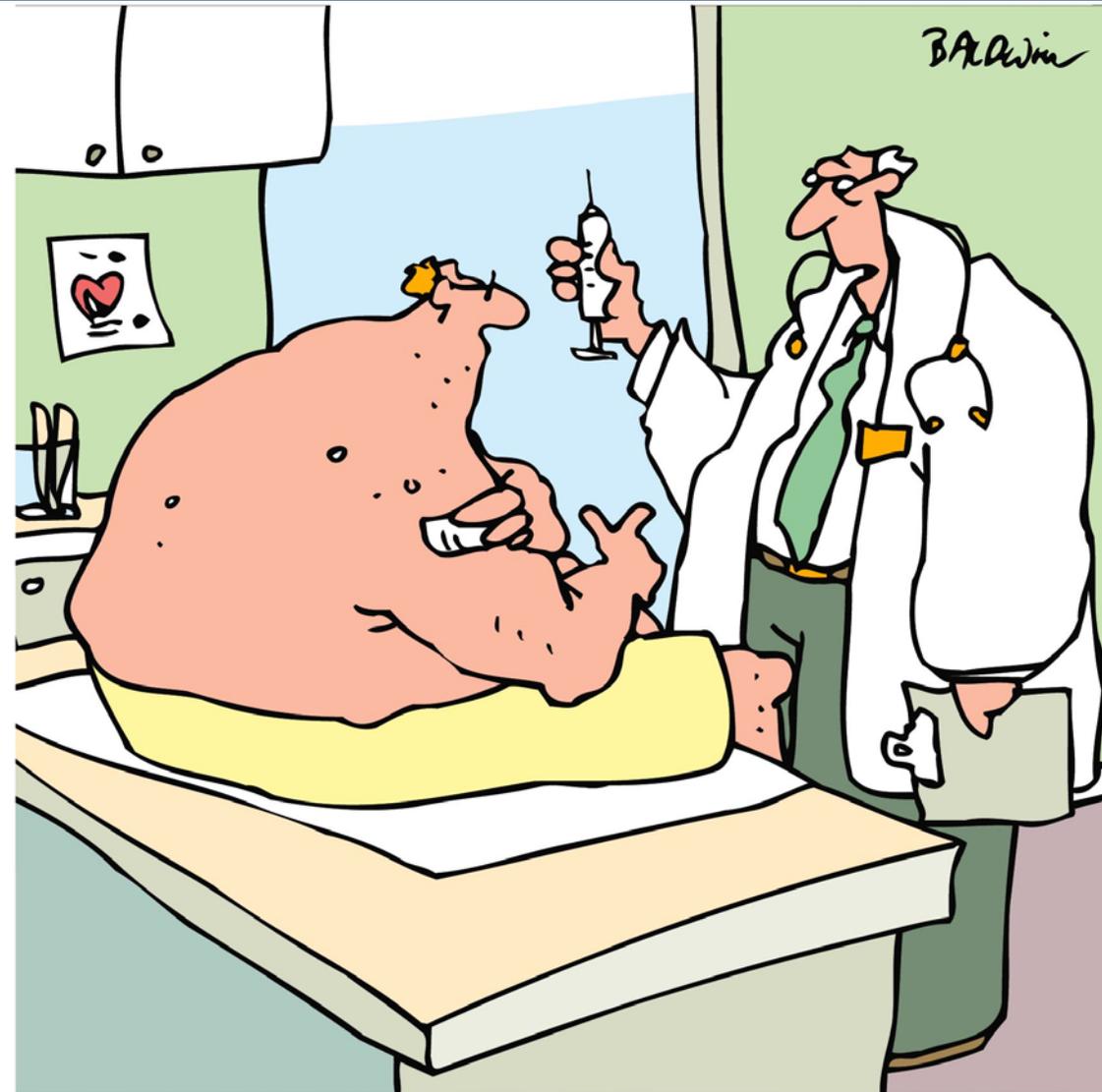


# Working Together to Prevent Diabetes

*Weigh to Health and DPP Coordinators:  
Jessica Shields MS, RD, CWSOM  
Karlee Adams RDN*

*Slides by: Elizabeth Joy, MD, MPH, FACSM and Kim Brunisholz, PhD, MST*



“It wasn’t really insulin. You don’t have diabetes yet. It was just a warning shot.”

# Intermountain Healthcare's Diabetes Prevention Strategic Plan

## Purpose:

- Intermountain will develop and implement a systematic and comprehensive approach to identify individuals at-risk for diabetes and match them with evidence-based interventions in an effort to prevent type 2 diabetes.

# Strategy for 2018 Weigh to Health DPP

- Started at McKay Dee Hospital in August 2017 (Pilot)
- Starting January cohorts at Intermountain Medical Center and Utah Valley Hospital
- Rolling out most months after at Dixie, Riverton, American Fork.
- Evaluation of processes and resource needs, may increase class availability and expand locations

# W2H DPP Similarities and Differences with CDC curriculum

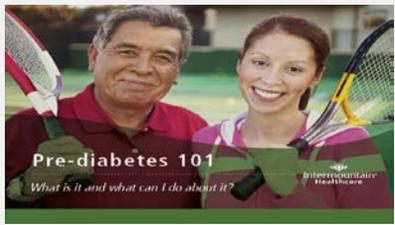
## Similarities

- Providing 22 sessions over 1 year
- Similar topics and discussions as CDC materials

# Similarities and Differences with CDC Curriculum

## Differences

- Providing 22 sessions over 1 year
  - o 4 of those sessions are 1 on 1 appointments with Registered Dietitian
  - o All sessions led by RDN
- Similar topics and discussions as CDC materials
  - o Using our own materials from The Weigh to Health Program that were approved by the CDC
  - o Currently in Pending Accreditation status
- Referral to DPP pathways are built into Intermountain's care process.



# Prediabetes 101 Class

2 hr, Group Setting

Taught by CDE & RD

Classes located in:

Clinics

Community

Patient engagement tool

**Free of charge**



# Medical Nutrition Therapy

Individualized nutrition counseling

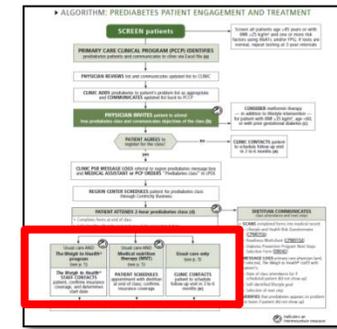
Taught by RDs

Locations for counseling:

- Hospital & Clinics

Personalized eating plan & support

**Commercial insurers have no co-pay for 3 to 5 visits annually**



# Weigh to Health (W2H)

16 sessions over 6 months; + monthly visits over 6 months

Hospital-based; RD taught

Pending recognition with CDC DPRP

**Only select commercial insurers will reimburse; IH health plan covers 100% if you complete**



omada

# Omada

Peer Support Group

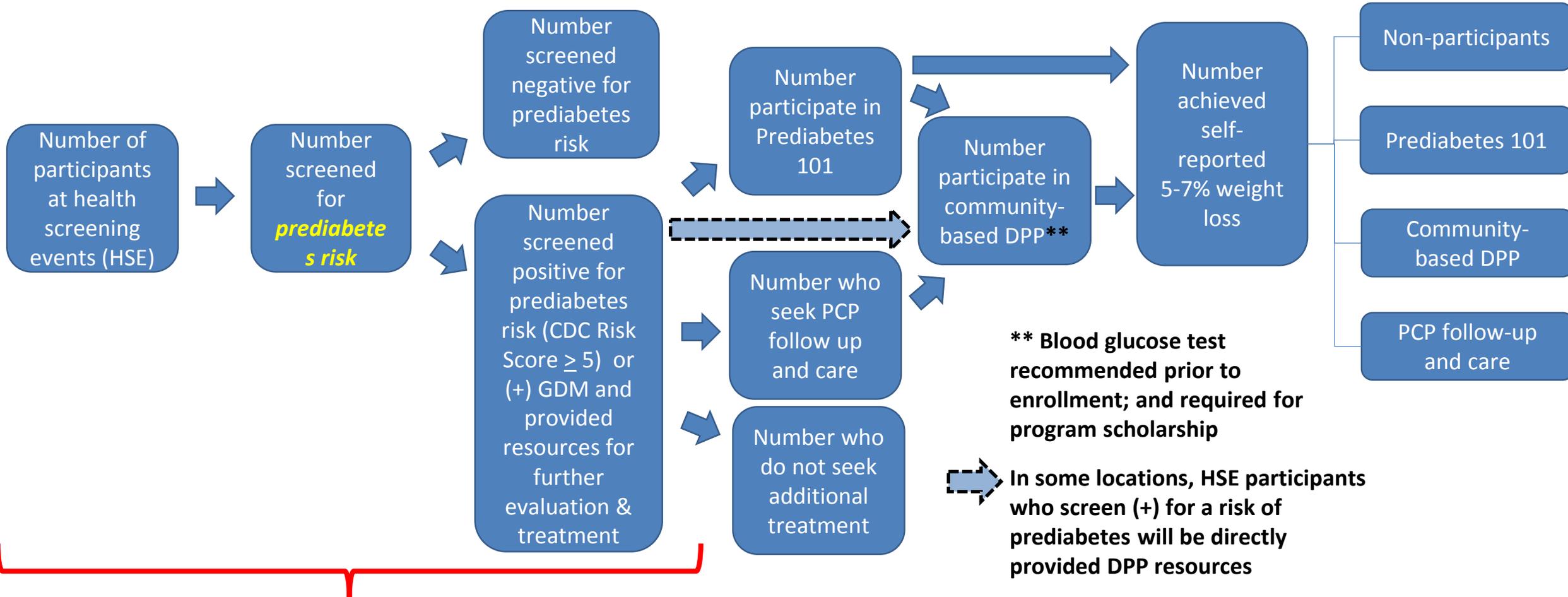
iOS and Android Mobile Apps

Digital Pedometer/Cellular Scale

Asynchronous; Personalized Weekly Interactive Lessons

# Community Pathway: Diabetes Prevention

*Data collected from a random sample of risk screen (+) participants @ 6 months following HSE*



*Data collected at HSE*

**\*\* Blood glucose test recommended prior to enrollment; and required for program scholarship**

**➡ In some locations, HSE participants who screen (+) for a risk of prediabetes will be directly provided DPP resources**

Prediabetes videos found at <https://intermountainhealthcare.org/health-information/health-library/type-2-diabetes/programs-and-resources/>

# Questions?