CUTTING HEALTH CARE COSTS THROUGH PREVENTION DIABETES PREVENTION PROGRAM YMCA OF DELAWARE

THE YMCA’S DIABETES PROGRAM IS:
• Led by a trained Lifestyle Coach
• A one-year program: 19 sessions in the first six months and 6 sessions in the second six months
• Open to all community members; YMCA membership is not required
• A Centers for Disease Control and Prevention (CDC)-approved curriculum

PROGRAM QUALIFICATIONS:
• At least 18 years old,
• Overweight (BMI ≥25), and
• Prediabetes diagnosis via a lab value or previous diagnosis of gestational diabetes
  o HbA1c: (must be 5.7 - 6.4%)
  o Fasting Plasma Glucose (must be 100-125 mg/dL)
• OR have the following risk factors (2 or more)
  o Blood pressure is 140/90 or higher, or has high blood pressure
  o Cholesterol levels are elevated
  o NOT physically active more than two times a week
  o Had a parent or sibling with diabetes
  o 45 years of age or older

PROGRAM GOALS:
• Reduce body weight by 7%
• Increase physical activity to 150 minutes per week

Potential Reduction of Diabetes Cases In Delaware with 5% Weight Loss

<table>
<thead>
<tr>
<th>Type 2 Diabetes</th>
<th>2010 Number of Cases</th>
<th>Potential Cases Avoided by 2020 if BMI is Reduced by 5% (cumulative)</th>
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<tbody>
<tr>
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<td>79,275</td>
<td>13,017</td>
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REFERRING PHYSICIANS/GROUPS:
Mid-Atlantic Family Practice
Dover Family Physicians
Quality Family Physicians
Christiana Care Cardiology Consultants
Christiana Care Family Practices
Family Practice of St. Francis
Nanticoke Family Primary Care
Southern Delaware Medical Group
Stoney Batter Family Medicine
Family Medicine at Greenhill
Total Care Physicians

REFERRING TO THE PROGRAM FULLFILLS:

Quality Measures
• Patient/Caregiver Experience:
  o How Well Your Doctors Communicate
  o Patients’ Rating of Doctor
  o Health Promotion and Education
  o Health Status/Functional Status

Preventive Health:
• Adult Weight Screening and Follow-up
• At risk Population Diabetes:
  o Hemoglobin A1c Control (HbA1c)
  o Percent of beneficiaries with diabetes whose HbA1c in poor control

Meaningful Use
• Patient Education

John J from Millsboro, DE – lost over 15% of his starting body weight

Within 6 weeks my sugars went down to a normal level, from 109 to 90 [Fasting Plasma Glucose] and my blood pressure came down. Now I’m down 44 lbs. I joined the Y so that I can continue on my weight loss and exercise in the winter-time.

It’s a perfect storm of tools for weight loss.