

Medicare Diabetes Prevention Program (MDPP)

Expanded Model Fact Sheet

The Medicare Diabetes Prevention Program (MDPP) is a behavior change intervention that builds on the success of the CDC's National Diabetes Prevention Program (National DPP). The National DPP is a structured lifestyle intervention that was tested in the Medicare population through an Innovation Center-funded DPP Model Test (Y-USA test). The DPP Model test showed that group-based community sessions can lead to beneficiary weight loss and Medicare savings.¹

The Prevalence and Cost of Diabetes

Diabetes affects many individuals, negatively impacts health outcomes, and carries high costs. Effective behavior change can reduce the risk of type 2 diabetes.

While Many are At-Risk for Diabetes, Few are Aware

1 in 2 Adults over age 65 have prediabetes²

however...



Only 1 in 7 adults aged 65 and older with prediabetes are aware of their condition²

Diabetes Prevalence is High and Growing



One in four adults over age 65 have diabetes³

and...



Prevalence of diabetes is expected to double by 2050 among adults⁴

The Disease Burdens the System with High Costs

\$104B

Annual Medicare cost of care for Americans 65+ with diabetes⁵

and...



Adults with diabetes have more ED visits, hospitalizations, and take a larger number of prescription drugs³

Program Overview

The goal of MDPP is to help Medicare beneficiaries achieve at least 5% weight loss through behavior change sessions to prevent the onset of type 2 diabetes through practical training in:



Long-term dietary change



Increased physical activity



Behavioral change strategies for weight loss

There are three key groups that participate in the delivery of MDPP services: suppliers, coaches, and beneficiaries.

Suppliers...

- Are hospitals, community organizations, churches, clinics, and other kinds of organizations
- Have **full or preliminary CDC DPRP recognition**
- Meet program eligibility requirements as described in the *Supplier Requirements Checklist*.
- Deliver up to 2 years of MDPP set of services to eligible Medicare beneficiaries.⁶
- For more on supplier eligibility visit: <https://innovation.cms.gov/Files/x/mdpp-supplierreq-checklist.pdf>

Coaches...

- Are employees, contractors, or volunteers of an MDPP supplier
- Have a valid National Provider Identifier (NPI) that meet full program eligibility requirements.
- Can be clinical or non-clinical professionals trained in the CDC-approved curriculum.^{7,8} For more on coach eligibility, visit: <https://innovation.cms.gov/Files/fact-sheet/mdpp-coachelig-fs.pdf>

Eligible Medicare beneficiaries...

- Are individuals enrolled in Original Medicare (Part B) or Medicare Advantage (Part C), and meet a minimum BMI and 1 of 3 blood test requirements, in addition to other criteria. Beneficiaries with Original Medicare/Fee-for-Service coverage pay no out-of-pocket costs to participate. For more on beneficiary eligibility, visit: <https://innovation.cms.gov/Files/fact-sheet/mdpp-beneelig-fs.pdf>



The Benefits of MDPP



Reach a population that is likely unaware of their pre-diabetes status



Empower high-risk individuals to take action by improving their health



Create community impact by promoting healthier evidence-based behaviors



Reduce risk of type 2 diabetes among Medicare beneficiaries



Achieve cost-savings through weight loss and improved population health

Footnotes

¹<https://downloads.cms.gov/files/cmimi/hcia-communityrppm-thirdannualrpt.pdf>

²<https://www.cdc.gov/diabetes/pdfs/data/statistics/national-diabetes-statistics-report.pdf>

³<http://www.diabetes.org/diabetes-basics/statistics/>

⁴<https://www.cdc.gov/media/pressrel/2010/r101022.html>

⁵James Boyle, et al., "Projection of the Year 2050 Burden of Diabetes in the US Adult Population: Dynamic Modeling of Incidence, Mortality, and Pre-Diabetes Prevalence," Population Health Metrics 8, no. 29 (2010): 1–12

⁶<https://innovation.cms.gov/Files/x/mdpp-supplierreq-checklist.pdf>

⁷<https://innovation.cms.gov/Files/fact-sheet/mdpp-coachelig-fs.pdf>

⁸<https://www.cdc.gov/diabetes/prevention/lifestyle-program/staffing-training.htm>