The Montana Cardiovascular Disease and Diabetes Prevention Program

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Montana Diabetes Program

Montana Statistics:
- Diabetes
  - The prevalence of diabetes in Montana increased from 2.8% in 1990 to 8.8% in 2014.
- Risk factors
  - Increasing rates of obesity and overweight contribute to the growing epidemic of type 2 diabetes and cardiovascular disease.
  - Over 60% of Montana adults reported a body mass index that indicates they are overweight or obese.
- Pre-diabetes
  - Only 6.8% of Montana adults without a diagnosis of diabetes reported having pre-diabetes.
  - According to national study estimates, it’s likely that up to 35% of adults have pre-diabetes, which means that many adults do not know they have pre-diabetes.

Montana DPHHS Role:
- Build and support the prevention system
- Fund sites across Montana to deliver the intervention
- Coordinate training and provide ongoing technical assistance to lifestyle coaches
- Facilitate networking between lifestyle coaches
- Provide a database and evaluation tool
- Collect and analyze data
- Conduct program evaluation
- Disseminate results through presentations, published reports, and peer-reviewed articles
- Work with partners to get DPP covered as a benefit by payers

DPP - Delivery in Montana:
- Received funding from legislature (2007) to implement DPP in 4 Montana communities
- Adapted for group-based implementation and telehealth delivery to rural/frontier areas; sites continue to be added with ongoing funding
- Reimbursement by Montana Medicaid (2012) for Medicaid beneficiaries
- Working to get DPP as a covered benefit by various payors

Diabetes is a Common and Costly for Medicaid:
- Diabetes is one of the top ten prevalent and costliest conditions among adults in Medicaid based on administrative claims data
- Medicaid Health and Chronic Disease Survey:
  - Telephone survey of a random sample of adults aged 18-64 enrolled in Medicaid
  - Conducted in 2010, 2011, and 2012
  - Prevalence of CVD and CVD-related risk factors significantly higher than the general adult population aged 18-64
Figure 1. Overall health status and selected CVD-related risk factors among adults aged 18-64 years in Montana.

Figure 2. Prevalence of selected chronic conditions among adults age 18-64 in Montana

Overall outcomes:
- Enrolled about 6,400 since 2008
- 250+ at telehealth sites
- 250+ Medicaid enrollees
- Weight loss
- Reduced risk factors
- Important behavior changes for achieving goals:
  - Attendance at educational sessions
  - Physical activity >150 min/week
  - Self-monitoring dietary intake

Summary of State DPHHS’ Role:

Montana Cardiovascular Disease and Diabetes Prevention Program
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Diabetes Prevention COI