

# New Mexico Diabetes Prevention *Action Plan*

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The **New Mexico Diabetes Prevention *Action Plan*** is an action guide to scale and sustain the National Diabetes Prevention Program in New Mexico.



# New Mexico Diabetes Prevention Action Plan

## Building a sustainable National DPP in New Mexico

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The **National Diabetes Prevention Program**<sup>i</sup> – or National DPP – is a partnership of public and private organizations working to prevent or delay type 2 diabetes. In New Mexico, National DPP partners work on shared strategies to make it easier for people with prediabetes or a history of gestational diabetes to participate in evidence-based, affordable and high-quality lifestyle change programs to reduce their risk of type 2 diabetes.

In 2017, the **Centers for Disease Control and Prevention** and the **National Association of Chronic Disease Directors**<sup>iv</sup>, in collaboration with the **New Mexico Department of Health Diabetes Prevention and Control Program**<sup>v</sup>, hosted a statewide engagement meeting with stakeholders to provide input and develop an action plan to scale and sustain the National DPP in underserved and priority communities of New Mexico.

In 2018, partners reconvened to finalize the goals, strategies and action steps for each focus area. These strategies and action steps are outlined in this **New Mexico Diabetes Prevention Action Plan** for healthcare industry leaders, providers and decision-makers to reduce the burden of diabetes in New Mexico.



In New Mexico, about 549,000 out of 1.6 million adults, 18 years and older, are estimated to have prediabetes.<sup>ii</sup> Only about three in 10 adults with prediabetes are aware of their condition, although about 15-30% of them will develop type 2 diabetes within five years if no intervention occurs.<sup>iii</sup> This risk can be cut in half, if people with prediabetes engage in the National DPP lifestyle change programs that result in lower healthcare costs, 5-7% weight loss, improved eating habits and moderate physical activity.



Type 2 diabetes risk can be cut in half, if people with prediabetes engage in the National DPP lifestyle change programs.



# New Mexico Diabetes Prevention *Action Plan*

A framework to coordinate statewide efforts

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The **New Mexico Diabetes Prevention *Action Plan*** is an action guide and framework to coordinate statewide efforts to scale and sustain the National DPP in New Mexico. The ***Action Plan*** outlines 4 action steps: ***Awareness, Referrals, Education and Access.***

## 1 **AWARENESS:**

Increase awareness among decision-makers about prediabetes, the National DPP, the related [Medicare Diabetes Prevention Program \(Medicare DPP\)<sup>vi</sup>](#) and the evidence behind the CDC-recognized lifestyle change program.

Share the health benefits of the CDC-recognized National DPP lifestyle change program with people who have prediabetes or a history of gestational diabetes. Share the cost-effectiveness and potential cost savings of the National DPP with medical practitioners, policy makers, employers and health plans.

## 2 **REFERRALS:**

Adapt systems to screen, test, refer, recruit and retain to build sustainable programs. Establish partner workflow capacity to identify, screen and refer people with prediabetes or a history of gestational diabetes, and implement system enhancements to increase referrals in the short-term and build sustainability in the long-term.

## 3 **EDUCATION:**

Educate the public about risk; educate the workforce about how to identify and refer patients to local programs; and train lifestyle coaches to utilize systems and deliver the program.

Provide ongoing education, training and professional development to achieve CDC-recognition, maintain Diabetes Prevention Recognition Program (DPRP) standards, become a Medicare DPP supplier and build increased capacity and sustainability to deliver programs long-term. Culturally appropriate training is essential to prepare the workforce for working with diverse populations.

## 4 **ACCESS:**

Expand availability of programs throughout New Mexico and coverage by Medicaid, health insurance and employers.

Use the [Healthy Communities Approach<sup>vii</sup>](#) to build capacity and deliver National DPP lifestyle change programs statewide. Focus on empowering individuals, organizations and communities through health promotion and community development so adults at high risk of developing type 2 diabetes have equal access to evidence-based lifestyle change programs delivered locally and in a culturally appropriate way.

Healthcare and community organizations can reduce the burden of diabetes by integrating strategies from the **New Mexico Diabetes Prevention *Action Plan.***

# New Mexico Diabetes Prevention *Action Plan*

Steps for partners to *take action* in New Mexico

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## 1 AWARENESS

**By June 2020, build awareness of prediabetes, the National DPP, the Medicare DPP and the CDC-recognized lifestyle change program among stakeholders where existing National DPP infrastructure operates.**

### **Partner strategies to build awareness:**

**1.1:** Develop a communication plan to increase knowledge of the high risk for type 2 diabetes among people with prediabetes or a history of gestational diabetes, the effectiveness of the National DPP, and the availability of CDC-recognized lifestyle change programs in New Mexico.

**1.2:** Identify and assess capacity of active or recently active National DPP sites or organizations offering CDC-recognized lifestyle change programs, in identified high-risk areas, to initiate or expand National DPP efforts and their interest in the Medicare DPP.

**1.3:** Conduct inventory of current, evidence-based and culturally relevant resources to utilize when reaching out to specific audiences. Identify gaps and develop new resources as needed in collaboration with community of focus.

**1.4:** Identify diabetes prevention program champions and advocates in high-risk areas and encourage them to follow the **New Mexico Diabetes Prevention Action Plan**.

**1.5:** Build and strengthen partnerships with stakeholders serving communities with higher proportions of people at high risk for developing type 2 diabetes and who use CHRs/CHWs to deliver care.

## 2 REFERRALS

**By June 2020, increase referrals to existing CDC-recognized National DPP lifestyle change programs by working with clinic sites or healthcare systems to develop tailored screening and referral workflow processes.**

### **Partner strategies to increase referrals:**

**2.1:** Map areas where CDC-recognized National DPP lifestyle change programs are offered and which partners have referral systems and processes in place.

**2.2:** Prioritize organizations with existing referral processes and offer resources and technical support to implement systems interventions through practice detailing and outlining workflows, to improve how high-risk patients are identified and referred to prevention programs.

**2.3:** Conduct CME presentations for clinicians based on the CDC Prevent T2 STAT toolkit to use best practices for screening, testing and referring patients to evidence-based interventions.

**2.4:** Fund initiatives designed to assist healthcare organizations to implement existing referral platforms (Paths to Health NM and Workshop Wizard) and use the platforms to track programs, achieve outcomes and pursue CDC recognition.

**2.5:** Build new relationships with tribal communities and provide support, as needed, to increase referrals to culturally relevant CDC-recognized National DPP lifestyle change programs.

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Steps for partners to *take action* in New Mexico

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## **3** EDUCATION

**By June 2020, increase the number of healthcare professionals that understand the importance of prediabetes and are trained to support, promote and deliver quality lifestyle change programs.**

### **Partner strategies to educate healthcare professionals:**

- 3.1:** Develop a database of organizations and lifestyle coaches who have delivered lifestyle change programs within the last five years.
- 3.2:** Assess the needs of organizations and lifestyle coaches to stabilize existing infrastructure through trainings focused on recruitment and retention, marketing and promotion, how to pursue CDC-recognition, and become a Medicare Supplier.
- 3.3:** Offer professional development opportunities such as CMEs and CEUs, CDC-sponsored webinars/trainings, national learning collaboratives, and statewide networking calls.
- 3.4:** Provide resources and materials to New Mexico stakeholders such as National DPP curriculum, marketing materials, CDC templates on workflow processes, PreventT2 STAT toolkit with patient reminder letters and style guides for consistent messaging.
- 3.5:** Conduct ongoing technical assistance calls with stakeholders to enhance partnerships, through regular communication, and allow partners to share their success stories.

## **4** ACCESS

**By June 2020, have at least one new county and one new tribal community implementing a lifestyle change program and pursuing CDC-recognition.**

### **Partner strategies to increase access:**

- 4.1:** Map the high prevalence of diabetes versus the current National DPPs to identify gaps in coverage and areas of high need with no existing infrastructure.
- 4.2:** Assess readiness and capacity of one new tribal community and one new county to deliver a CDC-recognized National DPP lifestyle change program.
- 4.3:** Review and adapt, as needed, existing materials to ensure marketing materials and curriculums are in the appropriate language and reading level based on the community.
- 4.4:** Increase the lifestyle coach workforce, including CHWs/CHRs as part of the healthcare team, to deliver National DPP curriculum tailored for tribal audiences.
- 4.5:** Build relationships with counties and tribal communities with limited capacity to deliver CDC-recognized National DPP lifestyle change programs and provide evidence-based, culturally relevant resources to educate community members and leaders about prediabetes and the National DPP. Continue to Invite these partners to participate in National DPP activities and give voice to challenges and barriers to delivering National DPP lifestyle change programs in their communities.

# New Mexico Diabetes Prevention Action Plan

A call to action to reduce the burden of diabetes in New Mexico

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## Contributors to the 2017-2019 New Mexico statewide engagement efforts and the **New Mexico Diabetes Prevention Action Plan**

Adelante Development Center  
Alamo Navajo School Board  
Albuquerque Public Schools  
American Association of Retired Persons  
American Diabetes Association  
Blue Cross and Blue Shield of New Mexico  
Canoncito Band of Navajos Health Center, Inc.  
Centers for Disease Control and Prevention  
City of Santa Fe Wellness Program  
CWA Strategic Communications  
DeBaca Family Practice  
HealthInsight New Mexico  
Isleta Health Clinic  
Kewa Health Outreach Program  
La Familia Medical Center  
Las Clinicas del Norte  
Latino Healthcare Access  
Lovelace Medical Group  
Mescalero Apache Tribe SDPI Diabetes Wellness Program  
Molina Healthcare of New Mexico  
National Association of Chronic Disease Directors  
Navajo Special Diabetes Project  
New Mexico Aging and Long-Term Services Department  
New Mexico Aging and Long-Term Services Department, Indian Area Agency on Aging  
New Mexico Asian Family Center  
New Mexico Chronic Disease Prevention Council  
Prediabetes Workgroup  
New Mexico Community Health Worker Association  
New Mexico Department of Health

New Mexico Department of Health, Children's Medical Services (CMS)  
New Mexico Department of Health, Diabetes Prevention & Control Program  
New Mexico Department of Health, Families FIRST Program  
New Mexico Department of Health, Heart Disease and Stroke Prevention Program  
New Mexico Department of Health, Office of Community Health Workers  
New Mexico Department of Health, Office of Oral Health  
New Mexico Department of Health, Tobacco Use Prevention & Control Program  
New Mexico Healthcare Takes on Diabetes  
New Mexico Human Services Department, Medical Assistance Division  
New Mexico Office of African-American Affairs  
New Mexico Primary Care Association  
New Mexico Retiree Health Care Authority  
New Mexico State University  
New Mexico State University, Doña Ana Cooperative Extension Service  
Nor-Lea Hospital District  
Ohkay Owingeh

Ohkay Owingeh Wellness Center  
Organizational Rebel  
P G & S, LLC  
PAC Software  
Pecos Valley Medical Center  
Presbyterian Healthcare Services, Kaseman Endocrinology  
Presbyterian Medical Services  
Pueblo de San Ildefonso  
Pueblo of Acoma  
Pueblo of Jemez  
Pueblo of San Felipe  
Pueblo of Zuni DIPS Program  
Rehoboth McKinley Christian Healthcare Services  
Roadrunner Food Bank  
Santa Ana Pueblo  
Southwest Care  
Southwest Endocrinology  
Southwestern Indian Polytechnic Institute  
The Family YMCA  
UnitedHealthcare  
University of New Mexico Health Sciences Center  
University of New Mexico Hospital  
Ute Mountain Ute Tribe  
YMCA of CNM

### Sources:

- i <https://www.cdc.gov/diabetes/prevention/index.html>
- ii <https://nmhealth.org/publication/view/marketing/4838/>
- iii <https://nmhealth.org/publication/view/report/4442/>
- iv <https://www.chronicdisease.org/default.aspx>
- v <https://nmhealth.org/about/phd/cdb/dpcp/ndpp/>
- vi <https://innovation.cms.gov/initiatives/medicare-diabetes-prevention-program/>
- vii <https://albertahealthycommunities.healthiertogether.ca/about-healthy-communities/healthy-communities-approach/>



To learn how you can **take action** or connect with a National DPP partner to prevent diabetes, please contact **Dorine Conley**, Diabetes Prevention Coordinator, New Mexico Department of Health Diabetes Prevention and Control Program, at **(505) 841-5861** or [dorine.conley@state.nm.us](mailto:dorine.conley@state.nm.us)