

NM DPP Collaborative

Minutes from Meeting on Monday, February 6, 2017

Attendance:

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| 1. Susan Affholter | 12. Tamah Gustafson | 23. Kaley Peterson |
| 2. Laura Anderson | 13. Kathy Jacobson | 24. Betsey Pollick |
| 3. Roberta Besey | 14. Tanya Janes | 25. Tara Rybicki |
| 4. Darcia Brewer | 15. Kandi Jezak | 26. Christian Smith |
| 5. Kim Chandler | 16. Natalie Kasiborski | 27. Jill Stark |
| 6. Karen Chapman-Hawkins | 17. Teri Lamia | 28. Gretchen Stelter |
| 7. Jennifer DeNise | 18. Kim Lombard | 29. Erika Van Dam |
| 8. Colleen Dewey | 19. Bonne Mapes | 30. Stephanie Villarreal |
| 9. Tanya Donald | 20. Geri Merkey | 31. Amanda Woods |
| 10. Sarah Eichberger | 21. Lauren Neely (MDHHS) | |
| 11. Cindy Goddard | 22. Mel Penney | |

Agenda topics:

1-3. Participants were welcomed. Amanda Woods provided the background behind the development of a northern Michigan effort - - our NM DPP Collaborative - - that will be focused on coordinating all of our efforts around the DPP. In short, we were all working to launch/offer the DPP in northern Michigan. It made sense to combine our efforts. Susan Affholter went over the purpose of the meeting and what is to be covered.

4. State of Michigan DPP Action Plan 2016-2018. Tamah Gustafson (MDHHS) provided an overview of the Michigan DPP Action Plan 2016-2018. She also mentioned that there will be a diabetes prevention media campaign happening which will impact the Northern Michigan region. Radio ads will be broadcast via a Traverse City radio station. They have also purchased advertising via Google which will bring the Michigan Diabetes Prevention page to the top of the search results when someone searches for diabetes prevention.

5-7. NM DPP Collaborative purpose; coordinators' and members' roles. Susan Affholter, Amanda Woods and Kim Chandler discussed the proposed purpose statement, coordinators' roles and members' roles for this collaborative. If any of the members have comments or feedback please contact Susan, Amanda or Kim by February 13th.

8. Data entry. If you have questions regarding data entry for submission to CDC you are encouraged to contact Bill Baugh at the state. His contact information is baughw@michigan.gov.

9. Sharing from DPP providers regarding recruitment, incentives, billing issues.

Recruitment strategies

East Jordan Family Health Center shared the success they have had in recruiting participants for their DPP.

- Created a report through registry search of those patients who have been diagnosed pre diabetic

- Sent a letter to those patients informing them about the DPP
- Followed up letter with a phone call
- Provided information to providers and care managers about the DPP
- 24 people enrolled in the program, requiring a split into 2 classes

Munson Charlevoix shared the strategies they used to recruit participants for their DPP.

- Data mining
- Sent 1500 letters to those who met pre-diabetes criteria
- Providers were contacted and are now making ~~doing~~ referrals
- Flyers and word of mouth
- Going on their third class!

MSUE in Traverse City recruited for one DPP, but has been able to fill two classes thanks primarily to the letters sent by Priority Health to their eligible covered beneficiaries.

Incentive ideas

Members shared incentive ideas that they have used with their classes.

- Exercise punch cards
- Exercise classes (schedule before or after the DPP)
- Agreement with a local sports complex (to benefit DPP participants)
- Reduced rates for YMCA membership
- Drawing at each class for a healthy cookbook (e.g., Hungry Girl)
- Send thank you cards after the first class

Retention strategies

The group discussed the fact that post core attendance (months 7 – 12) in DPP tends to drop. Members suggested ideas to maintain post core attendance.

- Offer incentives
- Bring in guest speakers
- Take the class offsite
- Incorporate a physical activity
- Get input from participants about things they would like to learn
- Laura Anderson (master trainer) reminded everyone that they must stick to the DPP curriculum during post core. Adding extra material or activities is fine but they must be done before or after the 60-minute curriculum content. *[Note from coordinators: some coaches are offering added sessions during post core allowing the DPP to meet every other week. These sessions may reinforce content from the curriculum. CDC data indicates this increases retention.]*

Related to retention, a make-up session must be done on a different day from the regularly scheduled class. Be sure to connect ASAP to schedule a make-up session, which can be done over the phone or in person but must cover the missed curriculum. They do not have to last a full hour.

Billing

It was brought up that if you bill Priority Health for a participant who is covered by Priority Health, then you will have to bill all other participants in your class. Given that, at this time, only Priority Health and Wise Woman / Wise Choices are reimbursing for the DPP, this generated great discussion around the topic of billing for the DPP. We will research this more and provide clarification via email or on our next call to assure all DPP's are billing/charging participants appropriately. If you would like to provide information on how your organization handles billing for the program please contact Susan, Amanda or Kim.

10. **Upcoming DPP.** Provide Amanda Woods awoods@mhc.net your upcoming class dates, times, location and contact person. She will add them to the NMDI website. Note: the State of Michigan should be providing a statewide registration website this year. At that time, all DPPs should be registered through that site.

11. **Resources.**

Northern Michigan Diabetes Initiative: <http://nmdi.org>

Want to share your recruitment letters, posters, flyers, and other materials? Send them to Susan Affholter, Kim Chandler, or Amanda Woods to get them posted onto the NMDI/NM DPP Collaborative website.

State of Michigan Diabetes Prevention Program: www.michigan.gov/diabetes/

The State of Michigan's Diabetes Prevention Program Action Plan 2016-2018 is posted here.

CDC Diabetes Prevention Program: <http://www.cdc.gov/diabetes/prevention/>

Almost everything you will need to promote, market, and deliver the NDPP is here.

Common Ground: <http://lccommonground.org/> This is a fabulous resource for lifestyle coaches. Feel free to post a question on, for example, effective incentives.

12. **Next steps.** These meetings will be held quarterly using the web/phone format. Our next meeting will be in May 2017.

13. **Adjournment.** The meeting was adjourned. Thank you for attending!