The National Diabetes Prevention Program (National DPP) lifestyle change program prevents or delays type 2 diabetes by helping participants make lasting lifestyle changes like eating healthier, increasing physical activity, and increasing coping skills. The National DPP lifestyle change program is covered by Medicare, many commercial payers, and Medicaid in some states (coverage toolkit.org/participating-payers).

**Goal**
To demonstrate how state Medicaid agencies, in collaboration with state health departments, can implement delivery models for the National DPP lifestyle change program for Medicaid beneficiaries at high risk for type 2 diabetes through managed care organizations (MCOs) or accountable care organizations (ACOs).

**Maryland**
- **563* PARTICIPANTS ENROLLED**
- **4 NUMBER OF MANAGED CARE ORGANIZATIONS**
- **13 NUMBER OF CDC-RECOGNIZED ORGANIZATIONS**

**Oregon**
- **350* PARTICIPANTS ENROLLED**
- **3 NUMBER OF ACCOUNTABLE CARE ORGANIZATIONS**
- **8 NUMBER OF CDC-RECOGNIZED ORGANIZATIONS**

* Enrolled is defined as completing at least one session.
Engage health care providers to increase referrals of eligible Medicaid beneficiaries to the National DPP lifestyle change program.

- Start with establishing referral processes with a small number of large health care provider groups.
- Distribute promotional materials, make in-person visits, and send reminder emails to health care providers and their staff.
- Provide lists of eligible patients to health care providers.
- Offer brief presentations to staff at health care provider offices about the program, the referral process, and the risk of prediabetes to Medicaid beneficiaries.

Allocate staffing resources to support recruitment efforts.

- Dedicate project management and field staff, including community health workers, who can identify and recruit potential participants and support health care providers and CDC-recognized organizations.
- Implement community-based recruitment strategies such as partnering with organizations or recruiting at events in a community setting.

CDC-Recognized Organizations

- Adapt recruitment materials and strategies to meet participant needs.
- Use community health workers and lifestyle coaches to conduct outreach, recruitment, and enrollment at health fairs and other community activities to reach Medicaid beneficiaries.
- Use introductory sessions (“session zero”) to assist with enrollment and orient potential participants to National DPP lifestyle change program classes.

For further information, see: cdc.gov/diabetes/prevention and coverage-toolkit.org.

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