



NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS
Promoting Health. Preventing Disease.

Medicaid Coverage for the National Diabetes Prevention Program DEMONSTRATION PROJECT

The Medicaid Coverage for the National Diabetes Prevention Program (National DPP) Demonstration Project, funded by the Centers for Disease Control and Prevention (CDC) and facilitated by the National Association of Chronic Disease Directors (NACDD), was a multi-year project to determine how the National DPP lifestyle change program can be provided to the Medicaid population using collaborative partnerships among state Medicaid agencies, State Health Departments, managed care organizations (MCOs), and community-based organizations. The Demonstration Project was carried out in Maryland and Oregon, which were selected through a competitive process and funded from July 2016 – January 2019.

The ultimate goal of the Demonstration Project was to achieve sustainable coverage of the National DPP lifestyle change program for Medicaid beneficiaries under current Medicaid authorities.

Revised December 2020

Since 1998, the National Association of Chronic Disease Directors and its more than 7,000 members have worked to strengthen state-based leadership and expertise for chronic disease prevention and control in all states, territories, and nationally. Learn more at chronicdisease.org or contact Kelly McCracken at kmccracken_ic@chronicdisease.org.

PROJECT FINDINGS:

A robust evaluation conducted by CDC, NACDD, and RTI International documented evidence that the National DPP can be effectively implemented through Medicaid. Evaluation findings and lessons learned include:

- Nearly 1,000 beneficiaries were enrolled in online and in-person programs
- Retention for Medicaid beneficiaries was better than the national average
- Weight loss average of 4.5% of body weight was achieved
- Program supports and services to facilitate attendance were important
- Assessing CDC-recognized organizations' needs for technical assistance to engage with MCOs and Medicaid was critical

SUSTAINABLE COVERAGE:

Maryland will continue to cover the National DPP lifestyle change program in Medicaid through its §1115 HealthChoice Demonstration Waiver (effective September 1, 2019).

- Available to HealthChoice managed care participants statewide
- Can be provided by in-person, online, distance learning, and/or combination CDC-recognized organizations enrolled in Medicaid and contracted with one or more MCOs

Oregon's Health Evidence Review Commission approved coverage for the National DPP lifestyle change program in Medicaid (effective January 1, 2019).

- Offered to both fee-for-service and managed care beneficiaries
- Provided by both in-person and online CDC-recognized organizations enrolled in Medicaid

APPLYING FINDINGS:

Lessons learned from the Demonstration Project inform:

- **National DPP Coverage Toolkit** updates and enhanced content and resources (coveragetoolkit.org)
- **Technical assistance and support** for Medicaid and public health departments including 6|18 diabetes prevention states, select states operationalizing coverage, and Demonstration states (Md. and Ore.)

LEARN MORE:

- Read more about the Demonstration Project and find the evaluation report at coveragetoolkit.org/medicaid-coverage-for-the-national-dpp-demonstration-project/