



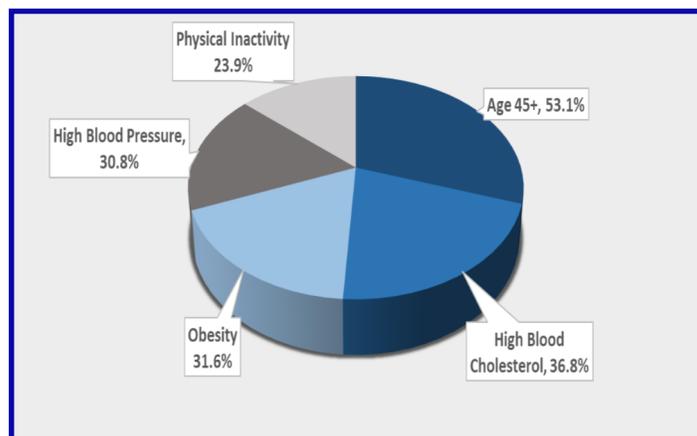
# HEALTH IMPACT STATEMENT

## Increase Use of National Diabetes Prevention Program Lifestyle Change Programs in Community Settings

### I. PROBLEM

In Illinois, it is estimated that more than 3.6 million adults have prediabetes<sup>1</sup> with blood glucose levels higher than normal but not yet high enough to be diagnosed as diabetes<sup>2</sup>. Among adults with prediabetes, 9 out of 10 do not know they have the condition.<sup>2</sup> According to the Behavioral Risk Surveillance System (BRFSS), those reporting being told by their health professional they had prediabetes were disproportionately older (12.9 percent were age 65 and older), black or multiracial, non-Hispanic (11.0 percent and 10.0 percent, respectively) and male (9.3 percent).<sup>3</sup> Increased risk factors of diabetes can include family history (mother, father, sister or brother with diabetes), demographics (age, race/ethnicity, and gender) and, history of diabetes during pregnancy (gestational diabetes). Risk factors for prediabetes include high blood pressure, being overweight, physical inactivity, and smoking. Persons at risk for Type 2 diabetes can prevent or delay onset by losing weight (if needed), eating healthy, and being more active. Research shows structured lifestyle interventions can cut the risk of type 2 diabetes in half.

### PREVALENCE OF SELF-REPORTED RISK FACTORS



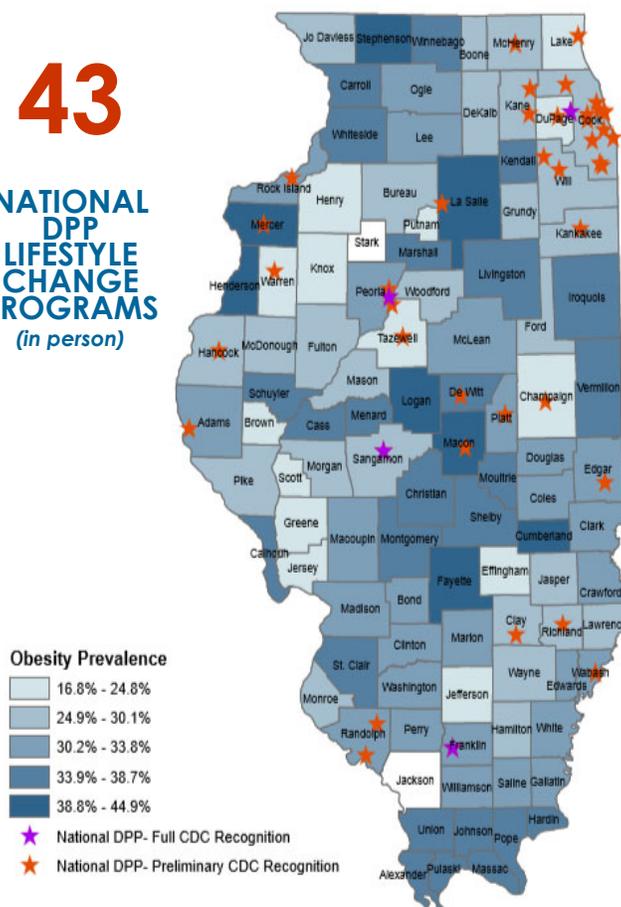
Source: Illinois Behavioral Risk Factor Surveillance System, 2015 and-2016.

### II. INTERVENTION

The National Diabetes Prevention Program (National DPP) Lifestyle Change program is a one-year program designed to help people living with diabetes and/or prediabetes learn to live a healthier and more active lifestyle to reduce the negative effects of diabetes. From 2016 – 2018, the Illinois Department of Public Health (IDPH) worked to increase the number of National DPP Lifestyle Change Programs and utilization of the programs in community settings. The team targeted activities to increase the following: 1) Percent of National DPP Lifestyle Change Program participants referred by a health care provider, 2) Number of persons who enrolled in the National DPP lifestyle change program, and 3) Percent of participants who achieved 5-7 percent weight loss. Through funding provided by the Centers for Disease Control and Prevention, IDPH worked strategically to engage multi-sector stakeholders that included the following: Illinois Health and Hospital Association, Illinois Primary Health Care Association, Illinois Pharmacists Association, Illinois Public Health Association, American Medical Association-IL Chapter, American Diabetes Association-IL Chapter, and YMCA® across Illinois. IDPH sponsored two American Association of Diabetes Educators (AADE) National DPP Lifestyle Change Program two-day trainings with 52 completers. In addition, IDPH worked with multiple stakeholder groups to assess health systems processes for referring patients to National DPP Lifestyle Change Programs. Between 2015-2018, 15 webinars and trainings, as well as continuous technical assistance, were offered consisting of more than 150 contact hours. In 2017, IDPH convened an 80+ participant stakeholder group consisting of key state partners to develop a statewide diabetes action plan that will help increase National DPP Lifestyle Change Programs with a focus on reimbursement models, care coordination, data sharing, and developing a business case to expand coverage.

### Obesity Prevalence, by County, Illinois

**43**  
**NATIONAL DPP LIFESTYLE CHANGE PROGRAMS**  
*(in person)*



Source: Illinois Behavioral Risk Factor Surveillance System, County Round 5, 2010-2014 and DPP Locations: CDC Registry of Recognized Organizations [https://nccd.cdc.gov/DDT\\_DPRP/Registry.aspx?STATE=WA](https://nccd.cdc.gov/DDT_DPRP/Registry.aspx?STATE=WA). Accessed September 18, 2018



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#### III. HEALTH IMPACT

In less than five years, the activities have had a positive impact on Illinoisans with prediabetes. The number of National DPP Lifestyle Change Programs increased from 17 in 2016 to 43 in 2018 with a total of 6,357 participants in the two year period. The number of participants referred by their healthcare provider increased from 24.5 percent (2016) to 30.7 percent (2018). Stakeholder engagement and collaboration around prediabetes efforts across Illinois increased tremendously. IDPH moved from working with less than 10 partners in 2015 to working with more than 40 strategic partners in 2018 (a three-fold increase). Through changing program awareness and access, Illinois communities are able to promote The National DPP Lifestyle Change programs and engage patients with prediabetes or those at risk for Type 2 diabetes.

#### IV. SOURCES

<sup>1</sup> American Diabetes Association. "The Burden of Diabetes in Illinois." Available at <http://main.diabetes.org/dorg/PDFs/Advocacy/burden-of-diabetes/illinois.pdf>. Accessed 7-7-2017

<sup>2</sup> Centers for Disease Control and Prevention (CDC). Prediabetes: Your Chance to Prevent Type 2 Diabetes. <https://www.cdc.gov/diabetes/basics/prediabetes.html>. Accessed September 4, 2018.

<sup>3</sup> Illinois Department of Public Health (2018, September). Illinois Behavioral Risk Factor Surveillance System, 2016. Retrieved from Illinois Department of Public Health: <http://www.idph.state.il.us/brfss/>.

#### V. MORE INFORMATION

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