

**Request for Proposals (RFP): Diabetes Prevention Synthesis**  
***(By Solicitation Only)***

***Deadline: Proposals must be submitted by Thursday, January 31, 2013, by 1 p.m. EST***

**I. About the Foundation**

The New York State Health Foundation (NYSHealth) is a private, statewide foundation dedicated to improving the health of all New Yorkers, especially the most vulnerable. Most of the Foundation's activities and grantmaking are focused on three strategic priority areas:

- A. expanding health insurance coverage;
- B. preventing diabetes; and
- C. advancing primary care.

To have an impact in these areas, the Foundation makes grants, convenes key stakeholders, and commissions and disseminates policy analyses that inform health care policy and practice throughout New York State.

**II. Background**

In 2008, NYSHealth launched a Diabetes Campaign focused on three strategies: improving clinical care and patient outcomes; mobilizing communities to prevent diabetes and support diabetes self-management; and promoting policies that sustain comprehensive and effective care for people with diabetes. Moving forward, the Foundation's work in diabetes will focus more narrowly on effective community-based prevention programs.

Over the last five years, the Foundation has worked to build up programs in the community to help people who are at risk for diabetes or diagnosed with prediabetes. One of our grantees, the Institute for Leadership, has worked for the past three years to spread a faith-based self-management program for people at risk for developing diabetes or diagnosed with prediabetes or diabetes at more than 150 places of worship in New York State. We also funded the replication and evaluation of the National Diabetes Prevention Program at 14 YMCAs in 10 regions of New York State.

Spreading effective, sustainable diabetes prevention programs such as these will be one of the main strategies of the Foundation's diabetes work moving forward. A critical piece of this work includes building and sharing evidence to make the case to policymakers and payers for investing in prevention. It is often difficult for these non-academic audiences to synthesize the cumulative health outcomes and cost results of studies of prevention programs. Policymakers, insurers, and employers in New York State need better, more comprehensive information if

they are to make investment decisions to replicate effective prevention programs. A report or brief that summarizes and translates the results of many different diabetes prevention program studies and their findings related to health outcomes, implementation costs, and overall cost implications would provide valuable insight and reliable information to decision-makers seeking to invest in promising interventions.

### III. Project Overview and Objectives

NYSHealth and the Robert Wood Johnson Foundation (RWJF) are collaborating to support the development of a co-branded policy paper synthesizing the results of a range of diabetes prevention program studies with implications both within and outside of New York State. We envision a product similar to the reports and briefs produced through the RWJF Synthesis Project, which summarize what is known about an important issue in the scientific and academic communities and translate the information for decision-makers to understand and act upon.<sup>1</sup>

This synthesis report will also weigh the strength of the findings and expose gaps in knowledge related to effective diabetes prevention programs. The final product will give decision-makers—particularly the payers who can help sustain prevention efforts—concise and objective information that sheds light on effective solutions. The report will also identify programs that should be studied more carefully before being replicated widely.

### IV. Scope of Work

NYSHealth and RWJF seek a qualified academic or policy analysis organization to author a Diabetes Prevention Synthesis Report. **The foundations have allocated funds to support one organization to complete this project by November 1, 2013 (RWJF funding is pending approval).** Selection criteria for including programs in the synthesis will be whether they target adults at risk for developing diabetes or diagnosed with prediabetes, with a focus on community-based prevention efforts. As for geographic representation, we welcome examples from across the United States and beyond, but a special focus should be directed upon programs in New York State.

As part of the analysis, the following questions will be addressed:

- What is the menu of diabetes prevention programs that exist for adults who are either at risk for developing diabetes or diagnosed with prediabetes? What proportion of participants makes measureable progress in weight, Body Mass Index, and/or physical activity, and how do they differ between participants at risk for developing diabetes versus participants diagnosed with prediabetes? What are the key ingredients for successful prevention programs?
- How well do existing programs work for adults at risk for developing diabetes or diagnosed with prediabetes? What are the best settings for delivering diabetes prevention programs for adults at risk for developing diabetes or diagnosed with prediabetes? How do

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<sup>1</sup> For examples of past RWJF Synthesis Project reports, visit: <http://www.rwjf.org/en/research-publications/research-features/the-synthesis-project1/synthesis-products.html>

community-based programs compare to clinical settings in terms of retention rates and improved health outcomes?

- What are the implementation and ongoing costs of running diabetes prevention programs for adults who are at risk for developing diabetes or diagnosed with prediabetes? What are the cost benefits of these programs?
- Though the focus of the synthesis should be community-based diabetes prevention efforts, how do these programs compare to traditional medication management in terms of costs per patient (for patients diagnosed with prediabetes)? Are they more costly, cost neutral, or cost saving in the long run? How long does it take to achieve cost neutrality or savings, if applicable? If direct comparisons of costs are lacking, are there costs for individual sites?
- How have programs been sustained? Are there policies that support the sustainability of prevention programs? Are there necessary policy changes to sustain these programs?

Specific activities will include:

1. **Refine the list of population health and policy questions to be addressed.** Working with NYSEHealth and RWJF, the authors will refine the list of questions outlined above and specify definitions and selection criteria for including programs in the synthesis report.
2. **Scan the literature for relevant findings.** The authors will conduct a careful and extensive literature review. They will review all literature emerging from the initial scan to identify which research and evaluation studies should be included in the synthesis report.
3. **Analyze the evidence to distill what is known about diabetes prevention and identify where there are gaps in knowledge.** The authors will analyze the evidence and address the questions listed above. The authors will weigh the strength of the evidence to answer these questions.
4. **Translate the results into a report that can be disseminated and easily interpreted (or understood) by key decision-makers, including payers, public health advocates, and community and health care leaders.** The authors will also provide a series of policy implications that emerge from their review.
5. **Write a two- to three-page policy brief that summarizes the findings of the longer report.** The authors will prepare a brief that offers a quick read for a busy policy audience.
6. **Participate in dissemination activities planned by NYSEHealth and RWJF.** Once the report is completed, NYSEHealth and RWJF will convene a roundtable of senior State and national policymakers working on diabetes prevention. The roundtable will focus on strategies and opportunities to replicate efforts that have strong evidence and examine options to fill the gaps in knowledge. NYSEHealth staff members plan to share the final report with colleagues at the New York State Department of Health and the

New York City Department of Health and Mental Hygiene to help them as they work on selecting, replicating, and sustaining diabetes prevention programs. The investigators may be called upon to interact with these important audiences.

## **V. Deliverables**

The successful applicant will submit a final synthesis report and policy brief, each written in a way that can be understood by a wide audience, including policymakers; payers; public health and health care leaders; and advocates. The final synthesis report should include:

- Introduction and background on the questions addressed by the report;
- Methodology overview that explains the scope of the review, the types of settings included in the reviewed studies, and key methodological concerns and issues that emerge from the reviewed studies;
- Findings as they relate to the questions directly addressed by the report;
- Conclusions about the strength of the evidence;
- Implications for policymakers and other decision-makers such as health plans and other payers;
- Discussion of other studies needed to strengthen the evidence related to diabetes prevention programs;
- Charts, figures, and citations as appropriate; and
- A policy brief that summarizes the results of the longer report.

## **VI. Timeline**

It is anticipated that the project will start on **February 28, 2013**. A draft report is due on **September 30, 2013**, and the final report must be completed by **November 1, 2013**.

## **VII. Budget**

The maximum budget for this project is **\$125,000**, including fees and costs for travel and indirect costs. NYSHHealth and RWJF will manage the design and production of the report and issue brief, in consultation with the authors. The foundations will also be responsible for planning, in consultation with the authors, a meeting or briefing in New York State to discuss the results of the report; applicants should budget for time, travel, and expenses to participate in this event. Expenses related to report production and the dissemination meeting are excluded from the budget.

## **VIII. Proposal Guidelines**

Throughout the proposal, applicants should emphasize the attributes that distinguish themselves or their organization as uniquely qualified to perform this work. Applicants must also emphasize how they will approach developing the synthesis report.

In addition, we strongly encourage **interdisciplinary collaboration** on this project. Proposals should include teams of people with a range of expertise covering public health and community-based prevention and experimental and non-experimental research methodologies.

## **IX. Application Process**

All applications must be submitted by **1 p.m. EST on Thursday, January 31, 2013**. Late applications will not be considered.

All applications must be submitted using NYSHHealth's online application system. A link to the online application system will be e-mailed to prospective applicants.

Proposal questions and detailed instructions regarding the online application process can be found in the "Diabetes Prevention Synthesis Online Application Instructions." The instructions will be e-mailed to each prospective applicant along with the application link.

Programmatic questions should be e-mailed to Kelly Hunt, Chief Program Learning Officer, at [Hunt@NYSHHealth.org](mailto:Hunt@NYSHHealth.org).

Questions regarding the online application system should be e-mailed to [grantsmanagement@nyshealth.org](mailto:grantsmanagement@nyshealth.org).