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 CDC's 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 1 in 7 adults aged 65 and older with prediabetes are aware of their condition³

Diabetes Prevalence is **High and Growing**



One in four adults over age 65 have diabetes4

and...



Prevalence of diabetes is expected to double by 2050 among adults⁵

The Disease Burdens the **System with High Costs**

\$104B

Annual Medicare cost of care for Americans 65+ with diabetes⁶

and...



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 8 of behavior change sessions to prevent the onset of type 2 diabetes through practical training in:





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 or full CDC **DPRP** recognition
- Meet program eligibility requirements as described in the Supplier Requirements Checklist.
- Deliver up to 1 year of MDPP set of services to eligible Medicare beneficiaries.9
- For more on supplier eligibility

https://innovation.cms.gov/Files/ x/mdpp-supplierreq-checklist.pdf

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 can be clinical or nonclinical professionals trained in the CDC-approved curriculum. 10,11
- For more on coach eligibility, visit: https://innovation.cms.gov/Files/f act-sheet/mdpp-coachelig-fs.pdf

Eligible Medicare beneficiaries...

- Are individuals enrolled in Original Medicare (Part B) or Medicare Advantage (Part C) and meet a minimum BMI and 1 of 3 blood test requirements, in addition to other criteria. Beneficiaries with Original Medicare/Fee-for- Ser vice coverage pay no out-ofpocket costs to participate.
- For more on beneficiary eligibility,

https://innovation.cms.gov/Files/f act-sheet/mdpp-beneelig-fs.pdf

Need More Information?





Ask a Question:

https://cmsorg.force.com/mdpp/



The Benefits of MDPP



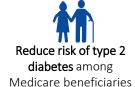
Reach a population that is likely unaware of their prediabetes status



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



Create community impact by promoting healthier evidence-based behaviors





population health

Footnotes



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

²https://www.cdc.gov/diabetes/data/statistics-report/index.html

³Refer to footnote 2

⁴ https://diabetes.org/about-diabetes/statistics/about-diabetes

⁵ https://www.cdc.gov/media/pressrel/2010/r101022.html

⁶James Boyle, et al., "Projection of the Year 2050 Burden of Diabetes in the US Adult Population: Dynamic Modeling of Incidence, Mortality, and Pre-Diabetes Prevalence," Population Health Metrics 8, no. 29 (2010): 1–12

⁷Refer to footnote 4

⁸https://innovation.cms.gov/Files/x/mdpp-supplierreq-checklist.pdf

⁹Refer to footnote 8

¹⁰https://innovation.cms.gov/Files/fact-sheet/mdpp-coachelig-fs.pdf

¹¹https://www.cdc.gov/diabetes/prevention/staffing-training.htm