

Northern Michigan Diabetes Prevention Program Collaborative (NM DPP Collaborative)

Minutes from Monday, August 7, 2017

Time: 1:30 – 3:00 PM

Attendance:

- | | | |
|---------------------------------------|---------------------|-------------------------------------|
| 1. Affholter, Susan –
co-ordinator | 6. Daman, Katie | 12. Rybicki, Tara |
| 2. Barrett, Erin | 7. Goddard, Cindy | 13. Stark, Jill |
| 3. Brewer, Darcia | 8. Gustafson, Tamah | 14. Stelter, Gretchen |
| 4. Chandler, Kim – co-ordinator | 9. Ilardo, Joan | 15. Torres, Anna |
| 5. Chapman-Hawkins, Karen | 10. Jezak, Kandi | 16. Woods, Amanda –
co-ordinator |
| | 11. Lamia, Teri | |

Minutes

1. **Welcome from Susan Affholter** (*Health Department of Northwest Michigan/HDNW and Northern Michigan Chronic Disease Coordinating Network/NM CDCN*), Kim Chandler (*District Health Department 10/DHD10 and the Northwest Michigan Chronic Disease Prevention Coalition/CDPC*), and Amanda Woods (*Munson Community Health in Traverse City and the Northern Michigan Diabetes Initiative/NMDI*)

Minutes: Kim Chandler welcomed everyone and referenced the NM DPP Collaborative’s purpose statement, coordinators’ role, and the members’ role, which were on the last page of the agenda.

2. **Review previous meeting minutes- K. Chandler**

Minutes: The minutes were approved without any corrections.

3. **Remote/telehealth DPP delivery- A. Woods**

Minutes: Amanda Woods, of Munson Medical Center in Traverse City, brought up being able to offer the DPP through telehealth technology. This delivery method would allow participants to attend at remote sites rather than having to drive to Traverse City. Survey group is to assess if any were currently using this mode. Amanda is establishing a work group to learn more. If interested, please contact her at awoods@mhc.net. Amanda will update us on this development at our next meeting.

We will continue to discuss CDC approved delivery modalities, and Medicare reimbursable delivery modalities.

4. Area Agency on Aging Project- Joan Ilardo

Minutes: Dr. Joan Ilardo, from Michigan State University's College of Human Medicine (MSU CHM) has been involved in the Personal Action Toward Health (PATH) Program since 2010. She will now be working with Darcia Brewer from the Area Agency on Aging of Northwest Michigan (AAA-NM). The purpose of this new project is to increase providers' referrals to disease or chronic condition self-management programs such as the PATH program. As a side note, Munson is a residency campus for the MSU CHM.

Dr. Ilardo has also worked on MSU CHM's initiative called Partners in Aging Strategies and Training (PAST), hence the connection with the AAA-NM.

As we all are finding out, provider referrals are essential for the sustainability of our programs. Joan will be working 1) to increase providers' awareness of evidence-based/community-based self-management programs so that they can subsequently make referrals, and 2) to loop feedback on patient progress back to the provider.

(Note: The NM DPP Collaborative has, from the beginning, encouraged DPP providers to provide feedback to the healthcare providers on the participants' attendance, weight loss, and activity minutes.)

Additionally, regarding training providers on the self-management programs and making referrals, Joan will be able to offer CEs/CMEs for those providers who go through her web-based training programs.

To start, though, Joan is trying to capture information on how patients are currently getting referred to disease self-management programs.

AMA/STAT. Amanda Woods asked Joan how she sees the NM DPP Collaborative entwined with her project. Joan referenced the work of the [AMA/STAT \(Screen, Test, Act Today\)](#), a national organization that is working to increase provider referrals to the DPP. In Michigan, this work is being advanced by the Michigan State Medical Society (MSMS).

A question was asked of the AAA-NM/Darcia Brewer on the age requirements of programs that AAA-NM offers. Darcia said that their programs are not limited to seniors.

Joan further said that she is looking at how other states are implementing Medicare's transition toward reimbursing for quality outcomes – MACRA – versus the fee-for-service approach. That is, because of MACRA's focus on quality measures/performance, it will likely encourage providers to refer their patients to evidence-based/community-based programs such as P.A.T.H. and the NDPP.

For our reference, [MACRA](#) is the Medicare Access and CHIP Reauthorization Act of 2015, and it modernized Medicare payments by establishing the Quality Payment Program that provides payments based on quality measures/performance. Additionally, the Quality Payment Program provides new tools and resources to help give patients the best care.

5. Update - State of Michigan DPP Action Plan 2016-2018 – T. Gustafson

Minutes: Tamah Gustafson, Public Health Consultant with the State of Michigan Diabetes and Kidney Unit, reported that the workgroups that are addressing the State of Michigan Diabetes Prevention Action Plan 2016-8 have an upcoming meeting on **Wednesday, August 30, 2017**. At that meeting there will be a final review of a provider survey

that will be asking providers about their referral practices. Following this meeting, the survey will go into the field statewide.

Employers, health plan benefits. Tamah also reported that webinars for employers and health plan are being developed. These webinars make the case for employers and health plans to add the NDPP to their employee benefits/health plan coverage. Therefore, in addition to encouraging providers to make referrals to the DPP, employers and health plans are being encouraged to also refer their employees and covered beneficiaries into the DPP.

Tamah announced that there will be a Wednesday, August 16, 2017 Medicare listening session on the proposed Medicare rules regarding reimbursement for the DPP.

Lastly, Tamah reminded us to **REGISTER OUR SCHEDULED DPPs ON WWW.MIHEALTHYPROGRAMS.ORG!!**

6. Update- State of Michigan Chronic Disease Self-Management Program – S. Affholter

Minutes: Susan Affholter reported that another statewide effort is underway that is addressing the overall need to coordinate disease self-management and other evidence-based community health education programs such as P.A.T.H., Enhance Fitness, Matter of Balance, Walk with Ease, etc. These are the same programs that Joan Ilardo is referencing as described above.

An excellent paper was written entitled *Enhancing Delivery of Evidence-Based Programs in Michigan: White Paper*, and it undergirds and drives this work.

The first meeting of this workgroup was in Okemos on Monday, June 26, 2017. At this meeting, the workgroup discussed possible names for this effort, its purpose, vision, etc. For more information about this work and/or to join this effort, contact Karen McCloskey who is with the State of Michigan's Arthritis Program, and who is the lead for this initiative: mcclloskeyk@michigan.gov. Additionally, check out the website at www.mihealthyprograms.org. And, yes. This is the same website where you will find a link to the registration site for the DPP.

7. DPP reimbursement updates- K. Chandler

Minutes: As Tamah Gustafson mentioned, on Wednesday, August 16, 2017 CMS Medicare has an upcoming listening session regarding their reimbursement schedule for the National Diabetes Prevention Program (NDPP). It will be archived for those who want to listen to it later. <https://innovation.cms.gov/resources/dpp-listening-session.html>

NOTE: September 11, 2017 at 5 p.m. is the deadline for submitting comments about the proposed rule regarding Medicare reimbursement for the NDPP.

The reimbursement start date for those who are eligible will be pushed back from January 1, 2018 to April 1, 2018.

Reimbursement, per eligibility requirements, is going to be available for ongoing maintenance sessions extending two years from the end of the DPP program. In other words, following the completion of the core and post core sessions (Sessions 1-22), DPP participants can attend monthly maintenance sessions for up to two years following the end of the DPP. And, if the participant meets the eligibility requirements for being reimbursed, the provider can be reimbursed for their attendance.


For more information, a [fact sheet](#) is available regarding the proposed rules.

Correspondingly, the CDC is going to be making changes to the NDPP's *2015 Standards and Operating Procedures*. A [description of the changes](#) is available in the Federal Register.


8. DPP Timeline template- A. Woods

Minutes: Amanda Woods will send out a suggested timeline for planning a DPP. Feedback is welcome.

9. Member questions, sharing- Group

 Post core success, trials

Minutes: Post core is months seven through twelve. Gretchen Stelter, MSU Extension, sends out a weekly email that might contain applicable articles. Also, she created a Facebook page for her class to retain her participants.

 Provider feedback loops

Minutes: Amanda Woods, Munson, found some good information about provider feedback loops on the Common Ground website, which is the website for lifestyle coaches. That template will be attached with the minutes.

Karen Chapman-Hawkins, East Jordan Family Health Center, says that they have set up a feedback loop to the referring provider.

If you have a feedback loop to share, please feel free to share.

10. Announcements of upcoming DPPs in our NM area - Group

Minutes:

As Tamah Gustafson reminded us, please register your upcoming DPPs on the www.mihealthyprograms.org website!!

Gretchen Stelter, MSU Extension, has a DPP starting in Crawford County in September. She is also finishing up the DPPs that Sarah Eichberger, MSU Extension, had started last September.

Katie Daman, Kalkaska Memorial Health Center, announced that they will be holding zero sessions on Tuesday, August 15 and Wednesday, August 30, 2017 with a starting date of Monday, September 11, 2017.

Amanda Woods, Munson, announced that a DPP will be offered through a family practice starting on Tuesday, September 12, 2017, and that another DPP will be offered to the public starting on Wednesday, September 13, 2017.

Kim Chandler, DHD10, announced that they will be offering a DPP to Spanish speakers sometime in October or November, and that they will be offering other DPPs this fall.

11. Next steps- K. Chandler

Minutes:

- 8/16 Medicare listening session
- 9/11 Deadline for providing input on Medicare rules

12. Important dates to save for DPP related meetings -A. Woods

NM DPP Collaborative Meetings (Teleconference) Time: 1:30-3 PM	SOM DPP workgroup and network meeting (In-persons are in Okemos, MI) Time: TBD	NM CDCN meetings (University Center ,Gaylord) Time: 10-12:30 PM	NM CDPC meetings (Big Rapids, MI or teleconference) Time: 10 AM-12 PM
Monday, 10/30/17 Added 2018 dates: M, 1/29/18 M, 4/30/18 M, 7/30/18 M, 10/29/18	<ul style="list-style-type: none">• Wednesday, 8/30/17 workgroup (phone)• Thursday, 10/12/17 workgroup and network mtg in Okemos 2018 dates TBD	Wednesday, 11/1/2017 Added 2018 dates: W, 2/7/18 W, 5/2/18 W, 8/1/18 W, 11/7/18	<ul style="list-style-type: none">• Meets first Friday of the month in Jan, March, May, June, August, and November• Contact: Donna Norkoli at dnorkoli@dhd10.org• Friday, September 22, 2017 is the first annual Summit Added 2018 dates: F, 1/5/18 F, 3/2/18 F, 5/4/18 F, 6/1/18 F, 8/3/18 TBD - Summit 2018 F, 11/2/18

13. DPP Resources (see list below) – K. Chandler

Minutes: We will add a link to the below listed resources regarding the newly formed workgroup that is addressing the need to coordinate other evidence-based community health programs.

14. Other announcements – A. Woods

Minutes: The NM Chronic Disease Prevention Coalition (an initiative based out of DHD10) is holding its first annual summit on Friday, September 22, 2017 at Ferris State University in Big Rapids, Michigan. The focus will be on policy, systems, and environmental changes to improve chronic disease outcomes. For more information, talk to Donna Norkoli at dnorkoli@dhd10.org.

15. Adjournment – K. Chandler

Resources Related to the National Diabetes Prevention Program

- Northern Michigan Diabetes Initiative: <http://nmdi.org/>
- State of Michigan Diabetes Prevention Program: www.michigan.gov/diabetes/
- State of Michigan Diabetes Prevention Network: <http://midiabetesprevention.org/index.html>
(Like Common Ground, this website now has a lot of resources for the lifestyle coaches related to recruitment.)
- Register your upcoming DPP through the State of Michigan’s website at www.mihealthyprograms.org
- Help with your data entry and submission to the CDC – contact the State of Michigan’s Bill Baugh at baughw@michigan.gov
- CDC Diabetes Prevention Program – everything you want to know about the DPP: <https://www.cdc.gov/diabetes/prevention/>
 - Applying for CDC recognition (about six weeks in advance of starting your first DPP)
 - Posters, flyers, recruitment materials
 - And more!
- Common Ground, a website for lifestyle coaches: <http://lccommonground.org/>
- **Added:** Stay tuned for more on the “Healthy Programs Coalition”: www.mihealthyprograms.org
- The Community Guide: <https://www.thecommunityguide.org/> (guide to evidence-based community preventive services, programs)