

Model Overview

The Medicare Diabetes Prevention Program (MDPP) is an evidence-based lifestyle intervention with the goal of preventing type 2 diabetes in individuals with prediabetes. The short-term goal of the program is to help individuals lose at least five percent of their weight, with the longer-term goals of improved health and lower Medicare expenditures. The intervention consists of a minimum of 16 intensive “core” sessions furnished over six months that provides training in long-term dietary change, increased physical activity, and behavior change strategies for weight control. Subsequent monthly follow-up meetings help participants maintain healthy behaviors.

Participants



MDPP Suppliers: As of December 2021, there were 305 MDPP enrolled suppliers and 1,059 supplier locations.



Beneficiaries: 4,848 Medicare beneficiaries have participated in the MDPP. The number of new MDPP beneficiaries declined significantly in 2020 due to the COVID-19 PHE and did not fully recover in 2021.

Year	New fee-for-service beneficiaries	New Medicare Advantage beneficiaries	Total beneficiaries
2018	70	78	148
2019	1,149	898	2,047
2020	467	512	979
2021	639	1,035	1,674
Total	2,325	2,523	4,848

Selected beneficiary demographics include:



Findings

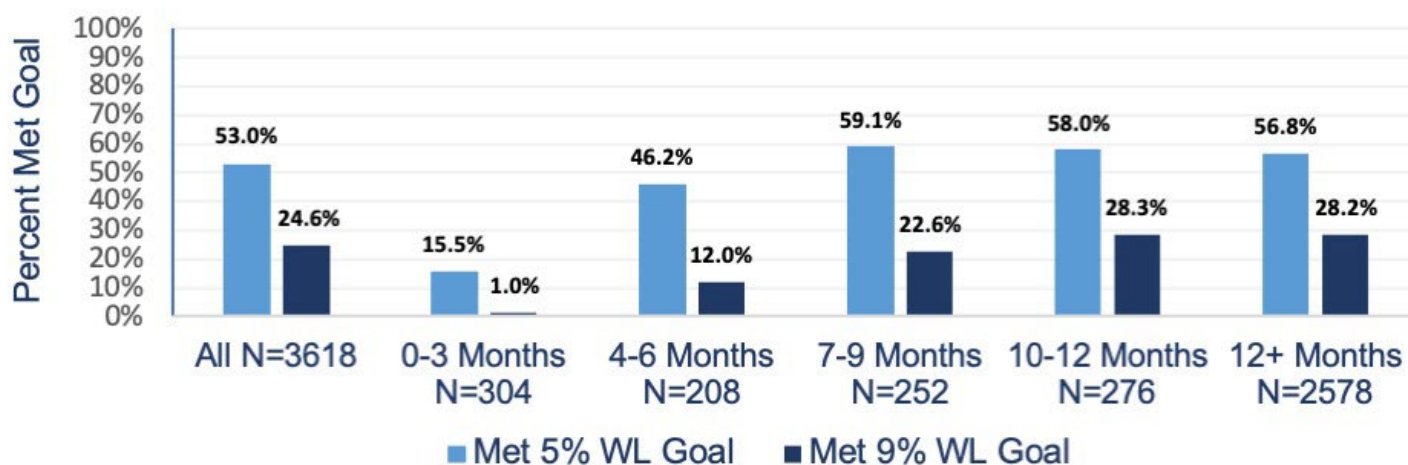


Attendance: Beneficiaries, on average, have attended 17 MDPP sessions, and the average length of enrollment was approximately 8 months.



Weight loss: On average, beneficiaries lost 5.1% of their starting weight. Overall, 53% of MDPP beneficiaries met the 5% weight-loss goal, and 24.6% met the 9% weight-loss goal.

Percentage of Beneficiaries Meeting Weight Loss (WL) Goal, by Months Since First Class



Beneficiary expenditures and utilization: Preliminary analysis indicates that MDPP participation does not significantly impact Medicare expenditures.



Health outcomes: It is too early to assess the program's impact on diabetes incidence or other long term health outcomes as there are an insufficient number of participants with longer term follow-up periods.

Key Takeaways

MDPP beneficiaries have lost weight and are largely meeting physical activity goals, thereby meeting the immediate goals of the program. However, low participation has limited the program's impact on the overall population health of Medicare beneficiaries. At this point, evidence suggests that the program does not impact Medicare expenditures. It is too early to assess the program's impact on diabetes incidence due to the limited number of participants with long term follow-up periods.