

Grant Outcome Report

Spreading Diabetes Prevention in Communities Across New York State

The Problem

Diabetes prevalence in New York State has doubled since 1994 and is expected to grow: 1.8 million New Yorkers suffer from diabetes, and 4.5 million others have prediabetes, a condition that puts them at high risk for developing diabetes and its complications. Annual disease-related costs for the State are estimated to be \$12.9 billion.¹ The epidemic affects individuals' health and takes a financial toll on health care institutions, health plans, and the State's budget.

The National Institutes of Health and Centers for Disease Control and Prevention (CDC) piloted and tested a one-on-one behavior modification program, the National Diabetes Prevention Program (NDPP) for people diagnosed with prediabetes. The NDPP demonstrated that modest weight loss (5–7%) and increase in physical activity could reduce participants' risk of developing diabetes by 58–71%. Indiana University then adapted the NDPP into a 16-week, group-based program, using the YMCA as a model community-based organization to host the program. The YMCA-based adaptation of the program (Y-DPP), demonstrated results similar to those from earlier clinical trials. The YMCA was also able to run the program with trained wellness instructors at a cost of \$275 to \$325 per participant, as opposed to \$1,400 per participant in the original study of the program.

The New York State Health Foundation (NYSHealth) partnered with the New York State Diabetes Prevention and Control Program (DPCP), a division of the New York State Department of Health, and the New York State Alliance of YMCAs to replicate the Y-DPP across the State. The three organizations worked together to identify regions with a high prevalence of diabetes (as a measure for high rates of people with prediabetes) and local YMCAs that had the capacity to deliver the intervention. In 2010, NYSHealth awarded the YMCA of New York State, Inc., a grant to replicate the Y-DPP at 14 sites in 10 regions of New York State.

¹ New York State Department of Health, BRFSS Brief: Diabetes, New York State Department of Health website: http://www.health.ny.gov/statistics/brfss/reports/docs/1101_brfssbrief_diabetes.pdf, accessed May 2015.

KEY INFORMATION:

GRANTEE

YMCA of New York State, Inc.

GRANT TITLE

Implementing the YMCA Diabetes Prevention Program Across New York State

DATES

April 2010 – December 2012

GRANT AMOUNT

\$373,999

FUNDING

Improving Diabetes Prevention and Management

Grant Activities and Outcomes

The YMCA of New York State partnered with DPCP and the New York Academy of Medicine (NYAM) to build capacity at 14 YMCAs in 10 regions of the State to deliver the Y-DPP. One of the long-term goals of the initiative was to work toward sustainability of the program through support by third-party payers.

DPCP provided technical assistance to the selected YMCAs by organizing the training of lifestyle coaches; troubleshooting implementation challenges; convening clinical and community advisory groups to gain support for the program and develop consensus on specific parameters and tools for implementation; and developing recruitment methods for participants. It brought in Dr. David Marrero, Professor of Medicine, Indiana University, (and an original team member who worked to translate the NDPP into a community-based setting), to train 30 lifestyle coaches in New York. DPCP was also instrumental in raising the visibility of the program. Working with the YMCA of New York State, it submitted a proposal that was accepted by the Medicaid Redesign Team to include the Y-DPP as a benefit for Medicaid beneficiaries.



YMCA of New York State implemented the Y-DPP in the following areas: Binghamton, Buffalo, Capital District, Long Island, Middletown, Plattsburgh, New York City, Rochester, Syracuse, and Watertown. Trained YMCA staff taught participants how to modify their eating and physical activity habits, and how to sustain those changes over time. During one-hour weekly group sessions, participants learned about healthy eating, getting started with physical activity, overcoming stress, staying motivated, and other behavioral changes.

YMCA of New York State and CDC worked with UnitedHealth Group to negotiate reimbursement for the Y-DPP. The YMCA of Buffalo also worked with two local insurers, Independent Health and HealthNow, to develop a reimbursement plan, thereby sustaining the program after grant funds ended.

NYAM developed [an evaluation plan for the program](#) with input from YMCA of New York State, DPCP, and NYSHealth. The evaluation looked at short-term and intermediate health outcomes for program participants, as well as analyzed the Y-DPP implementation, participant recruitment process, and perceptions of the program. ²

Y-DPP participants were predominantly female (70%), white (80%), had a mean age of 57, and had attended some college (72%). Approximately two-thirds of participants had an annual household income of more

² Access the report at: <http://nyshealthfoundation.org/resources-and-reports/resource/new-york-state-ymca-diabetes-prevention-program-executive-summary-oct-2012>.

than \$40,000. The evaluation found that by the end of the program nearly 50% of participants lost 5% of their weight and nearly 35% of participants lost 7% of their weight, thus reducing their risk of developing diabetes by more than 50%. Six months after program completion, 60% of participants achieved and/or maintained the 5% weight loss, and nearly 50% of participants achieved and/or maintained the 7% weight loss.

Future

The Y-DPP continues to operate in nearly all of the original sites that participated in the grant initiative. The YMCA of New York State continues to work with additional locations on implementing the program, and new sites are now offering the Y-DPP.

DPCP continues to help community-based organizations build capacity to deliver the NDPP. It established and supported the Quality and Technical Assistance Center at the State University of New York at Albany, which has begun to offer technical support to organizations across the State. The technical support includes assessing capacity to deliver the program, training lifestyle coaches, and ensuring that new programs meet the requirements for CDC recognition.

Working with the Office of Health Insurance Programs, DPCP applied for a federal grant to support financial incentives to Medicaid beneficiaries who are at risk for or have certain chronic conditions, such as prediabetes or diabetes. The State received a \$10 million grant and began offering financial incentives of up to \$250 to beneficiaries who participate in the NDPP beginning in 2013.

Building upon these efforts, NYSHealth is supporting additional community-based organizations across the State to implement, expand, and secure sustainability of the NDPP through its *Laying the Groundwork to Scale Up the National Diabetes Prevention Program in New York* initiative.³ With NYSHealth funding, grantees of this initiative will reach communities with high rates of diabetes and prediabetes, making this effective program available to New Yorkers in places where they live, work, and worship. The grant awards will support a range of activities to help organizations implement and grow the NDPP, including the expansion of existing programs; communication, outreach, and education activities to obtain a steady flow of participants; and development of business plans to ensure the sustainability of the program.

³ Learn more about this initiative at: <http://nyshealthfoundation.org/our-grantees/grantee-profile/full-list-of-laying-the-groundwork-grantees>

BACKGROUND INFORMATION:

ABOUT THE GRANTEE

The YMCA of New York State, Inc., is a nonprofit association representing independent YMCAs throughout New York State. It has more than 150 years of experience providing community-based services to 1.5 million New Yorkers throughout the State. Currently, there are 45 YMCAs with more than 120 facilities in New York. YMCAs offer a variety of health and social programs, including those focused on wellness, sports and fitness, arts, and personal development. The YMCA of New York State has a history of focusing on chronic diseases. It currently participates in the YMCA's national Healthier Communities Initiatives, which focus on preventing chronic disease by engaging community leaders in policy and environmental change strategies that lead to increased physical activity and healthy eating in their communities.

GRANTEE CONTACT

Kyle Stewart
Executive Director
New York State YMCA Foundation
33 Elk Street, Suite 200
Albany, NY 12207

Phone: (518) 462-8241
E-mail: kstewart@ymcanys.org
Website: <http://www.ymcanys.org>

NYSHEALTH CONTACT

Jacqueline Martinez Garcel

GRANT ID

3878459