

# BUILDING A HEALTHIER MICHIGAN



State Alliance of Michigan YMCAs  
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#MIYMCA

THE LATEST INFORMATION ON EVIDENCE-BASED PROGRAMS AND PARTNERSHIPS

## UNDERSTANDING THE NEW GOLD STANDARD

The Centers for Disease Control and Prevention (CDC) released the final 2018 Diabetes Prevention Recognition Program (DPRP) standards on March 1. Below are some highlights of the [2018 Standards](#), including important changes your team should know.

### General Updates to Standards

- DPRP awards 3 categories of recognition: pending, preliminary, and full. Note that preliminary or full recognition is required for Option 1 Ys that plan to serve Medicare beneficiaries. If a Y is still working to achieve preliminary or full recognition, they can be in Option 1; they just won't be able to receive reimbursement for Medicare beneficiaries until preliminary or full recognition is achieved.
- Participant eligibility update for BMI: Asian individuals will need to have a qualifying BMI of 23 or greater (previously greater or equal to 22) in order to qualify. CDC has updated its non-Asian qualifying BMI to 25, which the Y has always used (previously, other DPP providers may have used 24 as a qualifying BMI for non-Asian individuals). Note that this only applies to individuals enrolled after March 1, 2018.
- Each CDC-recognized organization (with pending, preliminary, or full) must submit evaluation data to the DPRP every 6 months (previously every 12 months). This requirement begins 6 months from the organization's effective date. If there is a gap in enrollment resulting in no classes being held, CDC allows a one-time 6-month period where data are not submitted. If, after two 6-month periods, a data submission is not received by the DPRP within 6 weeks of a data submission due date, the organization will lose recognition and will be removed from the DPRP Registry.
- Only one make-up session can be held on the same date as a regularly scheduled session and only one make-up session per participant per week can be held (previously make-up sessions couldn't occur on the same day as the regularly scheduled session and there was no maximum on number per week). Additionally, make-up sessions must be approximately one hour in length (previously, Ys had the ability to hold 15 minute make-up sessions).



### Overview of Preliminary Recognition Status

- A yearlong cohort must have at least 60% of its participants attending at least 9 sessions during months 1-6 and at least 60% of its participants attending at least 3 sessions in months 7-12.

- Based on participants who attended at least 3 sessions in the first six months and whose time from first session attended to last session attended was at least 9 months - there must be a minimum of 5 participants.

#### Updates Specific to Full Recognition Status

- A minimum of 35% (previously 50%) of participants must be eligible for the yearlong lifestyle change program based on either a blood test indicating prediabetes or a history of gestational diabetes; the remainder must be eligible based on the CDC Prediabetes Screening test.
- A yearlong cohort of participants must have body weight documented during at least 80% of the sessions.
- A yearlong cohort of participants must have physical activity minutes documented during at least 60% of the sessions. Note: zero recorded minutes will no longer count as documented minutes.
- The average weight loss achieved across all participants in the yearlong cohort must be a minimum of 5% of starting body weight.

#### IN OTHER DIABETES PREVENTION NEWS:

Y's can now download updated enrollment forms for YMCA's Diabetes Prevention Program (color and black/white versions). These can be used to capture all participant information needed to enroll someone in the YMCA's DPP. This updated form includes all required fields that must be completed during the AthenaNet registration process as well as information necessary to verify eligibility for participation in the program. This form can also be found on the YMCA's DPP web community.

## UPCOMING EVENTS

- **Monthly Statewide EBHI Conference Call**  
Join Michigan YMCAs in a monthly discussion of topics related to EBHIs. Dial in the second Tuesday at 11am. 1-877-361-4628, 931 008 9853#
- **State Advocacy Days**  
Wednesday, May 2 at the State Capitol. Contact Fran Talsma to get register.
- **EnhanceFitness Training**  
The YMCA of the Blue Water Area is hosting an EnhanceFitness Instructor training on June 28 & 29. Register online by June 14th.
- **Statewide EnhanceFitness Meeting**  
Registration is open for the Statewide EnhanceFitness meeting on June 14th at Lansing Community College West.
- **Michigan Diabetes Prevention Network Meeting**  
Tuesday, June 26 12-3pm at the Michigan Public Health Institute 2436 Woodlake Circle Suite 300 Okemos, MI 48864

## UPDATES

#### Fitness Check Reminder!

YMCA's offering EnhanceFitness or Moving For Better Balance are reminded to complete their 4-month Fitness Checks and submit the data to Y-USA using the appropriate data entry system. These fitness checks are a great way to motivate participants to come to class, and the data can be used to secure grants and other funding streams.

#### Promote EBHI Programs

YMCAs offering EnhanceFitness or the Diabetes Prevention Programs are encouraged to promote their upcoming classes on

[www.mihealthyprograms.org](http://www.mihealthyprograms.org)

Use the website to:

- Post upcoming Diabetes Prevention Programs
- Check that EnhanceFitness class location/time/day information is accurate
- Connect members with resources that are offered outside of the Y

#### Priority Health Update

Conversations continue between the four Option 1 Y's and Priority Health. CEOs and lead program staff will discuss the recently proposed fee schedule and timeline later this month.

#### Group-Based BPSM

The State Alliance has received approval from Y-USA to explore the concept of a group-based blood pressure self-monitoring program. The program will maintain many of the great attributes of the one-on-one program, and will add the YMCA's greatest strength: building strong communities. We hope to have a pilot developed and launched by September 2018.