

Washington State
Health Care Authority

Diabetes Prevention Program

Scott Pritchard, M.S.
Health Management
Public Employees Benefits

Diabetes Prevention Program (DPP)

- Health issue
 - **35%** of U.S. adults have pre-diabetes
 - Most don't know it
 - 10% convert to diabetes each year
- Expected outcome
 - Reduce the conversion to diabetes by over 50%



New PEBB benefit for 2014



Diabetes Prevention Program

- Reduces risk of developing diabetes
- Improves overall health
- **No cost to member**

Who is eligible?

- Non-Medicare PEBB members over age 18
 - Employees
 - Family members
 - Non-Medicare retirees
- Blood sugar measured at
 - HbA1c: 5.7 – 6.4%
 - Fasting: 100 – 125mg

What is the program?

-  Endorsed by the Centers for Disease Control and Prevention (CDC)
- 16-session course
 - 1 hour/session
 - 1 session/week
- Designed to healthfully reduce body weight by 5-7%

What is the agency's role?

1. Awareness campaign

- Promotional materials provided by Washington Wellness

2. Validated screening tool

- 7-question quiz (online or paper)
- Identifies who would benefit from blood sugar test

3. Host testing event

- Finger prick blood test, results in 4 minutes
- 80% of those who test positive enroll in DPP sessions

4. Host classes

- 75% course completion rate if held at worksite

When will a testing event come to my agency?

- **Schedule through Washington Wellness**
 - Wellness coordinators are key contact
 - Training for Wellness Coordinators in October 2013
 - Ongoing assistance from Washington Wellness
- **Testing all year** (continuous)
 - Scheduling process begins in October 2013
 - First testing events held in January 2014

NO COST

to eligible PEBB members

Questions?

More Information:

<http://www.hca.wa.gov/pebb>

Contact:

Sonja Dordal

Washington Wellness

sonja.dordal@hca.wa.gov

Tel: 360-555-5555