Call for Proposals: Demonstration Projects and Champion Development for Providers to address Type 2 Diabetes Prevention

Introduction

The American College of Preventive Medicine (ACPM) recently began our second year of partnership with the Division of Diabetes Translation at CDC to increase physician awareness and practices to screen, test, and refer patients with prediabetes to CDC-recognized organizations participating in the National Diabetes Prevention Program (National DPP).

The CDC-led National DPP is a partnership of public/private organizations working collectively to establish, spread, and sustain an evidence-based lifestyle change program for people with prediabetes to prevent or delay onset of type 2 diabetes. The partners work to make it easier for people with prediabetes to participate in evidence-based, affordable, and high-quality lifestyle change programs to reduce their risk of type 2 diabetes and improve their overall health.

The goal of our work with CDC is to increase physicians’/health care professionals’ awareness of prediabetes as a serious health condition and to increase the number of physicians/health care professionals taking action to screen, test, and refer patients with prediabetes to CDC-recognized diabetes prevention programs (programs with pending, preliminary, or full recognition).

ACPM partners with CDC and other organizations to develop, coordinate, implement and manage educational trainings, as well as gather stakeholder input from experts in the field.

Through this project, ACPM will fund 3 health care organizations/practices to develop and implement a protocol for screening, testing, and referring patients with prediabetes to a CDC-recognized diabetes prevention program, either through the EHR or by using another non-electronic approach. Award recipients will work with ACPM to document their experiences and lessons learned as case studies to inform and teach others.

The award winners will also make a commitment to serve as Provider Champions. As
Provider Champions, they will serve as spokespersons for this project, mentor their peers, and be available to be interviewed by ACPM for promotional videos and other materials that will be available for ACPM members as enduring content. In addition, Provider Champions will play a key role in the development of practice case studies informed by the work of this project. The award winners will be notified in October, 2017 and will be given six months to complete their demonstration between November, 2017 and April, 2018. The six providers will develop a report and share their findings at the May 2018 ACPM annual conference in Chicago, Illinois.

Background

Addressing and reducing the burden of prediabetes is a public health priority. Throughout the United States, 84 million Americans, or 1 in 3 adults, have prediabetes.¹ Research has shown that enrolling those who have prediabetes into a structured lifestyle change program can reduce their risk of type 2 diabetes by 58%.² As you already know, prediabetes can often be reversed by having your patients engage in a lifestyle change program that can delay or prevent type 2 diabetes.

The National Diabetes Prevention Program (National DPP), led by CDC, is a partnership of public and private organizations working to reduce the growing problem of prediabetes and type 2 diabetes. The partners work to make it easier for people with prediabetes to participate in evidence-based, affordable, and high-quality lifestyle change programs to reduce their risk of type 2 diabetes and improve their overall health.

A CDC-recognized diabetes prevention program is a structured program that can be offered in-person or online to prevent type 2 diabetes. It’s a year-long program led by a trained lifestyle coach who uses a CDC-approved curriculum to help your patients change certain aspects of their lifestyle like eating healthier, reducing stress, and getting more physical activity. This program is designed for people who don’t already have diabetes and meet specific risk criteria.

People with prediabetes usually do not exhibit any symptoms, and nine out of ten adults with prediabetes are not aware of their condition. Physicians and other health care professionals can play a critical role in screening, testing, and referring people with prediabetes to CDC-recognized diabetes prevention programs. Additionally, research has shown people are more likely to enroll in a health program if their physician recommends they do so.

ACPM’s Commitment to Lifestyle Change

ACPM is a professional medical society of preventive medicine and public health
physicians who manage, research, and influence population health. Preventive medicine physicians are employed in a wide range of sectors and settings, and ACPM Fellows are sought after leaders in local, national, and international health sectors. ACPM provides a dynamic forum for the exchange of knowledge and offers high-quality educational programs as well as professional development resources and networking opportunities.

**Demonstration Project Award Details**

ACPM will provide six grants to test and evaluate innovative approaches to screen, test, and refer patients with prediabetes to a CDC-recognized diabetes prevention program. Two provider group will be chosen from each of the three categories listed below, and each provider group will receive $15,000. ACPM will select providers who are engaged or who have demonstrated interest in prevention. Preference will be given to providers who reside in an area with established public or commercial payer coverage for the National DPP as well as those practices in close proximity to CDC-recognized diabetes prevention programs. Additionally, providers will also be chosen based on the burden of prediabetes among their patient population. The grantees will be selected from the following healthcare settings:

1. **Community Health Centers or Federally Qualified Health Centers (FQHC); FQHC Look Alike; Rural Health Clinics; Free and charitable clinics**

   **FQHC:** Any provider who currently works in a [Federally Qualified Health Center](https://www.hrsa.gov/fqhc), as designated by the Health Resources and Services Administration (HRSA), is eligible to apply for the grant. These include health centers that serve homeless patients, farm worker patients, public housing patients, and veteran patients.

   **FQHC Look-Alike:** Any provider who works in a [FQHC Look-Alike](https://www.hrsa.gov/fqhc), as designated by HRSA, is eligible to apply for the grant.

   **Rural Health Clinic:** Any provider who works in a [Rural Health Clinic (RHC)](https://www.hrsa.gov/healthcenters/rural), as designated HRSA, is eligible to apply for the grant.

   **Free and Charitable Clinics:** These are [health clinics](https://www.hrsa.gov/healthcenters/free), located across the country, that do not receive any federal funds that are given to FQHCs and RHCs. They also receive little to no state funds. Any provider who volunteers a significant portion of their time (at least two days a week) at a free or charitable clinic is eligible to apply.

2. **Independent Physician Associations (IPA); medical groups:** Any provider who is in an IPA and pursuing opportunities such as contracts with employers, accountable care organizations (ACO), or managed care organizations (MCO) is encouraged to apply. Physicians in medical groups who are also engaged in patient-centered medical homes
(PCMH) are encouraged to apply.

3. Integrated Delivery System (IDS): Any provider who is part of an integrated delivery system (IDS) that is vertically and horizontally aligned to provide a continuum of care to a specific geographic area in need is eligible to apply. Any provider within an IDS that functions as an ACO is also eligible to apply.

**Award Selection:**

A panel of ACPM members has been assembled to form the Diabetes Prevention Program Advisory Council. The members were selected based on their varied experience and expertise in screening, testing, referral, and counseling relevant to type 2 diabetes prevention. The panel, along with ACPM staff, will choose the final award winners based on the following criteria (the list is not exhaustive):

- Providers submit a complete application packet furnishing all the information required on the checklist.
- Providers possess the knowledge and competencies to use the existing tools and training to implement the demonstration project within a prescribed timeline.
- Providers clearly identify the high-risk population that will benefit from this project based on risk criteria identified in CDC’s Diabetes Prevention Recognition Program (DPRP) Standards. ADD HYPERLINK
- Providers have access to a CDC-recognized in-person or online diabetes prevention program that can be accessed by their patients with prediabetes.
- After the project is complete, providers are able to commit to serving as champions and sharing their findings at the 2018 ACPM annual meeting, and to helping ACPM develop enduring content for future learning opportunities through the completion of interviews and development of case studies.
**Provider Eligibility Requirements**

Providers must meet these criteria in order to apply:

1. Any provider (physician, nurse practitioner, registered nurse, or physician assistant) with a current and valid license to practice in any of the 50 states or territories

2. Clinicians (nurse practitioners, registered nurses, and physician assistants) who wish to apply for this grant should belong to one of the four healthcare settings described above.

3. Please note that two providers from the same healthcare setting will not be chosen for two separate awards.

Providers who meet any one or more of the following criteria may apply:

1. ACPM member physicians who are involved in clinical care (having direct contact with and providing clinical care one-on-one for patients at least two days a week) in one of the above four healthcare settings, and who are engaged in practicing prevention in areas with underserved and high-risk populations. *

   *ACPM members are encouraged to apply, but priority will be given to providers who fulfill the eligibility criteria.*

2. Physicians (MD/ DO) and clinicians (nurse practitioners, registered nurses, physician assistants, or registered dietitians) who provide direct clinical care and currently engage their high-risk patients in brief lifestyle medicine counseling or education.

3. Physicians and clinicians who refer their patients to any community-based lifestyle change program.

4. **Screening Practices Criteria:** Providers who meet either of the following criteria are eligible to apply.

   a. Physicians and clinicians who already have a system in place to screen, test, and refer their patients to a CDC-recognized diabetes prevention program and who simply wish to test the effectiveness of their current system using existing. These providers may not need to make any changes to their workflow or their referral process.
b. Physicians and clinicians who do not currently have a system in place to screen, test, and refer patients to a CDC-recognized diabetes prevention program. These providers would be utilizing the award to change their current workflow and/or referral process with the help of existing tools (e.g.: AMA/CDC toolkit: Preventing Type 2 Diabetes—A Guide to Refer Your Patients with Prediabetes to an Evidence-based Diabetes Prevention Program).

**Award Requirements**

Providers who wish to apply for this grant should be able to fulfill the following requirements:

1. Implement the award immediately, and adhere to the timeline listed below.
2. Refer to a CDC-recognized online or in-person diabetes prevention program in their patients’ community. Physicians themselves will not be providing the intense lifestyle change intervention, even if they have the training and the competency.
3. Two providers from the same healthcare setting will not be chosen for two separate awards.
4. Providers must allot time in their demonstration project to obtain feedback / data regarding their patient’s progress in the program and complete follow up with their patients. Patient contact must be attempted a minimum of two times during the demonstration project period. Establishing a system for bi directional feedback is of high interest.
5. Providers must be able to serve as Provider Champions (described in the section below).
6. Providers **should not** use any portion of the award to cover the cost of the diabetes prevention program for their patients.
7. Providers must not have a conflict of interest. No member of the ACPM Diabetes Prevention Advisory Council or the ACPM WISEWOMAN Advisory Council can apply for this grant.
**Provider Champion Requirements**

1. Award winners are required to communicate regularly to provide updates on the demonstration project with ACPM physician consultants. These updates will be shared with the Diabetes Prevention Advisory Council.

2. Award winners will be available for peer-to-peer mentoring and will share their experiences with the demonstration project with other providers.

3. Award winners should be available to present findings from the demonstration project at the Diabetes Prevention Learning Institute to be held in, May 2018 at the ACPM Annual meeting in Chicago, Illinois. ACPM will cover conference-related expenses incurred by the award winners.

4. Award winners will make themselves available for marketing videos and other promotional materials and promising practice case studies to be developed by ACPM.

**Application Requirements**

Please complete the proposal document and checklist available here:

www.acpm.org/dpp

The following is brief summary of the application requirements:

- **Background and contact information**: The physician/clinician who will be the lead investigator for this project will provide background information about his/her practice in prevention. Applicants will also include information about their healthcare setting.

- **Current practices**: The lead investigator will be asked to describe any current practices he/she employs to screen, test, and refer patients with prediabetes to a diabetes prevention program. Applicants will also include practices employed by their healthcare setting.

- **Demonstration Project**: Applicants will be asked to explain how they will use the award to screen, test, and refer their patients to a CDC-recognized diabetes prevention program. Applicants will identify any changes to workflow and include ways to manage the workflow. Applicants must describe how they will use the current tools (e.g.: AMA/CDC toolkit: Preventing Type 2 Diabetes—A Guide to Refer Your Patients with Prediabetes to an Evidence-based Diabetes Prevention Program) to screen, test, and refer their patients.

- **Evaluation and Sustainability**: Applicants will include a preliminary evaluation plan to provide feedback on tools and resources that will be used to improve their screening, testing, and referral processes for prediabetes. Applicants must identify ways in which the workflow changes and the screening, testing, and referral processes can sustain once the grant period is completed.
- **Budget and Timeline:** Applicants will be asked to submit a budget and a budget narrative for the amount they are awarded. Applicants will also include a timeline for completing the demonstration project.

### Timeline

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>Thursday, August 24, 2017</td>
<td>Call for proposal announced</td>
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<tr>
<td>Tuesday, October 10, 2017</td>
<td>Deadline for submitting the application</td>
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<tr>
<td>Week of October 30, 2017</td>
<td>Award winners notified</td>
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<tr>
<td>Week of November 6, 2017</td>
<td>- Initial funds disbursed to six award winners</td>
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<td>- Providers begin implementing the demonstration projects</td>
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<tr>
<td>November 6 – April 30, 2018</td>
<td>Providers implement their demonstration projects</td>
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<td>Remaining funds disbursed</td>
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<tr>
<td>Monthly between November 6, 2017 and April 30, 2018</td>
<td>Providers check in with physician consultants and the ACPM staff on their progress</td>
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<tr>
<td>February 2018</td>
<td>Physician consultants and ACPM staff visit the sites of all six providers</td>
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<tr>
<td>April 30, 2018</td>
<td>Providers complete demonstration projects</td>
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<tr>
<td>May 2018</td>
<td>Providers develop final report with their findings and lessons learned</td>
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<tr>
<td>May, 2018</td>
<td>The providers present their findings at the annual ACPM meeting in Chicago, Illinois</td>
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### Award winner benefits:

Those who are selected as award winners will receive the following.

- Expertise and support of lifestyle medicine and diabetes prevention experts through the ACPM Diabetes Prevention Program Advisory Council.
- Access to the Lifestyle Medicine Curriculum online, at a value of $1,000 per individual provider during the project demonstration period, and up to 36 CME/MOC credits towards your professional development requirements.
- Access to complementary toolkits developed by CDC and AMA, and other materials.
- Ability to serve as champions, promote your demonstration projects, and mentor other providers.
- Opportunity to share findings from your demonstration project, and participate in the ACPM annual meeting.
Contact Information If you have any additional questions or clarifications regarding this application, please contact grants@acpm.org.