UNDOFFRISK





Awareness

Goals

Healthcare providers: Reach at least 200 healthcare providers in South Dakota with information about prediabetes and the National DPP by October 2021.

Individuals: Reach at least 3,600 individuals in South Dakota with information about prediabetes, their risk, and the National DPP by October 2021

- ♦ Provider's tab
- ♦ Implementation Plan
- Diabetes AwarenessMonth





Availability

Goal

Short term: By September 2021, increase by 8 the # of established National Diabetes Prevention lifestyle change programs through umbrella organizations/networks and virtual offerings.



- 9 National DPPs Jan 2019
- 14 National DPPs Jan 2020
- ♦ 3 more by Jan 2021
- ♦ Live Your Best SD Tools

Madison Regional Health System DPP

"You've always had the power my dear, you just had to learn it for yourself." - Dorothy, Wizard of Oz

- ♦ Number of people enrolled/finished:
 - ♦ Cohort 1: 22/16
 - ♦ Cohort 2: 11/ongoing
 - ♦ Cohort 3: 12/starts Oct. 1, 2020
- ♦ Total pounds lost:
 - ♦ Cohort 1: 346
 - ♦ Cohort 2: 84 at 4-month mark
- Recruitment: Physician referrals,
 Prediabetes Risk Tests offered at wellnes visits, At-risk individuals identified at Heart Screenings
- Incentives: Calorie King, resistance barwater bottles for completing midpoint evaluation
- ♦ All sessions are via Zoom

















After



Sanford Medical Center - Sioux Falls, SD

Great facilitators provide motivating tools, harass, and cheerlead for great outcomes!

Statistics/Highlights

- Number of people enrolled/finished: 10
- Total #s loss so far: Total of 169lbs lost; average of 7.7%
- How you recruited: Mailings based on pre-DB diagnosis within system, health coach referrals
- Offer online/virtual: Offered in-person; intend to move online with next cohort



Larson Manufacturing

"The program works....each week I receive educational videos and information that keeps me engaged with the program. I am also tracking my food and exercise which helps me stay motivated every day." Terry-LARSON employee



Statistics/Highlights

- 2 active cohorts at this time
- Recruitment: Session 1 participants were gathered from on-site health screen referrals. Session 2 interest was low. Shortly after COVID stuck.
- Incentives we have offered: digital scale, resistance bands.
- In person or Virtual?: Live Your Best platform only
- COVID hit our program hard. At this time we only have 2 active members
- Next cohort start date: October 19

The Medicine Shoppe

- 2 Cohorts currently with 14 participants total
- Recruited through social media, email blasts, radio, word of mouth, flyers, and speaking with local physicians for referrals
- Incentives: exercise bands, drink mixer, digital scale
- · COVID switched to conference calls.



Avera Corporate Health

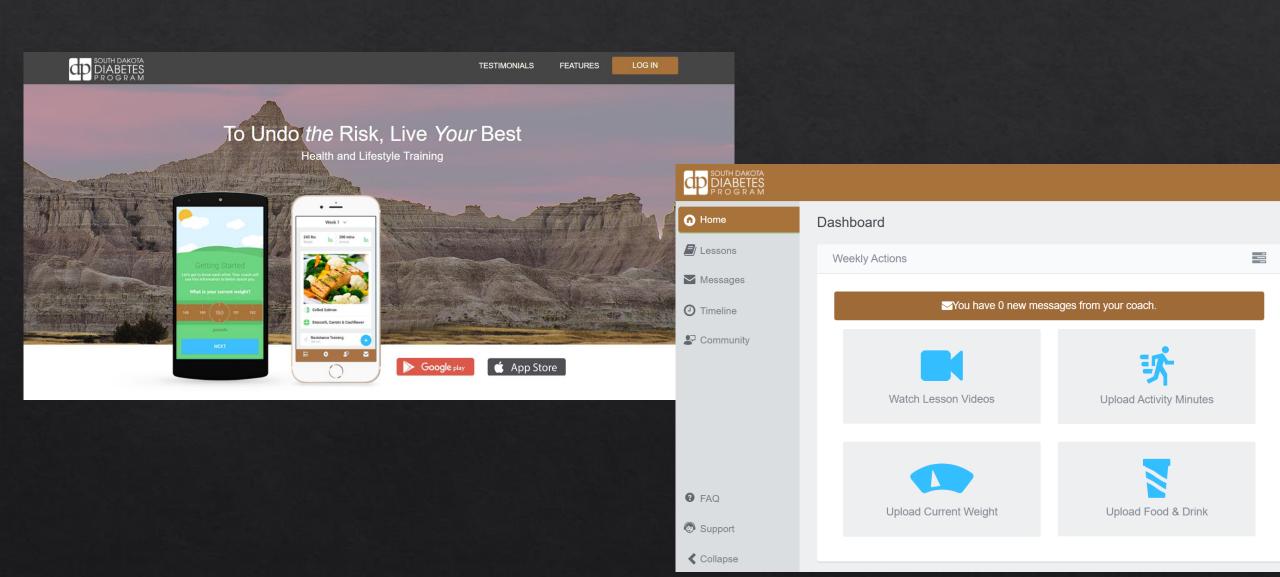
Group support fosters a family of champions!

- Challenges to incentivize and reward participants
- Switched to online platform amidst the pandemic
- Meet for group walks in park



Live Your Best SD

ONLINE curriculum and delivery platform for coaches & participants

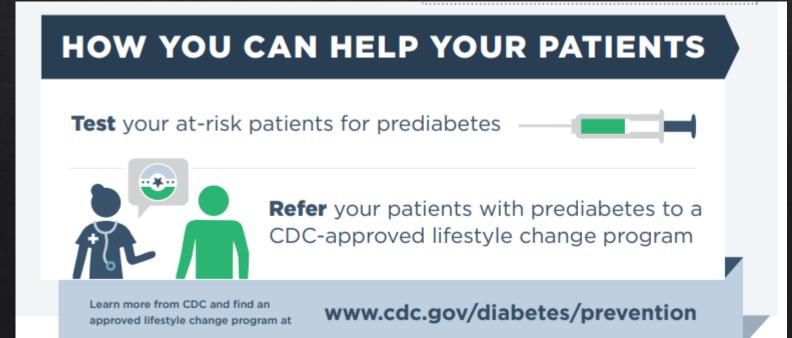


Screen, Test & Refer

Goals

Short-term: By June 2021, ensure that at least 3 health systems have a standardized screening, testing, and referral protocol in place.

Long-term: By June 2023, increase referrals at least 3 health systems to National DPP lifestyle change programs by 20%.



- Collaborative with Return on Investment Workgroup
- Intuitive Survey for providers



Goal

Short term: By September 2021, all 3 private insurers (Wellmark/BCBS, Avera/DAKOTACARE, and Sanford) and the State-Medicaid insurer will offer the National DPP lifestyle change program as a covered benefit.

Coverage

- Current Employers/Payers
 - ♦ Sanford Health
 - ♦ Larson Manufacturing
 - Avera Corporate Health
 - Health Management Partners
- Online Resources
- ♦ Medicaid CHW program