



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BIG REWARDS SMALL STEPS



YMCA's Diabetes Prevention Program

- 1. YMCA'S DIABETES PREVENTION PROGRAM**
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PROGRAM FORMAT

THE PROGRAM

Who?

- **Overweight* Adults (18+) with prediabetes**
- Confirmed via one of 3 blood tests
- Or a previous diagnosis of gestational diabetes
- Or a qualifying risk score

What?

- **12 month program: includes 16 weekly sessions followed by monthly maintenance sessions**
- **1 hour sessions**
- **8-15 people in group based, classroom setting**

When?
Where?

- **Anytime, anywhere (classroom-type setting)**

How?

- **Weigh-in at every session**
- **Weight recorded in online tracking system**
- **Facilitated by Y Lifestyle Coach (person skilled in Motivational Interviewing and group facilitation)**

The YMCA's Diabetes Prevention Program is part of the CDC-led National Diabetes Prevention Program and nationally supported by the Diabetes Prevention and Control Alliance.

ELIGIBILITY REQUIREMENTS

DO YOU MEET THE PROGRAM REQUIREMENTS?

Please check each box that is true:

- I am at least 18 years old
- I am overweight (BMI \geq 25)*
- I am at risk for developing type 2 diabetes or have been diagnosed with prediabetes[†] by a healthcare provider

DO YOU HAVE ONE OF THE FOLLOWING LAB VALUES OR DIAGNOSIS?

Please check each box that is true:

- A1c: _____ (must be 5.7% - 6.4%)
- Fasting Plasma Glucose: _____ (must be 100 - 125 mg/dL)
- 2-hour (75 gm glucose) Plasma Glucose: _____ (must be 140 - 199 mg/dL)
- Prediabetes determined by clinical diagnosis of Gestational Diabetes (GDM) during previous pregnancy

ARE YOU AT RISK FOR DEVELOPING DIABETES?

Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs. Take the first step. Find out your risk for prediabetes.¹

TAKE THE TEST – KNOW YOUR SCORE!

Answer these seven questions – for each “Yes” answer, add the number of points listed:

	YES	NO
Are you a woman who has had a baby weighing more than 9 pounds at birth?	1	0
Do you have a parent with diabetes?	1	0
Do you have a brother or sister with diabetes?	1	0
Find your height on the chart to the right. Do you weigh as much as or more than the weight listed for your height?	5	0
Are you younger than 65 years of age and get little or no physical activity in a typical day?	5	0
Are you between 45 and 64 years of age?	5	0
Are you 65 years of age or older?	9	0

TOTAL POINTS FOR ALL “YES” RESPONSES:

AT-RISK WEIGHT CHART	
Height	Weight (in pounds)
4'10"	129
4'11"	133
5'0"	138
5'1"	143
5'2"	147
5'3"	152
5'4"	157
5'5"	162
5'6"	167
5'7"	172
5'8"	177
5'9"	182
5'10"	188
5'11"	193
6'0"	199
6'1"	204
6'2"	210
6'3"	216
6'4"	221

COST, FINANCIAL ASSISTANCE, AND INCENTIVES

COST AND FINANCIAL ASSISTANCE

**YMCA Facility
Member**

\$229

(\$9.50/session)

**Community
Member**

\$329

(\$13.70/session)

Financial Assistance is available on a sliding-scale.

SCHOLARSHIP AVAILABILITY

**YMCA Facility
Member**

\$21.75

(less than \$1/session)

**Community
Member**

\$59.25

(roughly \$2.50/session)

**Kaiser Permanente, White Memorial Medical Center, and Keck
Medicine of USC Funding**

- Crenshaw Family YMCA
- Weingart YMCA Wellness and Aquatic Center
- Downey Family YMCA
- Montebello-Commerce Family YMCA
- Weingart East Los Angeles YMCA at The Wellness Center
- Southeast-Rio Vista Family YMCA
- Weingart East Los Angeles YMCA

INSURANCE COVERAGE

United HealthCare

- County of Los Angeles, Wells Fargo, Hertz, and John Deere

Medicare Diabetes Prevention Act

- In a 2009 report, the Urban Institute predicted the country could save as much as \$190 billion over 10 years by bringing this community-based diabetes prevention program to scale fully across the nation. Additionally, a new CBO-style analysis by Avalere Health estimates \$1.3 billion in federal savings over a decade just by providing the NDPP as a benefit in Medicare.

INCENTIVES

Gym Membership

- 4 month full access family membership is provided to all program participants
- Redeemable at any of our 25 branch locations

Program Materials

- Program binder with all 24 sessions worth of worksheets and handouts

Calorie King

- Pocket size book with over 17,000 listings
- Fat, calories, and carbohydrates

REFERRALS AND AVAILABILITY

REFERRAL PROCESS

YMCA member

- Patient completes Referral Form in person or online

Insurance Benefit

- covered benefit for County of Los Angeles, Wells Fargo, John Deere, and Hertz employees enrolled in the UnitedHealthcare medical plan
- Patients call 800 237 4942 to self refer

Clinical Referral

- **HIPAA Compliant Fax Line**
 - 213 736 0021
- **Online Form**
 - <https://www.ymcala.org/page/s/diabetes-prevention-inquiry>

CURRENT AVAILABILITY

- Pasadena YMCA
- Culver-Palms Family YMCA
- North Valley Family YMCA
- Weingart YMCA Wellness and Aquatic Center
- Crenshaw Family YMCA
- Weingart East Los Angeles YMCA
- Weingart East Los Angeles YMCA at The Wellness Center
- Southeast-Rio Vista Family YMCA
- Torrance-South Bay YMCA

**BENEFITS OF
PARTNERSHIPS
BETWEEN CBO
PROGRAMS,
CLINICS, AND/OR
OTHER CBO'S**

BENEFITS OF PARTNERSHIPS

YMCA

- Program Referrals → Increased utilization of services → Deliver on our mission of strengthening our community

Clinic

- Reduce costs through prevention and/or reduction of unnecessary utilization of health care services
- Improve health outcomes through patient education and support for making sustainable lifestyle changes
- Movement to a Population Health Management Approach which is aligned with the new reimbursement models

LAACHA and The YMCA's Diabetes Prevention Program

- Cross-Referral system

How Physician Practices Must Change to Effectively Manage Patient Populations

Table 1: Current State vs. Future Financial Incentives as Population Health Management Drivers

Current State: Volume-Based Reimbursement (Fee-for-Service)	Future State: Risk-Based Reimbursement (ACO/Shared Savings/ Capitation and Quality-Oriented)
Low financial accountability for cost of care	High accountability for cost of care
Defines <i>population</i> as patients who present at the doctor's office	Defines <i>population</i> as every patient in the provider organization panel, regardless of whether they present at the doctor's office
Minimal infrastructure (technology, staff, data, etc.) to manage more than the sickest/most complex patients	Must have infrastructure to manage the entire population
Culture rewards volume and operational efficiency	Culture rewards optimization of cost and quality

THE YMCA AND SENIOR PROGRAMS

SENIOR PROGRAMS

Senior Lunch Program

- Southeast-Rio Vista YMCA and Torrance-South Bay YMCA

Health Education Presentations

- Fall Prevention, Stress Management, Cancer Prevention, Healthy Eating, Being Active, Diabetes Self Management, etc

Physical Activity

- group exercise classes specifically crafted for active older adults
- Free Healthy Lifestyle Coach

Social Events

- Parties, Group Trips, Group Outings, BINGO, etc

CHALLENGES AND SUCCESSSES OF A LARGE SCALE ROLL OUT OF AN EVIDENCE BASED PROGRAM

CHALLENGES, SUCCESSES, WHAT'S WORKING, WHAT'S NOT WORKING, AND SUGGESTIONS

Changing the mindset – internally and externally

Partnerships - that are mutually beneficial

Find your CHAMPIONS!

Make sure the staff have time in their schedule

Scheduling – don't make it a barrier

Language Availability and Cultural Sensitivity

Staging your roll out – don't try to do it all at once

Best Practice Sharing and other Technical Assistance

Large Amounts of Aggregate Data

Monthly Meetings for our Program Coordinators

Be flexible ... Be mobile

FOLLOW UP, FOLLOW UP, FOLLOW UP



THANK YOU

Alissa Singer, MPH

Chronic Disease

Prevention Specialist

YMCA OF METROPOLITAN

LOS ANGELES

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THE DIABETES PREVENTION PROGRAM

