

Model Overview

The Medicare Diabetes Prevention Program (MDPP) is an evidence-based, yearlong lifestyle change program with the goal of preventing or delaying type 2 diabetes in individuals with prediabetes. The program aims to help individuals lose at least 5% of their weight, with the goals of improving patient health and lowering Medicare expenditures. The program provides education in long-term dietary change, increased physical activity, and behavior change strategies for weight control.

Participants



MDPP Suppliers

- As of April 2024, there were 414 suppliers, of which 357 (86%) have enrolled at least one person in the program.
- Most MDPP suppliers are health care organizations (66%), followed by community-based organizations (19%), state or local health departments (8%), and YMCAs (7%).
- Delivery locations are located across 49 states and are concentrated in the Northeastern part of the United States.



MDPP Beneficiaries

- Between April 2018 and March 2024, MDPP suppliers enrolled 9,015 beneficiaries, with about half being in Medicare Advantage and the other half being in fee-for-service (FFS).
- Most MDPP beneficiaries (70%) are between 65 and 74 years of age.
- Most MDPP beneficiaries (76%) are female.

MDPP Supplier Locations



- MDPP supplier locations

Findings



Beneficiary Engagement

- Almost half of MDPP beneficiaries identified a health care provider referral as their motivation to enroll in the program.
- Most MDPP beneficiaries (59%) attended the program primarily in person, and about one-third of MDPP beneficiaries (34%) attended the program primarily virtually.
- On average, MDPP beneficiaries completed 18 sessions and were enrolled for 8 months, which means they completed at least the core phase of the program (16 sessions).

“ [I learned] that a lot of things affect the sugar levels in your blood. Exercise affects it and your mental outlook—if you’re high stress, the sugar is higher in your bloodstream than if you are at low stress levels. There are a lot of things that affect your actual sugar levels, besides just candy.

~MDPP Beneficiary



Beneficiary Outcomes

- The average weight loss of MDPP beneficiaries was 4.9%. Average weight loss was highly correlated with the numbers of sessions attended.
- More than half of beneficiaries (53%) met the 5% weight loss goal. Of those who lost at least 5% of body weight and stayed in the program, 80% maintained at least 5% weight loss.
- Beneficiaries reported that early progress in weight change or other measures, such as reductions in A1c levels, positively affected their experience and encouraged them to remain in the program.
- Individuals with prediabetes are at high risk for developing diabetes, and the program gives beneficiaries tools to help them delay the progression to diabetes. Among the MDPP FFS beneficiaries, an estimated 5.9% progressed to diabetes each year after participating in the program.

Key Takeaways

MDPP introduced a new class of providers to Medicare, which expanded the delivery of diabetes prevention services into both clinical and nonclinical community settings. Although MDPP’s high retention rates and association with weight loss is promising, reach of the program has been limited. Although an estimated 16 million Americans 65 years of age or older are eligible for MDPP, fewer than 10,000 beneficiaries have participated in MDPP. Limited participation among suppliers and beneficiaries has kept MDPP from having an overall impact on population health.