Tips From NACDD’s Diabetes Council Leadership Group: How to Support the Medicare Diabetes Prevention Program

In 2018, the Centers for Medicare and Medicaid Services (CMS) announced that Medicare would cover the National Diabetes Prevention Program (National DPP) lifestyle change program as a benefit for Medicare beneficiaries. Now more than ever before, State Health Departments (SHDs) and their partners have an instrumental role in supporting the success of the Medicare Diabetes Prevention Program (MDPP) benefit.

Preliminary MDPP data shows that participants have positive outcomes, specifically in retention and weight loss. To evaluate the efficacy and utilization of the MDPP benefit, CMS set an enrollment goal. This makes the process of submitting claims and seeking reimbursement crucial. Knowing that there is a steep learning curve for public health practitioners in the Medicare space, the Diabetes Council Leadership Group identified ways that SHDs and their partners can support the success of the MDPP.

Explore Umbrella Hub Arrangements (UHA). These arrangements can reduce the administrative and billing lift for suppliers by supporting longer-term sustainability of the MDPP. Learn more by watching the Umbrella Hub Arrangements Basics Webinar.

- Work with MDPP suppliers to create a marketing plan. The plan will help drive enrollment among Medicare beneficiaries. Tailor culturally relevant materials to the communities you hope to reach.
• **Weave MDPP strategies into National DPP lifestyle change program supplier contracts.** Encourage medical societies and healthcare providers to refer eligible Medicare beneficiary patients to the program. Build partnerships between MDPP suppliers and organizations who serve people ages 65 and older to increase awareness of the MDPP benefit.

• **Facilitate peer-support meetings with your state’s MDPP suppliers.** Meeting topics can include billing workshops, addressing barriers, and sharing successes.

• **Take advantage of NACDD resources.** The Coverage Toolkit’s [MDPP Implementation Page](#) includes information on how to increase referrals and implement a billing and claims process. New resources include [UHA Business Model](#), [UHA Reimbursement](#), and [UHA Sustainability](#).

Diabetes public health practitioners who work outside of SHDs can partner with their state’s diabetes program to support these activities. For more updates about [NACDD’s Diabetes Council](#), see page 10.

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**Meet the New Faces of NACDD’s Diabetes Portfolio**

During the last few months, NACDD has hired multiple new consultants and staff to support the Diabetes Portfolio. The new team members will be supporting a variety of activities within the portfolio, including communications, evaluation, coverage, and sustainability of the National DPP lifestyle change program.

**Kristen Alford, PhD, MPH, MSW, Diabetes Technical Assistance and Support Team**

**Communications Lead**

Kristen Alford is the Lead Communications Consultant for the Diabetes Technical Assistance and Support project.

She primarily leads the development of information about the progress and success of states working to prevent and manage diabetes, and upcoming professional development opportunities.

Prior to joining NACDD, Kristen served as an Associate Professor of Social Work and Public Health at Calvin University.

She also previously worked in the New York State Department of Health in the Comprehensive Cancer Control Program.

Kristen received a PhD in social work, a Master of Public Health from Michigan State University, and a Master of Social Work from State University of New York at Albany.

She lives in Grand Rapids, Michigan, with her husband and three sons. She is originally from western New York and is an avid Buffalo Bills fan.

**Susan Buell, Diabetes Public Health Consultant, National DPP**

Susan Buell provides technical assistance and expertise to build capacity for public and private payer coverage of the National DPP lifestyle change program.

She will help State Health Departments leverage opportunities to offer the National DPP as a covered benefit under Medicaid and Medicare authorities. Prior to joining NACDD, Susan served as the Association Director of Health Initiatives for the YMCA of Pierce and Kitsap Counties in Washington state.

She has dedicated her career to leading individuals, organizations, and systems to achieve their best community health outcomes. Susan implemented evidence-based chronic disease prevention and intervention programs to address health inequities in communities.

Susan received a Bachelor of Science in Health Service Management and Health Education at the University of Maryland, a certificate in French Language and Literature at La Sorbonne and attended the University of Connecticut. Susan gratefully travels life with three adult children, a loving partner, and two perky puppies in Gig Harbor, Washington.
Sierra Helfrich, MPH, Senior Program Evaluator, Diabetes Prevention

Sierra Helfrich provides evaluation support to the Diabetes Technical Assistance and Support team.

Her primary activities include developing evaluation plans, analyzing evaluation data, preparing evaluation reports, and elevating key findings and practicing promises for publication.

Sierra joins NACDD with more than 10 years of public health experience in state, federal, and health system settings providing evaluation technical assistance to local, state, and territorial entities. Prior to joining NACDD, Sierra worked at the Centers for Disease Control and Prevention (CDC) as an Evaluator for the Overdose Data to Action cooperative agreement. Sierra also worked at the Florida Department of Health on CDC-funded physical activity and nutrition initiatives, state and community health assessments, and improvement planning.

Sierra has a Bachelor of Arts in Sociology from Bloomsburg University and a Master of Public Health from East Stroudsburg University. She lives in Atlanta, Georgia, with her dog, Molina.

Sue Kratochvil, MPH, Diabetes Portfolio Communications Lead

Susan (Sue) Kratochvil is the Lead Communications Consultant for the Diabetes Portfolio, which houses three diabetes projects funded by CDC.

Sue leads communication and publication activities across all NACDD diabetes projects, including The Connector, diabetes health observance activities, and diabetes webpage maintenance.

Sue has an extensive background in marketing and communications for healthcare systems, health plans, and public health agencies.

Sue earned her Master of Public Health from Walden University and a Bachelor of Arts in Journalism and Public Relations from San Jose State University. She resides near Sacramento, California close to her daughter and two granddaughters, and a grand dog, Cookie.

Gwendolyn Williams, MHA, MBA
Diabetes Public Health Consultant

Gwendolyn (Gwen) Williams joins NACDD’s Diabetes Technical Assistance and Support Team as a Diabetes Public Health Consultant, transitioning from her former role as Communications Consultant Lead for NACDD’s Cancer Portfolio.

She will co-lead NACDD’s new Bright Spot project providing grants management and technical assistance and to State Health Departments.

Previously, Gwen piloted the national Everyone with Diabetes Counts Program, serving as a diabetes subject matter expert and senior trainer for Arizona, California, Florida, Ohio, and the US Virgin Islands.

Gwen graduated summa cum laude with a Master of Health Administration and a Master of Business Administration from the University of Phoenix. She is currently pursuing a doctorate in health administration and will graduate in fall 2023.

NACDD Launches Member Engagement Community

We heard you when you told us you are looking for more ways to connect with other Members to support you and your work. Based on your feedback, we have spent the last several months preparing a unique platform for you to connect, engage, and learn with other State/Territorial Health Department staff: the NACDD Engagement Community.

Log in today to share your thoughts on emerging issues in public health, review a rich library of resources (or add your own), and become fully immersed in your supportive and expert peer community.
NACDD’s Annual Report Focuses on Taking Action to Advance Racial Equity

NACDD has released its FY21 annual report, “Taking Action to Advance Racial Equity: Growing Our Field for a Healthier, More Resilient, and Just Future.” This year’s report showcases how the Association has remained committed in our work with our Members to improve State and Territorial Health Departments’ understanding of how to advance anti-racism as a core component of achieving health equity in our chronic disease programming.

Tips on Creating Health Equity and Land Appreciation Statements

In an effort to strengthen our efforts on being an anti-racist organization, NACDD recently shared the resource, Native Land Digital. This tool gives insight on “Land Appreciation” or “Land Acknowledgment.” Learn more about Land Appreciation Statements: Their Importance and How to Craft Them, in our recent blog post.

Health equity is at the forefront of what we do as public health practitioners. For this reason, we recommend that these statements be prepared in advance, and that they serve as a genuine way to uplift inequities faced by the Indigenous People of the land and their efforts to survive and thrive. Reach out to Renaldo Wilson for additional support.

Thank You for Participating in the NACDD 2022 iCount Member Census

Thank you to Members who participated in iCount, NACDD’s annual Member Census! We have been updating records with your responses since the conclusion of iCount in July. We look forward to ensuring Members are included in great new opportunities happening this fall, including last week’s launch of our online NACDD Engagement community. For more information about Membership or NACDD Member benefits, contact Member Services.

Coverage Team Welcomes States for Second Year of Funding and Technical Assistance

NACDD’s Coverage team is excited to welcome many of the Medicaid Beneficiary Enrollment Project States back for a second year of funding and technical assistance and offer the opportunity for new states to come on board.

Enrolling Medicaid participants into the National DPP lifestyle change program often requires a complex mix of policy, partnership, and systems building to enhance access and bridge barriers to participation.

States work along two tracks to increase enrollment: one focused on managed care/accountable care engagement and the other focused on launching Umbrella Hub Arrangements within Medicaid.
MDPP Suppliers Support Enrollment Project

NACDD’s Coverage team has focused efforts to increase enrollment into the MDPP through the MDPP Enrollment project. Working directly with more than 50 MDPP suppliers, NACDD offers optional access to a data management, billing, and claims platform through Welld Health. NACDD, CDC, Welld Health, the American Medical Association, and peer mentors provide technical assistance to participating suppliers to increase their expertise in healthcare provider referrals, billing and claims submission, and marketing.

NACDD launched its fifth Research Funding Agreement in the summer of 2022 and continues to share learnings from these programs with SHDs and through the Coverage Toolkit’s MDPP Implementation Resources page. The next series will be focused on “Scaling the MDPP to Populations of Focus.” If you would like to be added to the mailing list, contact Joanna DiBenedetto.

MDPP Supplier Learning Series

The MDPP Supplier Learning Series is a CMS and CDC-supported webinar series focused on priority technical assistance topics. This series is open to MDPP suppliers, CDC-recognized organizations, and SHDs as an ongoing opportunity for suppliers to learn from each other and subject matter experts on relevant MDPP-related topics. During the series, MDPP suppliers hear from panels of peers and subject matter experts to gain practical strategies for solving MDPP challenges. Each webinar allows MDPP suppliers to discuss best practices, share resources, and offer relevant experiences and perspectives.

This series is a partnership with CMS, CDC, and NACDD. NACDD implements the planning and facilitation of the series. Other stakeholders, such as the Medicare Administrative Contractors, are invited to join the series as applicable. Watch past webinars and access accompanying resources on the Coverage Toolkit’s MDPP Implementation Resources page.

MDPP Basics Video Now Available

NACDD is helping to expand awareness of the CMS Innovation Center’s MDPP benefit through a new informational video that describes the MDPP’s origin, purpose, format, participant eligibility, and more. The video, titled Preventing Diabetes in Your Medicare Population is available on the Coverage Toolkit’s MDPP Basics page. The MDPP allows Medicare beneficiaries to access evidence-based diabetes prevention services, with the goal of reducing the rate of conversion from prediabetes to type 2 diabetes.
**National DPP Coverage Toolkit Updates**

The National DPP [Coverage Toolkit](#) is updated on a quarterly basis. Toolkit updates are developed in alignment with state and national partners’ technical assistance needs to support payer coverage for the program. Recent updates include:

<table>
<thead>
<tr>
<th><strong>Homepage Redesign</strong></th>
<th><strong>Engaging Federally Qualified Health Centers</strong></th>
<th><strong>Health Equity and the National DPP</strong></th>
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<td>The Toolkit’s <a href="#">homepage</a> is now easier to navigate.</td>
<td>This new page focuses on reimbursement of FQHCs delivering the National DPP lifestyle change program.</td>
<td>New pages and resources have been added regarding <a href="#">health equity and the National DPP</a>. Visit the health equity section to learn about:</td>
</tr>
</tbody>
</table>
| **New State Story of Medicaid Coverage** | **Umbrella Hub Arrangements** | **• Defining Health Equity**
**Michigan** is now featured on the [State Stories of Medicaid Coverage](#) page. | **• Connecting Social Determinants of Health and Health-Related Social Needs to Prediabetes and Diabetes**
**UHA section** of the toolkit, including: |
| **• UHA Overview and FAQs**
**• UHA Business Model**
**• UHA Reimbursement**
**• UHA Sustainability** | **• The Connection Between the National DPP Lifestyle Change Program and Addressing Health-Related Social Needs**
**• The Role of Medicaid in Addressing Health-Related Social Needs**
**• Connecting the National DPP Lifestyle Change Program to State and National Health Equity Initiatives** |

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**New Learning Series Helps States Build the Case for Medicaid Coverage of the National DPP Lifestyle Change Program**

NACDD and CDC, in collaboration with the Kem C. Gardner Policy Institute at the University of Utah, recently delivered the first cohort of [Building the Medicaid Case for Coverage learning series](#). This learning series is focused on fostering public health and Medicaid partnerships to advance Medicaid coverage of the National DPP lifestyle change program. By participating in the series, SHD professionals learn about Medicaid fundamentals and building their case for Medicaid coverage of the National DPP lifestyle change program.

State Health Department staff from five states completed the first cohort in May 2022. Congratulations to SHD and Medicaid agency staff from Alabama, Arizona, Florida, Mississippi, and Ohio for completing this series and taking their coverage journeys to the next level!

Applications opened on August 15 for this year’s Building the Case for Coverage – Medicaid Partnerships to Advance the National DPP Webinar. Reach out to [Kelly McCracken](#) with questions or for more information.
New Reference List for State Health Departments: 1705 Organizations and Affiliate Sites by State

In the November 2021 issue of The Connector, we shared a story about how SHD diabetes programs can collaborate with national organization recipients of CDC’s DP17-1705 cooperative agreement, “Scaling the National Diabetes Prevention Program in Underserved Areas.” A new list compiled by CDC and NACDD will help SHDs identify the national organization recipients of the 1705 cooperative agreement who are reaching populations of focus in their state. This list is organized by state and territory and identifies organizations that are MDPP suppliers. NACDD supports 1705 recipients to achieve their objectives.

These national organizations and their affiliate sites work closely to prevent diabetes among Medicare beneficiaries, men, Black people, Asian Americans, Latinx, Indigenous people, Pacific Islanders, and non-institutionalized people with visual impairments or physical disabilities.

State Health Departments can use this reference list and the strategies in the November 2021 issue of The Connector to consider how to collaborate with 1705 national organizations. These strategies support sustainability of their affiliate sites’ CDC-recognized National DPP lifestyle change programs by reaching shared goals around scaling the National DPP in underserved areas.

1705 Team Launches Users Group Forum

NACDD’s 1705 team kicked off its first HALT Users’ group this spring. The group brings together HALT DPP lifestyle coaches and program coordinators from five of the 17 states with HALT Diabetes cohorts in their communities.

It’s an informal forum to celebrate wins, ask questions, and learn best practices from the ProVention team and each other.

NACDD is excited to capture learnings from this group to support our HALT quality improvement processes.

ProVention Health Welcomes Louisiana

ProVention Health would like to extend a warm welcome to the state of Louisiana for joining the HALT family of states that have licensed the English HALT Diabetes DPP platform. Approximately 34% of the adult population in Louisiana have prediabetes. HALT will be a valuable tool for virtually and equitably reaching people at risk for type 2 diabetes.
HALT Diabetes Spanish DPP Platform is Available

Congratulations to Maryland, the first state to go live with their custom HALT Diabetes Spanish DPP platform. The adoption of this platform will allow Maryland DPP providers to scale the National DPP lifestyle change program to reach 1,000 Spanish-speaking participants at risk for type 2 diabetes and will give Spanish-speaking coaches an innovative tool for virtual program delivery. ProVention Health is proud to make this new platform available to all states to meet their diabetes prevention health equity objectives.

“This is a huge step forward for health equity in the Latinx communities at higher risk for diabetes.”

Katie Cacal, HALT’s State Deployment Manager

Similar to the HALT DPP in English, the Spanish DPP can be offered for approximately 10% of the average cost of other virtual and in-person National DPP lifestyle change program options. Many states are using remaining COVID-19 Health Equity funds to purchase the platform. ProVention is including the first year of licensing for states that use the platform. Check out the HALT Diabetes Spanish onboarding video to learn more. Contact John Patton for a demo of the platform.

Five States Receive Bright Spot Funding to Expand Diabetes Prevention Efforts

NACDD recently awarded grants to five SHDs through the Bright Spot Initiative, with funding support from CDC. The Bright Spot Initiative seeks to increase enrollment among populations of focus in the National DPP lifestyle change program and MDPP by engaging in collective impact and actions for centering equity.

Bright Spot recipients work to dramatically increase enrollment in these programs by establishing strategic partnerships that share a common agenda, use a shared measurement and tracking system, promote mutually reinforcing activities, engage in continuous improvement, and establish or strengthen a backbone organization to coordinate the partnership efforts.

Awardees will have access to the NACDD and CDC-supported learning lab, funding, and technical assistance. Each awardee will implement a Bright Spot Project and achieve established enrollment goals for the National DPP lifestyle change program and the MDPP. Funding is from August 1, 2022, through July 31, 2023.
Diabetes Council Elects New Leaders!

Top row (left to right): Edward Clark, II (Fla.), Liz Curry (Ohio), Joyce Hoth (Mo.), Wendy Bailey (Del.), Nicole Smith (Ohio), Feargal Semple (Maine), Monica Thompson (Colo.).
Bottom row (left to right): Rebecca O’Reilly (Vt.), Brittany Ly (Utah), Pam Geis (Wis.), Lauren Neely (Mich.), Caitlyn Jasumback (Utah), Megan Fallon-Sheridan (R.I.).

In July, the Diabetes Council welcomed six new and returning Leaders to the Diabetes Council Leadership Group. Please join us in congratulating them on their election!

Liz Curry  Ohio Department of Health  Chair Elect
Joyce Hoth  Missouri Department of Health and Senior Services  Professional Development Workgroup Co-Chair
Pam Geis  Wisconsin Department of Health Services  Mentoring Workgroup Co-Chair
Megan Fallon  Rhode Island Department of Health  Liaison for NACDD Learning and Professional Development
Lauren Neely  Michigan Department of Health and Human Services  Liaison for Outreach and Member Engagement
Monica Thompson  Colorado Department of Public Health and Environment  Liaison to the NACDD Health Equity Council

The new Leaders are joined in their positions by returning Leaders:

Edward Clark, II  Florida Department of Health  Chair
Rebecca O’Reilly  Vermont Department of Health  Past Chair
Brittany Ly  Utah Department of Health  Mentoring Workgroup Co-Chair
Wendy Bailey  Delaware Department of Health and Social Services  Professional Development Workgroup Co-Chair
Feargal Semple  Maine Center for Disease Control and Prevention  Liaison to the NACDD Cardiovascular Health Council
Caitlyn Jasumback  Utah Department of Health  Liaison to the NACDD Evaluation Peer Network
Nicole Smith  Ohio Department of Health  Liaison to the Diabetes Advocacy Alliance and the NACDD Government Affairs Forum
During the 2021-2022 term, the Diabetes Council Leadership Group contributed to many notable accomplishments that impact all Diabetes Council Members including:

- Planning for the 1815/1817 CDC diabetes recipient showcase, questionnaire, and listening sessions
- Updating the 2022 U.S. Preventive Services Task Force FAQ fact sheet
- Developing two professional development webinars:
  - Your Prescription for Success with Pharmacies Part 1, August 2021
  - Unlocking Your Leadership Potential, July 2021
- Delivering Diabetes Council Workplan Clinics to 41 Diabetes Council Members in 23 states
- And much more!

The Diabetes Council Leadership Group serves as a collective voice for all SHDs. For more information about the Diabetes Council and how you can get more involved, contact NACDD.Diabetes@chronicdisease.org.

**Diabetes Council Comings and Goings**

**Welcome** to the new NACDD Diabetes Council Members. We are looking forward to working with you all.

- Susannah Beckerman (Md.)
- Kara Hughes (Mo.)
- Luke Gifford (Neb.)
- Julia Robinson (Texas)
- Jordan Simpson (Ariz.)
- Rachel Spurr (Ariz.)
- Keturah Tracey (Ill.)

**Farewell:** We wish these former NACDD Diabetes Council Members well in their new roles.

- Susan Baughman (La.)
- Beth Boucher (N.H.)
- Brian Coyle (Nev.)
- Ashley Doyle (Texas)
- Christina Edgar (Texas)
- Rebecca Guidroz (La.)
- Ian Kahn (Colo.)
- Don Post (Del.)
- Keigan Ross (Tenn.)
- Ann Shulte (Minn.)

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**Find NACDD on Social Media**

Keep up to date on the latest news, events, and more by following NACDD on Facebook, LinkedIn, Twitter, Vimeo, and SoundCloud.
Announcements and Resources

Peer Reviewed Article Shares How EHR System Can Provide National Chronic Disease Estimates
Are you looking for approaches to strategically select your state partners? Subject matter experts from NACDD and CDC co-authored a column in The Journal of Chronic Illness, “Using latent class analysis to inform the design of an EHR-based national chronic disease surveillance model.” This peer-reviewed article describes how Multi-State EHR-based Network for Disease Surveillance (MENDS) developed a pilot electronic health record (EHR) surveillance system capable of providing national chronic disease estimates.

Community Health Worker Document Resource Center
The National Association of Community Health Workers’ (NACHW) CHW Document Resource Center was developed as the nation’s largest collection of searchable community health worker (CHW) policy focused documents, many of which have been systematically reviewed based on topic and quality.

The main use of the resource center is to highlight how states have advanced policies around CHWs. More than 1,000 documents, including reports, policy studies, and meeting minutes, are searchable by four major categories (Considering Certification, Exploring Sustainable Financing, CHW Workforce Development and Policy Development Processes) and 43 subcategories.

New! Managing Diabetes in the Workplace Case Study
With support from the NACDD business influencer grant, Health Links and the Colorado Department of Public Health and Environment share how one employer has approached diabetes prevention and management for its workforce.

Read the Managing Diabetes in the Workplace case study to learn how the University of Colorado saved money and improved employee well-being by adding the National DPP lifestyle change program to its already diabetes-focused employee benefits package.

New Outcome and Data Trends Available in the 2021 Diabetes Report Card
CDC recently released the 2021 Diabetes Report Card on the status of diabetes and its complications in the United States. This year’s report contains new information and data on diabetes and prediabetes in adults, preventive care practices, health outcomes, risk factors, and COVID-19 related diabetes information. It also includes updated statistics about national trends and progress made by the states to meet national goals for improving diabetes care, reducing healthcare costs, and the rate of new cases.

Have You Read the Latest National DPP Customer Service Center’s Resources?
CDC’s National DPP Customer Service Center (CSC) newsletter is a quarterly publication featuring recently published resources, upcoming technical assistance and training events, and updated information on the status of the National DPP. The CSC has a wealth of resources, including recently posted articles for lifestyle coaches, program coordinators, and program providers on advanced coach training requirements, using program supports to enhance the National DPP lifestyle change program webinar, and journey road maps by role.

How to Request Approval for an Alternate Curriculum: Updated National DPP Guidance
In an effort to ensure that CDC-recognized organizations are using CDC-approved alternate curriculum that aligns with the National DPP requirements and the Diabetes Prevention Recognition Program Standards and Operating Procedures, an updated guidance document for How to Request Approval for an Alternate Curriculum and Supplemental Materials is now available on the National DPP CSC for your on-demand viewing. Newly developed curricula must be submitted, reviewed, and approved by CDC prior to use. In addition, organizations that develop supplemental materials for an approved CDC curriculum must submit those for review and approval.
New Resource Answers Frequently Asked Questions About Umbrella Hub Arrangements

A new resource, [UHA](https://www.nacdd.org) frequently asked questions (FAQ), accompanies the [UHA Basics Webinar](https://www.nacdd.org).

The [UHA FAQ](https://www.nacdd.org) answers commonly asked questions about the structure of UHAs, how to sustain UHAs, and where to find helpful resources on UHAs.

NACDD Members are Invited to Submit Success Stories

All NACDD Members are encouraged to submit “What’s Working in Chronic Disease Prevention and Control” success stories. These success stories are critical to sharing a state’s work to increase awareness among policymakers, sharing ideas with peers, and making the case for increased funding.

We are particularly interested in stories about how Members are using Preventive Health and Health Services Block Grant funding. You can submit a story at any time or receive support to submit through our Diabetes Team. Watch this [brief video](https://www.nacdd.org) to learn how to share your story. To request assistance, email [NACDD.Diabetes@chronicdisease.org](mailto:NACDD.Diabetes@chronicdisease.org).

We welcome your contributions to The Connector!

To submit story ideas for future issues of The Connector, email [NACDD.Diabetes@chronicdisease.org](mailto:NACDD.Diabetes@chronicdisease.org).

To read past issues of The Connector, visit the [NACDD Diabetes Library](https://www.nacdd.org).

The “Diabetes Technical Assistance and Support for State Health Departments” project is supported by the Centers for Disease Control and Prevention (CDC) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling $6,600,000 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.

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