



Problem

Prediabetes, a condition where blood sugar levels are higher than normal, but not high enough to be diagnosed with diabetes, is increasing rapidly, affecting nearly one million adult New Yorkers in 2012. In NYS, prediabetes is more common among certain priority populations, including racial/ethnic minorities, low income adults and adults with a disability. Without intervention, 15-30% of people with prediabetes will develop Type 2 diabetes within five years. Fortunately, research shows that the progression to diabetes can be prevented through lifestyle change programs, including the Centers for Disease Control and Prevention’s National Diabetes Prevention Program (NDPP). Lifestyle change programs, like the NDPP, focus on physical activity, healthy eating and weight loss (5-7% of body weight) for people with or at risk for prediabetes and have been shown to reduce the risk of developing Type 2 diabetes by 58%. Despite successful improvements in the delivery of and access to NDPP in NYS, participation among populations with and at risk for prediabetes remains low. As a result, NYS Department of Health (NYSDOH) sought to increase availability, access to and coverage of the NDPP across NYS, with a primary goal of improving participation among these priority populations.

Intervention

The NYSDOH partnered with the University at Albany Center for Excellence in Aging and Community Wellness, Quality and Technical Assistance Center (QTAC) to implement strategies to increase the availability of, and participation in NDPP in high-burden community locations in NYS. These strategic infrastructure-building efforts allowed people with prediabetes in NYS to access diabetes prevention support embedded in diverse community locations where prediabetes health disparities are prevalent. QTAC provided NDPP lifestyle coach trainings, quality and fidelity monitoring, participant recruitment and data collection support to new delivery organizations resulting in increased program availability and participation. This strategic partnership also included marketing efforts and program promotion through media campaigns and materials, as well as collaborations with other state agencies and NYS health reform initiatives.

Health Impact

Since 2014, NYSDOH has seen a positive impact on the availability of, access to, and coverage of NDPP lifestyle change programs across the state.

Availability

The number of CDC-recognized NDPP delivery organizations more than doubled over the past four years, from 52 in 2014 to 139 in 2018 (Figure 1). NYS currently leads the nation in the number of recognized delivery organizations.

Access

Participation in CDC-recognized programs also increased exponentially, from 527 participants in 2014 to 9,854 in 2018. Participation by racial/ethnic minorities also improved by over 10 percentage points from baseline. Individuals who identified as minorities comprised 37.4% of participants in 2017, which parallels the distribution of prediabetes in the general population. Although these increases in availability and participation are promising, program retention rates remain low, with only 35.9% of participants completing the program as of 2018.

Coverage

In 2018, the NYSDOH Evidence-Based Benefit Review Advisory Committee recommended NDPP coverage for Medicaid members, and work is ongoing to explore mechanisms to support reimbursement. Continuing to build and sustain the capacity to deliver and reimburse for NDPP across the state while exploring ways to increase engagement of priority populations will ensure that adult New Yorkers reduce their risk of developing diabetes.

Figure 1: CDC DPRP-Recognized Organizations Delivering NDPP in NYS

The number of organizations has more than doubled in 4 years

