Nevada’s Implementation Plan to Scale and Sustain the National Diabetes Prevention Program 2018 – 2020

- Awareness
- Availability
- Screen/Test/Refer
- Coverage
Introduction

The National Diabetes Prevention Program – or National DPP – is a partnership of public and private organizations working to prevent or delay type 2 diabetes. The Centers for Disease Control and Prevention (CDC) have invested significant resources in state health departments and other organizations to build momentum for a national movement to prevent type 2 diabetes based on scientific evidence. With CDC’s support, the National Association of Chronic Disease Directors (NACDD) collaborated with the Nevada Division of Public and Behavioral Health (DPBH) to plan and implement a State Engagement Meeting focused on scaling and sustaining the National DPP across Nevada. This meeting brought together a diverse group of organizations from across the state to acknowledge current stakeholders for their diabetes prevention efforts and to engage new partners. Participants learned about national efforts to promote the National DPP, and Nevada’s successful evidence-based diabetes prevention activities were showcased. The meeting offered key Nevada partners an opportunity to provide input into the development of a stakeholder-driven implementation plan to prevent type 2 diabetes through scaling and sustaining the National DPP in Nevada.

The time is now to achieve a collective impact in Nevada to prevent type 2 diabetes. Together, we can make a huge difference to prevent type 2 diabetes.

Intended Audience

Stakeholders and partners.

Pillars

The following pillars are important for scaling and sustaining the National DPP in Nevada; each of these pillars was addressed during the State Engagement Meeting.

- Increase awareness of prediabetes;
- Increase the availability of and enrollment in CDC-recognized lifestyle change programs;
- Increase clinical screening, testing, and referral to CDC-recognized lifestyle change programs under the National DPP; and
- Increase insurance coverage for the National DPP’s lifestyle change program.

All work in these pillars should be aimed at achieving the overarching diabetes prevention goal:

Decrease new cases of diabetes among people with prediabetes and those at highest risk by increasing enrollment in CDC-recognized lifestyle change programs by 30 percent (or from 528 participants in 2018 to 685 participants in 2020).
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## Awareness of prediabetes and the effectiveness of the CDC-recognized lifestyle change program (National DPP)

CDC estimates eighty-four million (1 out of 3) American adults have prediabetes, a condition that puts them at high risk of developing type 2 diabetes. Of those eighty-four million, 9 out of 10 don’t know they have prediabetes. With numbers like this, it’s important for everyone – consumers, employers, payers, health care providers, etc. – to learn about prediabetes and act to improve outcomes.

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| October 1, 2018 – September 30, 2019 | Identify and assess resources (tools, data, campaigns targeting provider and/or patient groups, communication channels/reach, and funding sources) available in Nevada to increase awareness of prediabetes.  
• Nevada Statewide Quality and Technical Assistance Center (QTAC) will maintain an updated Marketing Plan identifying specific target audience supported by research of successful methods to reach various groups  
• QTAC will work with identified key partner organizations to support and disseminate awareness messages per the Marketing Plan | Resources identified and assessed, by type  
Marketing Plan updated annually  
List of key partner organizations identified  
Prediabetes awareness messages disseminated per Marketing Plan | Existing:  
• University of Nevada, Reno (UNR) & University of Nevada, Las Vegas (UNLV)  
• Southern Nevada Health District (SNHD)  
• Clinical/Hospital data  
• National DPP evidence of Return On Investment (ROI) in Medicaid populations  
• Neilson rating system | Volunteers in Medicine of Southern Nevada (VMSN), Nevada DPBH Chronic Disease Prevention and Health Promotion Section (CDPHP), Washoe County Health District (WCHD), Carson City Health & Human Services (CCHHS), Sanford Center for Aging at University of Nevada, Reno (UNR-SCA), |                                   |
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| 2        | October 1, 2018 – September 30, 2019 | Create an outreach plan to increase awareness of prediabetes and the National DPP among Nevada’s health care providers  
- QTAC will host a statewide summit to convene National DPP Providers, partners, stakeholders, and pending recognition providers in Nevada to | Provider outreach plan developed and implemented  
Statewide Summit held in Northern Nevada | Needed:  
- More National DPP providers and funding  
- Better data sources  
- Rural outreach  
- Buy-in at high levels, i.e. organization leaders  
- Employer buy-in  
Grant funding (NV Energy, Hospital and Community Benefit, and/or Pharma) | QTAC, D.P. Video, SNHD |

| CCHHS, QTAC, VMSN, CDPHP, Three Square Food Bank (Three Square), SNHD, UNR-SOM, Renown Health |
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<td></td>
<td>develop networking opportunities, work on combined efforts for promotion, and address other joint interests</td>
<td>Training provided to ≥ 25 health care providers</td>
<td>Association, CDC, NACDD, etc.)</td>
<td>• 1815 Cooperative Agreement • 1817 Grant Funding</td>
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<td></td>
<td>• CDPHP, SNHD &amp; other partners will provide training to at least 25 health care providers on CDC-recognized lifestyle change programs, National DPP, and best practices for screening, diagnosing, coding, and referring prediabetic patients</td>
<td>Lecture series provided by UNR-SOM via Project ECHO to health care providers</td>
<td>• 1817 Grant Funding</td>
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<td></td>
<td>• UNR School of Medicine (UNR-SOM) via Project ECHO will provide lecture series on the National DPP and diabetes prevention to health care providers statewide</td>
<td>Strategy designed and implemented by Renown Health Medical Group to increase enrollment in lifestyle change programs</td>
<td>• 1815 Cooperative Agreement</td>
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<td></td>
<td>• Renown Health will design and implement a strategy to increase enrollment into CDC-recognized lifestyle change programs by working with its Medical Group</td>
<td>Training on DSMES programs provided by NVBGH</td>
<td>• 1817 Grant Funding</td>
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<td></td>
<td>• CDPHP will work with the Nevada Business Group on Health (NVBGH) to provide trainings on Diabetes Self-Management Education and Support (DSMES) programs</td>
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<td>Oct 1, 2018 – Sept 30, 2019</td>
<td>Develop and implement an outreach plan, including a social media campaign, to increase awareness of prediabetes and the National DPP among those at high risk or diagnosed with prediabetes</td>
<td>Prediabetes Outreach Plan developed and implemented</td>
<td>Existing: • Partnerships • Publications and resources from credible organizations (American Medical Association, CDC, NACDD, etc.)</td>
<td>QTAC, CCHHS, VMSN, CDPHP, UNR-SCA, WCHD, Three Square, UNR-SOM, Renown Health, D.P. Video</td>
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<td></td>
<td>• QTAC will market CDC-recognized lifestyle change programs to increase prediabetes awareness among high-risk populations through at least one (1) English and one (1) Spanish-targeted social media campaign, and at least one (1) targeted health fair per geographic location (Northern, Southern, and rural Nevada)</td>
<td>Social media campaign developed and implemented</td>
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<td>• CCHHS will conduct at least four (4) prediabetes screening events at community locations in three (3) counties (Carson City, Douglas, and Lyon) and will refer those eligible to CDC-recognized lifestyle change programs</td>
<td>Four (4) prediabetes screening events conducted in three (3) counties</td>
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<td>o CCHHS will work with community partners to identify appropriate outreach methods for populations at risk or diagnosed with prediabetes</td>
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| 4        | October 1, 2018 – September 30, 2019 | Develop an evaluation plan to monitor progress towards implementing the Implementation Plan  
- Determine process and outcome evaluation measures  
- Collect the measures identified  
- Analyze and report on the measures collected | Evaluation plan developed, implemented, and results reported | Existing:  
- CDPHP Evaluators  
- CDC Framework for Program Evaluation guide  
- Web-based resources | CDPHP, QTAC | |

## Availability and Support of National DPP
Currently, there are hundreds of publicly-available lifestyle change programs across the United States. These include in-person and online options, as well as programs that are a combination of both. The growing demand for CDC-recognized lifestyle change programs also needs to be addressed to ensure program availability meets program demand. This requires building an effectively trained workforce to implement the lifestyle change program ensuring program quality and standardized reporting.

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| 1        | October 1, 2018 – September 30, 2019 | Collaborate with existing CDC-recognized organizations.  
- Provide opportunities for CDC-recognized organizations, and other | List of existing CDC-recognized organizations | Existing:  
- QTAC’s current relationship with three (3) of six (6) | QTAC, CDPHP, Carson Tahoe Health, NyE Communities | |
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|          | organizations that are interested in becoming recognized, to network through QTAC Advisory Council Meetings, Quality Circle Meetings, and/or other meetings.  
  o In collaboration with DHCFP (Nevada Medicaid), CDPHP will lead efforts related to the CDC “6/18 Initiative” to expand access to the National DPP in Nevada. | identified and contacted  
  List of organizations interested in becoming CDC-recognized  
  identified and contacted  
  # of new CDC-recognized organizations | CDC-recognized organizations in Nevada  
**Needed:**  
  • Communication/contact with 3 additional currently recognized organizations  
  • Communication/contact with organizations interested in becoming recognized | Coalition (NyECC), NACDD, Nevada Medicaid, Access to Healthcare Network (AHN) |
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| 2 | October 1, 2018 – September 30, 2019 | Identify funding sources and opportunities  
• Identify grant/funding opportunities for CDC-recognized organizations to support access to National DPP  
• Identify stipend opportunities for organizations and/or Lifestyle Coach Training  
• Identify funding or scholarship opportunities for National DPP participants | List of funding sources and opportunities identified for organizations, training, and participants | Existing:  
• Grants.gov  
• Reimbursement for National DPP (Insurers, Medicare, etc.)  
• American Association of Diabetes Educators (AADE) Lifestyle Coach Scholarship Program | CDPHP & QTAC |          |
| 3 | October 1, 2018 – September 30, 2019 | Identify six (6) potential organizations interested in becoming recognized National DPP providers by the CDC Diabetes Prevention Recognition Program(DPRP)  
• CDPHP will work with community partners to identify potential organizations, including: Renown Health, NyECC, AHN, UNR-SCA, and Northern NV HOPES. | List of organizations interested in becoming CDC-recognized identified and contacted  
Increased utilization of telehealth and videoconferencing | Existing:  
• Partnerships  
• QTAC as the statewide technical assistance center | QTAC, CDPHP, NyECC, AHN, N. NV HOPES, Renown Health, UNR-SCA |          |
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| 4 months       | • Increase partnerships’ utilization of telehealth:  
NyECC will pilot the National DPP via videoconference offering the services to residents in Nye County and other rural counties.  
o Renown Health will telehealth the National DPP and assist health care providers in rural counties to systematically identify and refer patients.  
| # of patients/clients identified and referred to the National DPP | QTAC providing TA to identified DPRP sites on agreed-upon timelines  
Documented leadership support from DPRP sites (via MOU or other mechanism)  
National DPP being provided in rural and urban counties (# of classes by county) | QTAC & CDPHP |
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| 5          | • CDPHP will establish a statewide tracking system for the National DPP;  
• CDPHP & QTAC will establish a centralized referral center for the National DPP in Nevada by developing streamlined online registration, a 24/7 registration hotline, and a master calendar for trainings and workshops;  
• QTAC will provide continued TA, quality assurance, fidelity monitoring, and program evaluation to improve access to and participation in CDC-recognized lifestyle change programs;  
• QTAC will provide TA to current and/or future DPRP organizations to facilitate billing for the National DPP.  
• QTAC will review existing NV-specific websites and systematically organize information and links and identify missing information. Existing websites include:  
  o [http://nvhealthyliving.org/](http://nvhealthyliving.org/)  
  o [https://nevadawellness.org/](https://nevadawellness.org/)                                                                                           | Statewide tracking system established                                    | Centralized referral center for the National DPP in Nevada in established and maintained | National DPP online registration developed, including a 24/7 hotline/help desk                                                   | NV-specific websites organized and updated at least quarterly                                                      |          |
| October 1, 2018 – | Provide trainings and support to lifestyle coaches in Nevada:                                                                                                                                                                          | Lifestyle Coach training provided                                      | Existing: QTAC, CDPHP, AADE                                               |                                                                                                                            |          |
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| September 30, 2020 | • QTAC will be the master trainer, facilitating the establishment of a statewide training infrastructure and establishing a centralized and coordinated referral system;  
• QTAC will deliver Lifestyle Coach Trainings at least twice each year;  
• Trainings will address the needs of lifestyle coaches to successfully deliver the National DPP in Nevada; and  
• QTAC will implement Quality Circle Meetings for National DPP Lifestyle Coaches  
  o Quality Circle Meetings will serve as a hub for lifestyle coaches where they can share experiences, challenges/barriers, and successes. | by QTAC at least twice each year  
  TA provided to Lifestyle Coaches upon request  
  # of Quality Circle Meetings held and # of attendees at each | • QTAC as Nevada’s training facility | | |

### Clinical Screening, Testing, and Referral to National DPP

Health care providers and delivery systems are overwhelmed by the growing number of patients with diabetes. Tools are available to help providers screen, test, and refer at-risk patients to lifestyle change programs to prevent their progression to type 2 diabetes. Referring patients to these evidence-based programs can help meet regulatory, state licensing, and board recertification requirements. The recognition requirements allow providers to confidently refer their patients from the clinic to community resources such as the National DPP.
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| 1        | Implement systems to facilitate bi-directional e-referral between health care systems and National DPP Providers: CDPHP with QTAC and Nevada Health Centers (NVHC) will pilot the NACDD’s Community e-Connect to establish bi-directional e-referral between health care systems and National DPP providers.  
  • CDPHP, UNR-SCA, Renown Health, and NVHC will implement a systematic process to identify adults with prediabetes and refer them to National DPP workshops. | Bi-directional e-referral system utilizing the NACDD’s Community e-Connect platform implemented between health care systems and National DPP Providers in Nevada  
  # of patients identified by partnering organizations and referred to the National DPP | Existing (National)  
  • STAT Toolkit  
  • CDC emerging documents  
  • CDC and American Diabetes Association (ADA) screening tool  
  • Utah Toolkit and referral form  
  Existing (State)  
  • QTAC  
  • NV Diabetes Resource Directory  
  • Local Health Authority (LHA) and state public health websites  
  • Nevada Community Health Workers Association (NVCHWA) | QTAC, NVHC, NACDD, UNR-SCA, Renown Health, CDPHP |
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| 1a October 1, 2018 – September 30, 2019 | CDPHP and SNHD will launch the start-up for SNHD’s bi-directional e-referral system between their electronic health record (EHR) system (e-Clinical Works) and existing National DPP Programs at QTAC or other CDC-recognized sites. | Bi-directional e-referral system implemented in SNHD  
• # of e-referrals made to National DPP Programs | • Improving Diabetes and Obesity Outcomes (iDo) Coalition  
• State/county medical societies  

**Needed:**  
• Funding  
• Buy-in from all partners’ leadership  
• Local Champions  
• Full-scale media campaign  
• Success stories widely shared | CDPHP, SNHD, QTAC |
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<td>1b</td>
<td>Engage community health workers (CHWs) at both community and clinical organizations to conduct outreach, referral, and follow-up with adults with prediabetes.</td>
<td>Outreach efforts documented, # of referrals completed, # of follow-ups completed</td>
<td>Existing: NVCHWA, Partnerships</td>
<td>AHN, NyECC, Renown, CDPHP, QTAC, NVCHWA</td>
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<td>2</td>
<td>Conduct outreach, training, and follow-up activities with health care providers to enhance knowledge about clinical screening, testing, and referring to the National DPP.</td>
<td>Outreach efforts documented, # of trainings conducted, and # of follow-up activities completed</td>
<td>Existing: Partnerships</td>
<td>QTAC, UNR-SCA, UNR Project ECHO, CDPHP, CCHHS</td>
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<td>2a</td>
<td>Conduct prediabetes screening events in the community and refer clients to appropriate clinical care.</td>
<td># of prediabetes screening events conducted statewide, by county</td>
<td>Existing: Partnerships</td>
<td>QTAC, CDPHP, LHAs</td>
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<tr>
<td>2b</td>
<td>Provide education to physicians and health care providers on prediabetes screening, testing, and referring to CDC-recognized lifestyle change programs utilizing UNR Project ECHO.</td>
<td># of prediabetes education sessions provided to physicians</td>
<td>Existing: Partnerships</td>
<td>CDPHP, UNR Project ECHO</td>
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<td>2c</td>
<td>Send monthly reminder emails to health care providers regarding open DPP classes and when classes start.</td>
<td>Reminder emails sent to health care</td>
<td>Existing: QTAC</td>
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Coverage of the National DPP) by Employers and Insurance Plans

Prediabetes and type 2 diabetes are growing concerns for America’s workforce. These conditions affect the health and quality of life of millions of U.S. adults and cost employers and insurers billions of dollars each year in lost productivity and medical expenses. Evidence shows lifestyle change programs can lower a person’s risk of developing type 2 diabetes by half and reduce the risk of other serious conditions associated with prediabetes. Obtaining insurance coverage for the National DPP’s lifestyle change program for public and private employees as well as Medicaid beneficiaries is a critical driver for scaling and sustaining the Program.
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<td>• CDPHP will assist partners in implementing identified strategies and activities by coordinating between public health, health systems, insurers, and community partners to achieve expanded availability of the National DPP as a covered benefit;</td>
<td>2018-2020 finalized and disseminated (e.g., list of receiving organizations)</td>
<td>• Info from states already covering the National DPP in Medicaid (MN and MT)</td>
<td>• Info from states already covering the National DPP in Medicaid (MN and MT)</td>
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<td>• CDPHP will identify and assign a Team Lead to build a team to guide the pilot projects;</td>
<td>List of identified strategies implemented by partners (show which partners used which strategies)</td>
<td>• Other state examples of employer pilots (CO)</td>
<td>• Other state examples of employer pilots (CO)</td>
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<td>• CDPHP will foster consumer advocate involvement by presenting at a Medicaid Care Advisory Committee;</td>
<td>Pilot project team lead identified and assigned</td>
<td>• NVBGH employer members</td>
<td>• NVBGH employer members</td>
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<td>• CDPHP staff will attend quarterly meetings with Medicaid Managed Care Organizations (MCO), the employer, and the commercial plan implementing the pilots.</td>
<td># of presentations to the Medicaid Care Advisory Committee</td>
<td>• National DPP Coverage Toolkit</td>
<td>• National DPP Coverage Toolkit</td>
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<td></td>
<td>• In collaboration with Nevada Medicaid, CDPHP will lead efforts related to the CDC “6/18 Initiative” to expand access to the National DPP in Nevada.</td>
<td># of quarterly meetings attended with partners implementing Pilot Project</td>
<td>• CDC resources</td>
<td>• CDC resources</td>
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<td>• AHN will engage insurance payers to expand availability of the National DPP and convene meetings with insurer leadership to discuss opportunities.</td>
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| 2 October 1, 2018 – September 30, 2019 | • The NVBGH will engage employers to pilot coverage for the National DPP among member businesses.  
  
  - Review what other states (MT, MN, and MD) have done to implement pilot projects;  
  - Determine steps NV can implement.                                                                 | # of meetings held by AHN with insurance payers  
  
  # of employers engaged by NVBGH to pilot coverage of the National DPP  
  
  # of Pilot Projects implemented | # of other States’ National DPP coverage projects reviewed/analyzed  
  
  List of steps NV can implement to conduct a successful pilot | CDPHP, DHCFP, MCOs (Health Plan of Nevada, SilverSummit Health Plan, and Anthem), NVBGH, CDC, NACDD, Hometown Health (Renown) |
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| 3              | Create a white paper and budget concept paper providing background information and proposals for coverage of the National DPP by Employers and Insurance Plans:  
  - Consider timelines (e.g., MCO contracting timelines, etc.) to include in a budget concept paper;  
  - Develop marketing strategies to disseminate these documents.                                                                                                                          | White paper developed                 | employer pilots (CO)  
  - NVBGH employer members  
  - National DPP Coverage Toolkit  
  - CDC resources                                                                                                                                  | CDPHP, DHCFP, NVBGH, Solera, MCOs (Health Plan of Nevada, SilverSummit Health Plan, and Anthem), Hometown Health (Renown) |                                                                               |
| October 1, 2018 – September 30, 2019 |                                                                                                                                                                                                                                     | Budget concept developed            |                                                                                                  |                                                                                  |                                                                               |
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<td>Documentation of how pilot project funding was achieved</td>
<td>employer pilots (CO)</td>
<td></td>
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</tbody>
</table>
| 4 October 1, 2018 – September 30, 2019 | Determine funding mechanism for the Pilot Project(s):  
- Medicaid – state funding, federal match, grant funding (DHCFP, Solera)  
- Employer – National Business Coalition on Health Obesity Prevention Grant |                                                                                     | • NVBGH employer members  
• National DPP Coverage Toolkit  
• CDC resources |                                                                                     | NVBGH                       |
| 5 October 1, 2018 – September 30, 2019 | Find a public-sector champion to promote the National DPP (i.e. Governor, Senator, Assemblyperson, etc.). | Diabetes champion identified and actively promoting the National DPP   | • Grants.gov  
• 1815 Cooperative Agreement  
• 1817 Grant Funding |                                                                                     | QTAC & CDPHP                |
| 6 October 1, 2018 – September 30, 2019 | Develop a Pilot Project Evaluation Plan:  
- Determine evaluation methodology and process/outcome evaluation measures; | Project Evaluation Plan developed                                        | • CDPHP Evaluators  
• CDPHP, SilverSummit Health Plan, Solera, DHCFP, Anthem |                                                                                     | CDPHP, SilverSummit Health Plan, Solera, DHCFP, Anthem |
## Quick Start Implementation Plan

**Diabetes Prevention in Nevada Implementation Plan**

to Scale and Sustain the National Diabetes Prevention Program

<table>
<thead>
<tr>
<th>Timeline</th>
<th>Key actions to achieve priorities</th>
<th>Metrics</th>
<th>Resources</th>
<th>Lead organization (bolded organizations volunteered to lead the activity)</th>
<th>Progress</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• Identify project goals, objectives, and activities; • Ensure project measures match National Committee for Quality Assurance (NCQA) and Healthcare Effectiveness Data and Information Set (HEDIS) measures and continue exploring to identify a prevention measure within Medicaid data.</td>
<td></td>
<td>• CDC Framework for Program Evaluation guide • Web-based resources (NCQA.org, etc.)</td>
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</tbody>
</table>