

**Nebraska  
Diabetes Prevention  
Action Plan  
2016 – 2018**

**Promoting Awareness and Increasing Coverage to Support Scaling  
and Sustaining the National Diabetes Prevention Program in Nebraska.**

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## Introduction

In August of 2016, the Nebraska Department of Health and Human Services Chronic Disease Prevention and Control (CDPC) Program and the National Association of Chronic Disease Directors (NACDD) hosted the Nebraska Diabetes Prevention State Engagement meeting. The meeting brought together a diverse group of representatives from several organizations to acknowledge current stakeholders for their diabetes prevention efforts, as well as to engage new partners. The purpose of the meeting was to allow Nebraska partners an opportunity to provide input into the development of a stakeholder-driven action plan with the long-term goal of preventing type 2 diabetes in Nebraska through the scaling and sustaining of the National Diabetes Prevention Program (National DPP).

During the meeting, four diabetes prevention pillar areas were addressed: (1) increasing awareness of prediabetes and the effectiveness of the CDC-recognized lifestyle change program, (2) clinical screening, testing, and referral to CDC-recognized lifestyle change programs, (3) coverage of the National DPP's lifestyle change program by employers and insurance plans, and (4) availability and support of CDC-recognized lifestyle change programs. Following presentations that discussed both challenges and successes for national and statewide efforts to prevent diabetes, participants were separated into the four pillar groups. In the action planning groups, participants began to frame objectives, goals, and potential activities that could potentially help scale and sustain NDPP statewide.

The input gathered from each pillar group laid the groundwork for the creation of the statewide action plan that this document details. Specifically, the statewide action plan should be used as a roadmap for healthcare providers, health plans, employers and businesses, public health agencies, community-based diabetes prevention partners, and all other stakeholders and partners, to work together to accomplish the overall long-term goal of preventing type 2 diabetes in our state by decreasing the incidence of diabetes among those with prediabetes, and those at risk, through increasing enrollment in CDC-recognized Diabetes Prevention Programs.

## Nebraska Diabetes Prevention Action Plan

The **Nebraska Diabetes Prevention Action Plan, 2016 – 2018**, was created and developed by the Chronic Disease Prevention and Control (CDPC) Program, along with the Action Plan Leader Workgroup of Nebraska. Members of the leader workgroup were identified following the state engagement meeting with the purpose of serving as 'priority area experts' who would lead the plan forward through collaborative partnerships in each of their respective areas. The statewide action plan provides a 'roadmap' for leaders and partners to support and sustain the National Diabetes Prevention Program in Nebraska; an evidence-based, cost-effective lifestyle change program designed to prevent type 2 diabetes. More specifically, this plan should be used to accomplish the overall long-term goal of preventing type 2 diabetes in Nebraska by decreasing the incidence of diabetes among people with prediabetes and those at risk, through increasing enrollment in CDC-recognized Diabetes Prevention Programs.

Objective: To scale and sustain the National Diabetes Prevention Program in Nebraska.

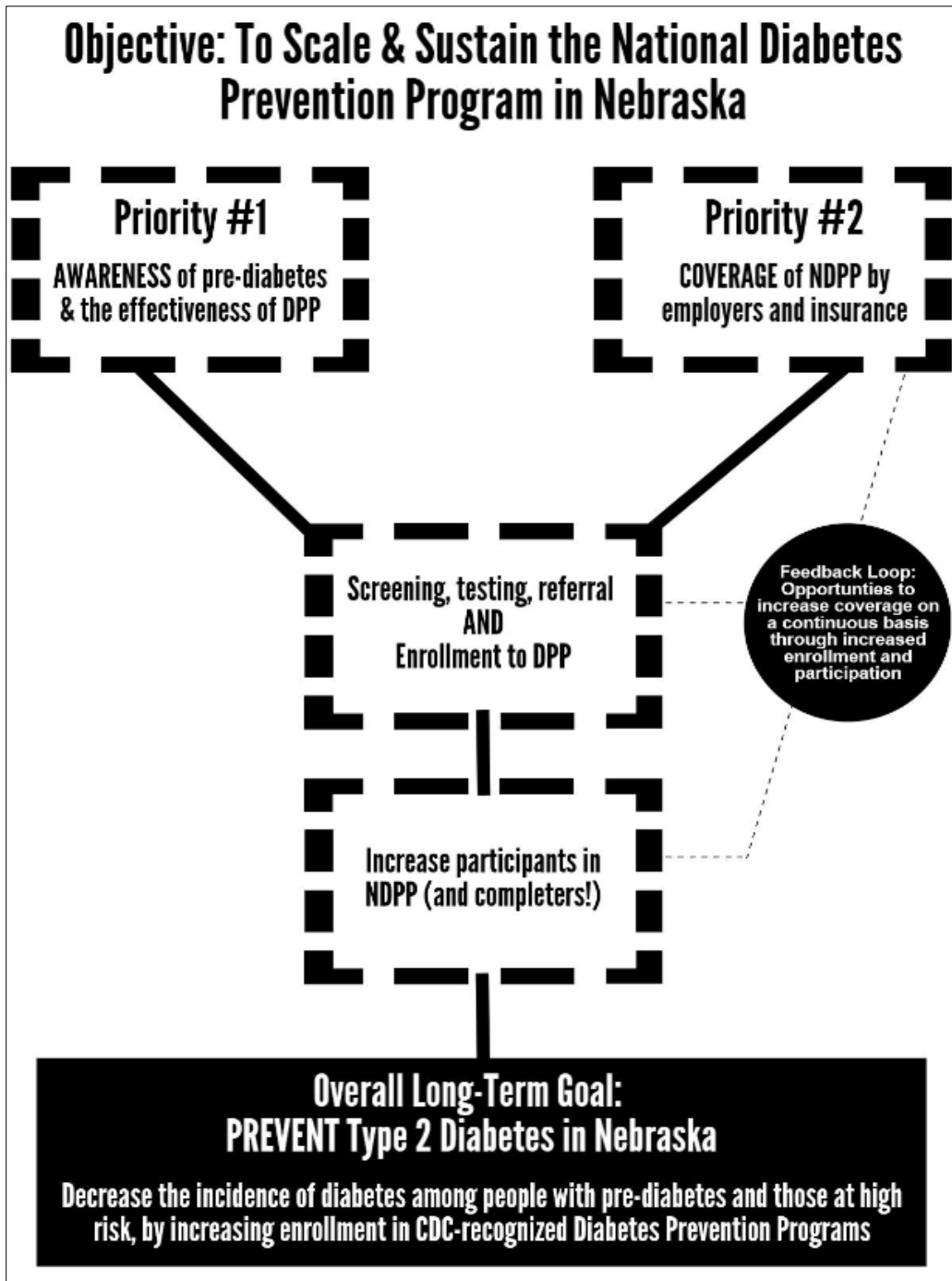
Overall Long-Term Goal: Prevent Type 2 diabetes in Nebraska by decreasing the incidence of diabetes among people with pre-diabetes and those at risk, through increasing enrollment in CDC-recognized Diabetes Prevention Program.

### Priority Areas of Focus

Two key priority areas of focus were identified following the engagement meeting and subsequent action planning meetings.

1. **Awareness** of prediabetes and the effectiveness of CDC-recognized Diabetes Prevention Programs
2. **Coverage** of the National Diabetes Prevention Program by employers/businesses and insurance plans

The plan's goals and objectives demonstrate how these priority areas drive the other two pillar areas addressed at the engagement meeting. The following image portrays how all the Action Plan, and associated priority areas of focus, contributes to sustainable advancement in the prevention of type 2 diabetes.



### **Collaboration: Moving the Plan Forward by 2018**

To be successful in moving the plan forward, we need to combine the efforts of our entire community of diabetes prevention partners. Each type of collaborative partner has a vital role to play in the plan – whether they represent employers or businesses, health plans, DPP providers, lifestyle coaches, health systems, health departments, healthcare providers, community organizations, government, public health, and/or otherwise. The CDPC Team will work to provide technical assistance in each area, but also provide leadership and support during the implementation stages of the plan. Leaders, stakeholders, and partners will drive implementation by carrying out the particular strategies in order to progress toward achieving the plan goals.

### **Principles: Moving the Plan Forward by 2018**

1. All stakeholders, leaders, and partners alike will work together in a collaborative manner to effectively address prediabetes in Nebraska. Only by working together can we achieve our goal of diabetes prevention statewide.
2. Successful partner engagement in our priority areas, representing all organizations and agencies, is key to the success of this plan.
3. Implementation efforts for awareness and coverage should drive our efforts to increase screening, testing, referral, and enrollment to Diabetes Prevention Programs – thereby leading to increases in the number of DPP participants statewide.
4. All priority areas should have an appropriate focus depending on the target audience and outcome (i.e. local communities, health care providers, employers/businesses, priority populations, etc.).
5. Partners will aim to integrate efforts of health equity in all parts of the plan so that the plan reaches populations with the greatest health disparities.

**\*\*The Nebraska Diabetes Prevention Action Plan begins on the following page\*\***

## Priority Area #1: Awareness

**Strategic Area of Focus:** Awareness of prediabetes and the effectiveness of the CDC-recognized lifestyle change program

**Overall Goal:** By the end of 2018, enhance awareness of prediabetes and the National DPP to double the number of new DPP participants across the state.

**Objective:** Develop and implement a multi-faceted communication plan to increase both public and healthcare provider awareness and education of pre-diabetes and the Diabetes Prevention Program in Nebraska.

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### Strategies to Achieve Goal:

1. Identify, develop, and disseminate a list of organizations connected to healthcare providers and health systems
2. Identify best practices for outreach and communication to three target audiences:
  - a. Healthcare providers and systems
  - b. Businesses and employers
  - c. General and priority populations
3. Develop and implement an awareness and educational communications plan using a statewide, coordinated, and unified message to promote referral and enrollment to Diabetes Prevention Programs
  - a. For each target audience, provide appropriate communication and training/education based on identification of best practices (i.e. providing referral forms as well as education to providers, utilizing social media platforms for general and priority populations)
4. Identify key leaders and partners to promote and disseminate the messages to target audiences
5. Promote the Nebraska DHHS 'Partners N Health' National Diabetes Prevention Program web-page as the "clearinghouse" of DPP information, resources, and contacts

### Potential Outcomes from Key Actions:

- *Increased knowledge of pre-diabetes and the DPP*
- *Increased awareness of the effectiveness of the National DPP*
- *Increased opportunities for screening, testing, and referral to DPP*
- *Increased self-referral to DPP*
- *Increased enrollment AND attendance to DPP*
  - o *Increased availability of DPP courses and sites*
  - o *Increase in the amount of trained DPP Lifestyle Coaches*
- *Decreased Type 2 DM incidence (long-term)*

### Potential Strategic Leaders & Partners

- CDPC Team
- NE Diabetes Prevention Action Plan Leader Workgroup
- Local Health Departments (1422 Funded)
- Nebraska Medical Association (NMA)
- Partnership for Healthy Lincoln
- Pharmacies
- Nursing Association
- Federally Qualified Health Centers
- Cultural Centers
- DPP Coaches and Coordinators
- All other statewide partners

## Priority Area #2: Coverage

**Strategic Area of Focus:** Coverage of the National DPP's lifestyle change program by employers/businesses and insurance plans

**Overall Goal:** By the end of 2018, increase by 12 the number of self-insured employers in Nebraska who cover DPP expenses.

**Objective:** Increase DPP reimbursement coverage across the state by working with partners to provide information and education on reimbursement models, claim codes, benefit designs, updates on Medicare coverage, etc. to insurance brokers, insurance administrators, health plans, and employers and businesses.

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### Strategies to Achieve Goal:

1. Create a priority list of businesses and employers to target
  - a. Criteria to include:
    - i. Wellness program currently offered
    - ii. Supportive leadership
    - iii. Lifestyle change programs accessible to employees
    - iv. Potential for offering DPP classes on-site for employees
2. Create and utilize educational and promotional materials for employers, employees, and insurers
  - a. Using awareness communications components, as well as the Diabetes Worksite Toolkit
3. Continue to engage, educate, and build relationships with employers and businesses, as well as insurers and insurance companies, in order to increase DPP coverage benefit options and wellness plans
4. Collaborate with Worksite Councils to include the NDPP in the Governor's Wellness Award criteria
5. Coordinate meetings and/or conference opportunities with employers and insurers to discuss DPP coverage efforts in Nebraska

### Potential Outcomes from Key Actions:

- *Increased knowledge of pre-diabetes and DPP among target audiences*
- *Increased employer and insurer support and 'buy-in' to the importance and effectiveness of DPP*
- *Increased referral to DPP*
- *Increased enrollment and attendance to DPP (on-site or off-site)*
- *Increased offerings of DPP as a covered benefit*
- *Potential for future increases in return-on-investment (ROI) for employers offering DPP as covered benefit (long-term)*
- *Decreased Type 2 DM incidence (long-term)*

### Potential Strategic Leaders & Partners

- |                                                       |                                                    |
|-------------------------------------------------------|----------------------------------------------------|
| - CDPC Team                                           | - Chambers of Commerce                             |
| - NE Diabetes Prevention Action Plan Leader Workgroup | - Priority Business Owners                         |
| - Worksite Wellness Councils                          | - Diabetes Education Center of the Midlands (DECM) |
| - Nebraska Department of Insurance                    | - Hospitals and Clinics                            |
| - Insurance Brokers                                   | - State and Local Medical Associations             |
| - Insurance Carriers                                  | - All other statewide partners                     |

## **What YOU Can Do to Help Prevent Diabetes in Nebraska**

Our partnerships are pivotal to the successful implementation of the Nebraska Diabetes Prevention Action Plan. As a part of these efforts, the Nebraska Diabetes Prevention Leader Workgroup will convene regularly in order to collaborate and guide implementation efforts. Nebraska employers, health plans, health systems, healthcare providers, local health departments, public health agencies, community-based organizations, and all other diabetes prevention partners are encouraged to join and participate in our action plan implementation efforts. Every partner is encouraged to share this plan with others within their organization and networks, as well as with other partners who may have a role in diabetes prevention. To learn more about how you and your organization can help lead this plan forward, please contact:

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