Rx for Prevention
A Comprehensive Strategy to Improve Sustainability

Chronic Disease Prevention Programs

- Operational Capacity
- Volume Growth
- Engagement Strategy
- Pricing & Payer Mix
- Program short and long term outcome
Improved Clinical - Community Integration and Coordination
Family & Individual Engagement & Empowerment

Care Delivery
- Clinicians / Clinical Team
- Information systems
- Decision support
- Self-management support

Community Systems
- Community health leaders
- Community service providers
- Resources
- Services
- Collaborative environment

Integration
- Advocacy
- Data exchange
- Financing
- Governance
- Bidirectional referrals
- Engagement technology
- Communication

Metrics

Training & Education

Health Equity
Rx for Prevention
Decision Pathway for Diabetes and Prediabetes

Identify patients at high risk for developing diabetes

- Perform FPG, A1C, or 2-hour 75 gram glucose challenge

1. Fasting plasma glucose (FPG)
   - ≥ 126 mg/dL: Diabetes
   - 100–125 mg/dL: Prediabetes
   - 99–125 mg/dL: Normal

2. A1C
   - ≥ 6.5%: Diabetes
   - 5.7–6.4%: Prediabetes
   - < 5.7%: Normal

3. 2-hour 75 gram glucose challenge
   - ≥ 200 mg/dL: Diabetes
   - 140–199 mg/dL: Prediabetes
   - 130–139 mg/dL: Normal

Diabetes
- Confirm diagnosis
- Initiate treatment

Prediabetes
- Help patient understand the seriousness of prediabetes
- Determine whether patient is ready to make changes
- Help patient identify action-oriented goals to achieve 5–7% weight loss through increased physical activity and healthier food choices
- Review LDL cholesterol, BP, aspirin use, and smoking status
- Consider referral to a lifestyle intervention program based on the NIH-sponsored Diabetes Prevention Program study
- Consider use of metformin

Do you have PREDIABETES?

Prediabetes Risk Test

1. How old are you?
   - Less than 40 years (0 points)
   - 40–49 years (1 point)
   - 50–59 years (2 points)
   - 60 or older (3 points)

2. Are you a man or a woman?
   - Male (1 point)
   - Female (2 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?
   - Yes (1 point)
   - No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?
   - Yes (1 point)
   - No (0 points)

5. Have you ever been diagnosed with high blood pressure?
   - Yes (1 point)
   - No (0 points)

6. Are you physically active?
   - Yes (1 point)
   - No (0 points)

7. What's your weight status?
   - See chart at right

If you scored 5 or higher:
You're likely to have prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes if a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal. Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, Asian Americans, and Pacific Islanders.

Higher body weight increases diabetes risk for everyone, and Asian Americans are at increased diabetes risk at lower body weight than the rest of the general public (about 15 pounds lower).

Lower your risk

Some of the questions in this quiz are possible with small steps to improve prediabetes—and these measures can help you slow your prediabetes.

If you are at high risk, the best thing to do is contact your doctor to see if additional testing is needed.

Visit www.PreventingPrediabetes.org for more information on how to make small lifestyle changes to help lower your risk.
Address upstream challenges
Factors Influencing Health

- Socioeconomic Factors: 40%
- Clinical Care: 20%
- Health Behaviors: 30%
- Physical Environment: 10%
Improve engagement
Develop a plan for sustainability
DEVELOPING A PLAN for SUSTAINABILITY

Market Assessment
- Health Systems & Physician Groups
- Health Plans
- Large Employers
- Community primary and secondary preventative service providers

Portfolio Diversity
- Primary prevention: Wellness programs
- Secondary prevention: DPP
- Tertiary prevention: SMBP

Payor Mix
- Self-Pay
- Employer Payors
- Insurer Payors
- ACOs
- Grants

Volume Growth
- Recruit
- Retain
- Sustain
1. Improved Clinical - Community Integration and Coordination
2. Rx for Prevention
3. Address upstream factors
4. Improve engagement
5. Develop a plan for sustainability

Patient Name: Kansas City Healthcare Community
Address: __________________Date: __________________
Thank You

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