

SNAPSHOT OF SUCCESS



New Diabetes Prevention Benefit for Health Plan Members & Their Families

Public Health Issue

- Type 2 diabetes is a serious health condition and a major risk factor for heart disease and stroke. Without intervention, up to 30% of people with *prediabetes* will develop type 2 diabetes within 5 years.
- A person with diabetes incurs on average about 2.3 times the medical expenses of a person without diabetes.
- Offering state employees a paid health benefit for proven lifestyle change programs can prevent new cases of diabetes and potentially reduce health care costs and absenteeism while improving employee health and well-being.

Program Action

- Launched the California Prevent Diabetes STAT™ (CA PDSTAT) network - In September 2015, the Centers for Disease Control and Prevention (CDC), the American Medical Association (AMA), and the National Association of Chronic Disease Directors (NACDD) hosted the *Prevent Diabetes STAT™: California* meeting in Los Angeles, California to assist the California Department of Public Health (CDPH) with developing an Action Plan to scale-up and sustain the National Diabetes Prevention Program (National DPP).
- Identified physician champions - In 2016, AMA engaged the California Medical Association and identified physician champions to support expansion of and referral to CDC-recognized lifestyle change programs.
- Established partnership with California Public Employees Retirement System (CalPERS) - The momentum from the CA PDSTAT meeting helped CDPH establish an ongoing relationship with CalPERS, facilitating conversations about the diabetes prevention program (DPP) as a benefit for state employees and their dependents.
- Implemented a new DPP benefit for CalPERS members - CalPERS joined CDPH's effort to prevent diabetes with the implementation of DPPs for all CalPERS members beginning in January 2017.

Impact

- All CalPERS health plans will offer the Centers for Disease Control and Prevention (CDC)-recognized diabetes prevention program at no cost to eligible members beginning in January 2017. The CalPERS health program administers benefits for more than 1.4 million members and their families. CDC 'recognition' means the program meets CDC standards for effectively delivering this proven lifestyle change program.
- This prevention coverage supports a strategy of the California Wellness Plan to "Expand public and private insurance coverage of and reimbursement authority for community preventive services per evidence-based guidelines" and a *Let's Get Healthy California* Task Force priority to "decrease adult and childhood obesity and diabetes." It also helps meet a goal of *Prevention First: Advancing Synergy for Health*, a California Department of Public Health program funded by the CDC.
- According to Dr. Karen Smith, CDPH Director and State Public Health Officer, "*CDPH is pleased to join forces with CalPERS to connect diabetes prevention efforts with the availability of DPP programs....CDPH's partnership with CalPERS will ensure availability of an effective lifestyle change program that can prevent or delay the onset of diabetes.*"
- "*We believe that diagnosing and treating prediabetes will be a key element in reducing the incidents of type 2 diabetes among our members,*" said Doug McKeever, CalPERS deputy executive officer for Benefit Program Policy and Planning.

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