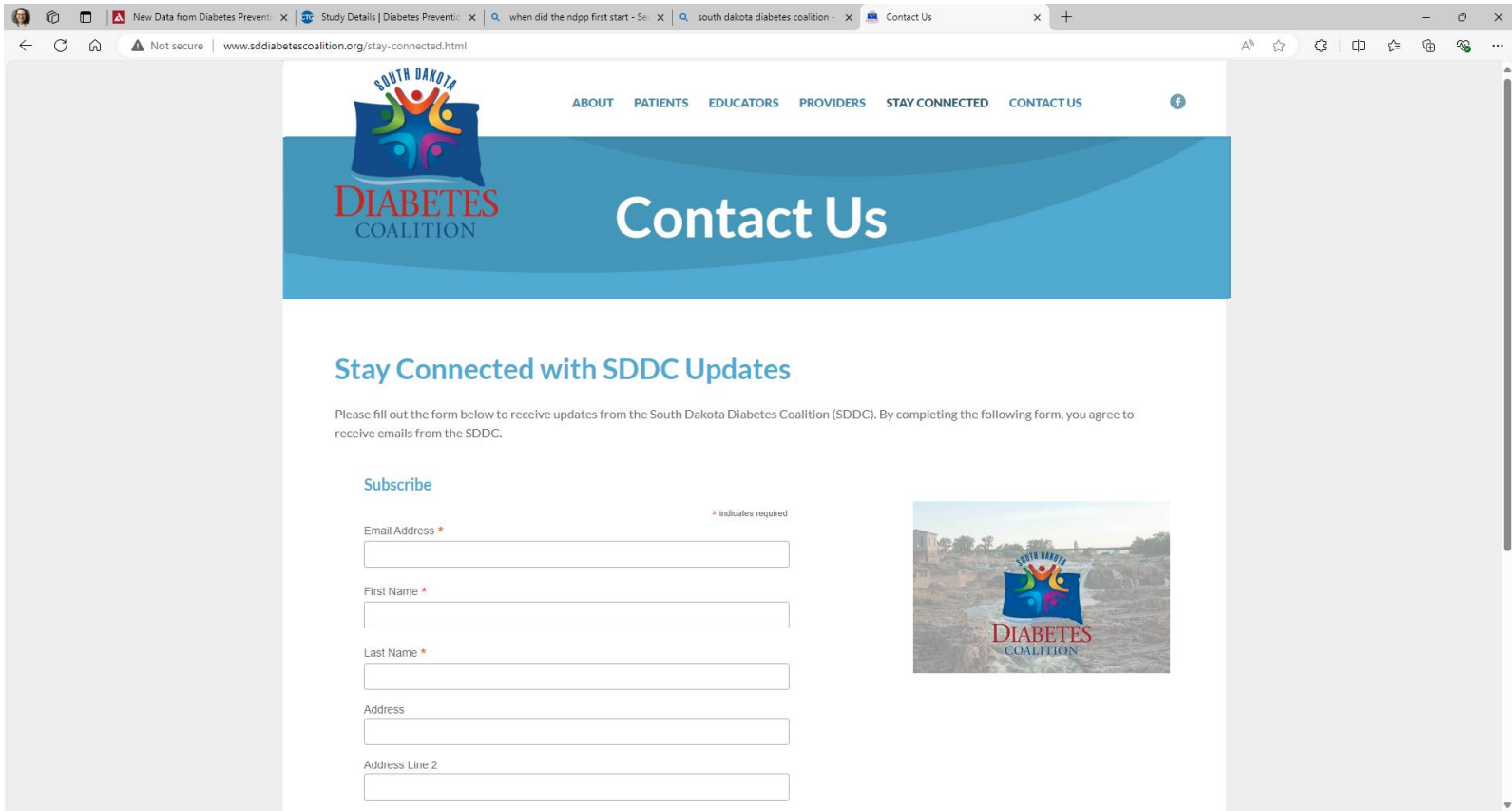
## For Providers



Providers (from family medicine, to endocrinology, to podiatrists, dentists, and eye doctors) play an important role in caring for patients with diabetes. The SDDC provides many resources for South Dakota providers.

[LEARN MORE](#)

# South Dakota Diabetes Coalition



The screenshot shows a web browser window displaying the 'Contact Us' page of the South Dakota Diabetes Coalition. The browser's address bar shows the URL [www.sddiabetescoalition.org/stay-connected.html](http://www.sddiabetescoalition.org/stay-connected.html). The page features a blue header with the organization's logo on the left and a navigation menu with links for 'ABOUT', 'PATIENTS', 'EDUCATORS', 'PROVIDERS', 'STAY CONNECTED', and 'CONTACT US'. A large blue banner contains the text 'Contact Us'. Below this, a section titled 'Stay Connected with SDDC Updates' includes a short paragraph and a subscription form. The form has fields for 'Email Address', 'First Name', 'Last Name', 'Address', and 'Address Line 2', with a note that an asterisk indicates required fields. To the right of the form is a small image of the South Dakota Diabetes Coalition logo overlaid on a landscape photo.

**South Dakota Diabetes Coalition**

ABOUT PATIENTS EDUCATORS PROVIDERS STAY CONNECTED CONTACT US

## Contact Us

### Stay Connected with SDDC Updates

Please fill out the form below to receive updates from the South Dakota Diabetes Coalition (SDDC). By completing the following form, you agree to receive emails from the SDDC.

**Subscribe** \* indicates required


Email Address \*

First Name \*

Last Name \*

Address

Address Line 2



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3. DTTAC Lifestyle Coach Training Workbook from the Diabetes Training and Technical Assistance Center of Emory University, pgs 28-31,

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American Association of Diabetes Educators

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Accessed 11/7/24



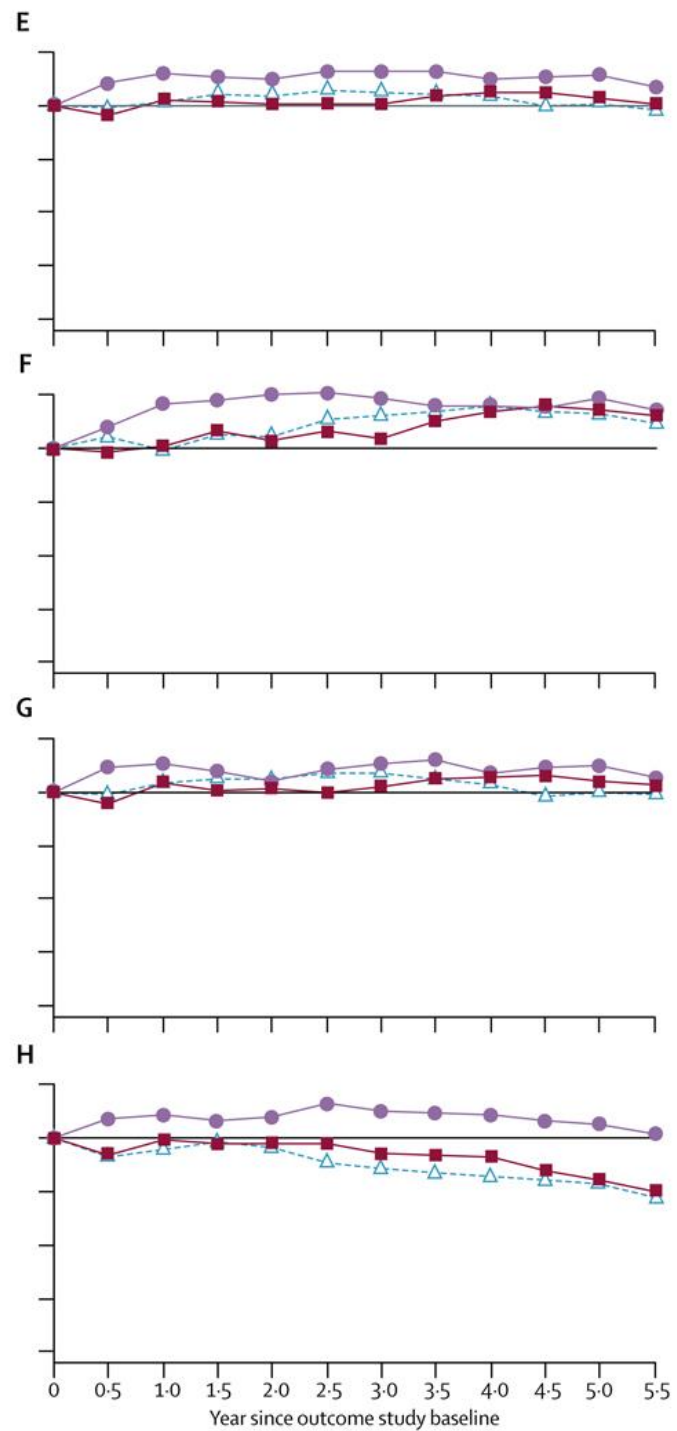
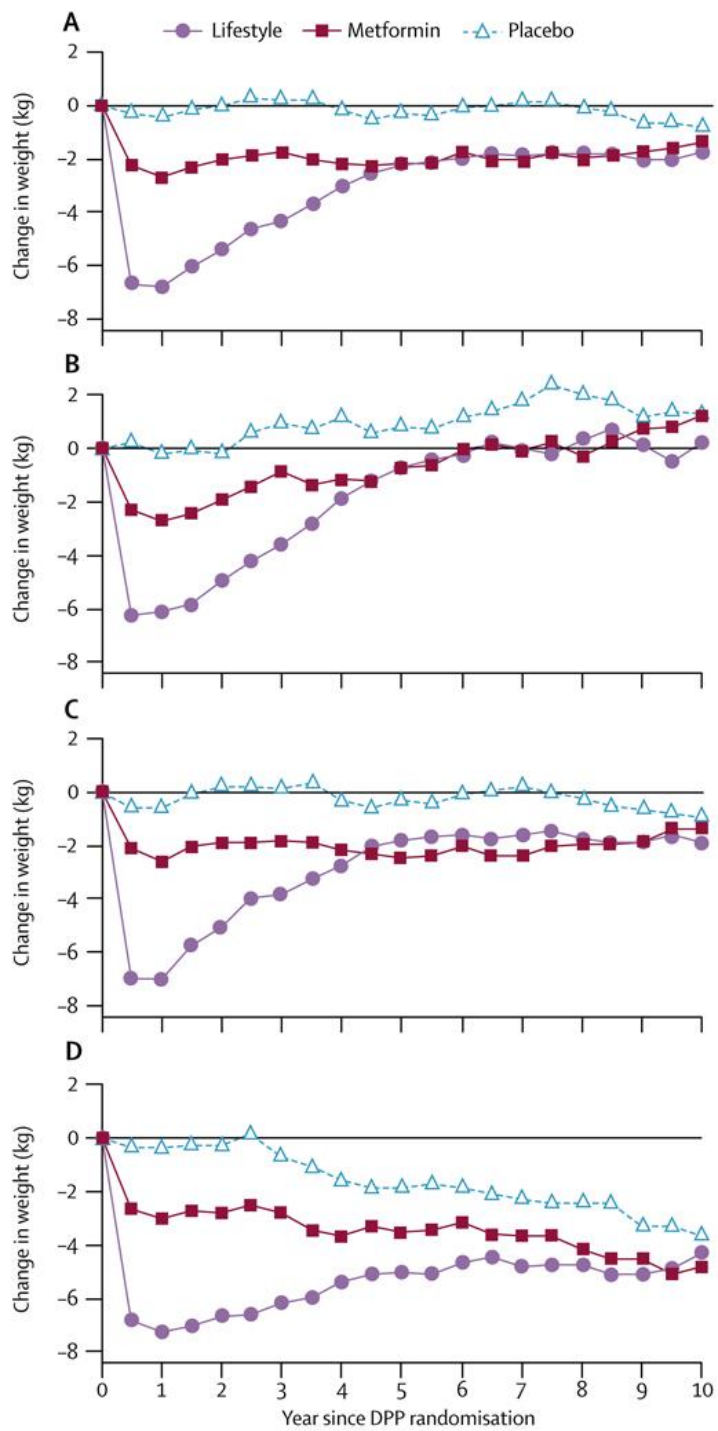
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<https://pubmed.ncbi.nlm.nih.gov> accessed 11/13/12



- ★★ Organization has achieved full plus CDC recognition
- ★ Organization has achieved full CDC recognition
- Organization has preliminary recognition

Results per page: 50 1 - 6 of 6

Organization ▲	Address	Phone Number	Email	Website
★★ <b>Madison Regional Health System</b> <small>Achieved Full Plus Recognition</small>	323 Sw 10th St. Madison , SD 57042	(605) 256-6551		
★★ <b>Monument Health Diabetes Prevention Program, Rapid City</b> <small>Achieved Full Plus Recognition</small>	640 Flormann St. Rapid City, SD 57701	(605) 755-3300		<a href="https://monument-content-national-diabetes-prevention-program">https://monument-content-national-diabetes-prevention-program</a>
● <b>Great Plains Tribal Leaders Health Board</b> <small>Achieved Preliminary Recognition</small>	2611 Elderberry Blvd Rapid City, SD 57703-5970	(605) 721-1922		
● <b>Sanford Health Plan</b> <small>Achieved Preliminary Recognition</small>	300 Cherapa Pl. suite 201 Sioux Falls, SD 57103	(605) 328-7183		
● <b>South Dakota Urban Indian Health, Inc SDUIH</b>	1714 Abbey Rd. Pierre , SD 57501	(605) 224-8841		