

Medicare Diabetes Prevention Program (MDPP)

Expanded Model Fact Sheet

The Medicare Diabetes Prevention Program (MDPP) is a behavior change intervention that builds on the success of the Centers for Disease Control and Prevention's (CDC) National Diabetes Prevention Program (National DPP). The National DPP is a structured lifestyle intervention that was tested in the Medicare population through an Innovation Center-funded DPP Model Test (Y-USA test). The DPP Model test showed that group-based community sessions can lead to beneficiary weight loss and Medicare savings.¹

The Prevalence and Cost of Diabetes

Diabetes affects many individuals, negatively impacts health outcomes, and carries high costs. Effective behavior change can reduce the risk of type 2 diabetes.

While Many are At-Risk for Diabetes, Few are Aware

1 in 2

Adults over age 65 have prediabetes²

however...



Only one in four adults aged 65 and older with prediabetes are aware of their condition³

Diabetes Prevalence is High and Growing



Nearly one in three adults age 65 and older have diabetes⁴

and...



Prevalence of diabetes is expected to increase to 21% of the adult population⁵

Diabetes Burdens the System with High Costs

2.6x

Diabetes causes individuals to spend 2.6 times more on health care per year⁶

and...

\$205B

Adults with diabetes have more ED visits, hospitalizations, and take a larger number of prescription drugs⁷

Program Overview

The goal of MDPP is to help Medicare beneficiaries achieve at least 5% weight loss through up to one year of behavior change sessions to prevent the onset of type 2 diabetes through practical training in:



Long-term dietary change



Increased physical activity



Behavioral change strategies for weight loss

There are three key groups that participate in the delivery of MDPP services: suppliers, coaches, and beneficiaries.

Suppliers...

- Are hospitals, community organizations, churches, clinics, and other kinds of organizations.
- Have **preliminary, full, or full plus recognition** from the CDC Diabetes Prevention Recognition Program (DPRP).⁸
- Meet program eligibility requirements as described in the *Enrollment Requirements Checklist*.⁹
- Deliver the MDPP set of services to eligible Medicare beneficiaries.

Coaches...

- Are employees, contractors, or volunteers of an MDPP supplier.
- Have a valid National Provider Identifier (NPI) that meet full program eligibility requirements.
- Can be clinical or non-clinical professionals trained in the CDC-approved curriculum.^{10,11}

Eligible Medicare beneficiaries...

- Are individuals enrolled in Original Medicare (Part B) or Medicare Advantage (Part C) and meet a minimum Body Mass Index (BMI) and one of three blood test requirements, in addition to other criteria.
- Beneficiaries with Original Medicare/Fee-for-Service coverage pay no out-of-pocket costs to participate.

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Need More Information?



Visit:

<http://go.cms.gov/mdpp-exp>



Ask a Question:

<https://cmmi.my.site.com/mdpp/>



The Benefits of MDPP



Reach a population that is likely unaware of their pre-diabetes status



Empower high-risk individuals to take action by improving their health



Create community impact by promoting healthier evidence-based behaviors



Reduce risk of type 2 diabetes among Medicare beneficiaries



Achieve cost-savings through weight loss and improved population health

Footnotes

¹ <https://downloads.cms.gov/files/cmmi/hcia-communityrppm-thirdannualrpt.pdf>

² <https://www.cdc.gov/diabetes/php/data-research/>

³ Refer to footnote 2

⁴ Refer to footnote 2

⁵ <https://archive.cdc.gov/#/details?url=https://www.cdc.gov/media/pressrel/2010/r101022.html>

⁶ <https://diabetes.org/newsroom/press-releases/new-american-diabetes-association-report-finds-annual-costs-diabetes-be>

⁷ Refer to footnote 6

⁸ <https://dprp.cdc.gov/registry>

⁹ <https://www.cms.gov/files/document/mdpp-dsmes-enrollment-list-v2.pdf>

¹⁰ <https://www.cms.gov/priorities/innovation/files/fact-sheet/mdpp-coachelig-fs.pdf>

¹¹ <https://www.cdc.gov/diabetes-prevention/php/program-provider/staffing-and-training.html>