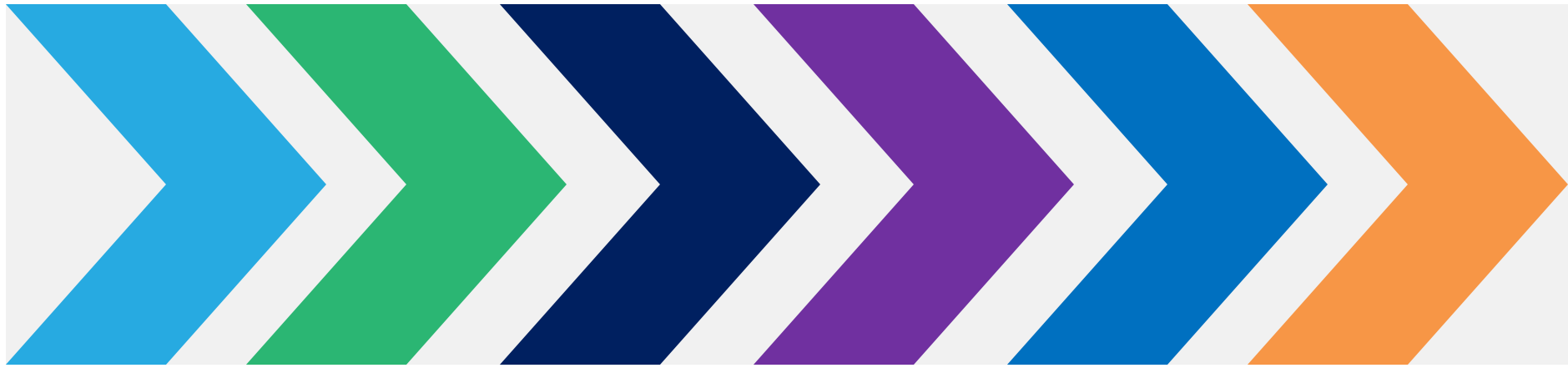




# DIABETES PREVENTION REPORT

2019



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# ACKNOWLEDGEMENT

In February of 2015, Sen. Paddock (D - District 13) authored Senate Bill 250 requiring the Oklahoma Health Care Authority (OHCA) and Oklahoma State Department of Health (OSDH) to identify benchmarks and develop goals to reduce the incidence rates of, improve health care services for, and control complications resulting from diabetes. Sen. Pittman (D – District 48), along with Reps. Denney (R – District 33) and McDaniel (D -District 78), co-authored the bill. Governor Fallin (R) signed the bill on April 10, 2015.

This is the second biennial report outlining the collaborative efforts of the OHCA and OSDH to create an action plan with identified goals and benchmarks to reduce the prevalence of diabetes and improve health outcomes of Oklahomans living with diabetes.

The Oklahoma Diabetes Prevention Report is authorized by statute (63 O.S. §7301) to be submitted to the President Pro Tempore of the Senate and the Speaker of the House of Representatives by January 10th of odd-numbered years. The OSDH and OHCA wish to thank the multitude of community, tribal and state partners for their commitment and dedication to reduce the burden of diabetes across the state. This report, prepared in December 2018, is hereby respectfully submitted to state leaders and to all the people of the great State of Oklahoma.

# EXECUTIVE SUMMARY

Diabetes is a serious public health concern for Oklahoma. It is the seventh leading cause of death, with almost 1,400 Oklahomans losing their lives to diabetes-related causes.<sup>1</sup> Individuals with diabetes have a two-fold higher risk of death than individuals without diabetes.

According to the most recent data reported by the Behavioral Risk Factor Surveillance System (BRFSS, 2017), over 370,000 Oklahoma adults reported having a diabetes diagnosis; this equates to almost one out of every eight Oklahoman adults, or 12.7%.<sup>2</sup> The current number of SoonerCare (Oklahoma Medicaid) members with a diabetes-related claim is 52,744; this is 5.2% of the SoonerCare population.<sup>3</sup> For the OHCA, the number of SoonerCare members with diabetes has increased by 17.1% since 2011.<sup>3</sup>

The economic impact to Oklahomans with diabetes can be attributed to higher medical costs, both direct and indirect; economic instability due to lower rates of employment and higher rates of absenteeism; and a reduced quality of life. Diabetic patients often pay up to 2.3 times more for healthcare than their non-diabetic peers.<sup>4</sup>

1. Oklahoma State Department of Health, Center for Health Statistics, Health Care Information. (2017). *Vital Statistics*. Available at <http://www.health.ok.gov/ok2share>. 2. Centers for Disease Control and Prevention. (2017). *Behavioral Risk Factor Surveillance System*. Available at <https://www.cdc.gov/brfss/brfssprevalence/index.html> 3. Oklahoma Health Care Authority (2018). *Diabetes Analysis, SFY 2017*.

4. American Diabetes Association (2018). *Economic Costs of Diabetes in the U.S. in 2017*. *Diabetes Care*; 41(5): 917-928. Available from <http://care.diabetesjournals.org/content/41/5/917>.

# EXECUTIVE SUMMARY

Type 2 diabetes is the most prevalent type of diabetes in the SoonerCare population with an estimated 90%, or 4 out of every 5 members with diabetes having a diagnosis of Type 2.<sup>1</sup>

Using the Centers for Disease Control and Prevention's (CDC) estimate of 33.9%,<sup>2</sup> over 1 million Oklahomans may have pre-diabetes, a precursor to Type 2 diabetes; nine out of ten of these individuals do not know they are at risk for developing diabetes. Without a change in lifestyle behaviors 15 – 30% of these individuals (155,000 – 300,000) will convert to Type 2 diabetes in 5 – 10 years.<sup>3</sup>

Type 2 diabetes is considered preventable through changes in lifestyle behaviors. Increasing physical activity, maintaining an optimum weight, eating a balanced diet, stopping smoking, and managing stress are lifestyle changes for preventing or delaying the development of Type 2 diabetes.

The OHCA and OSDH have identified strategies for reducing the prevalence of diabetes and improving health outcomes of Oklahomans affected by diabetes. These align with the three goals of the Diabetes Prevention Report : 1) reducing the incidence of, 2) improving healthcare services for, and 3) controlling complications resulting from diabetes.

# INTRODUCTION

Diabetes includes a group of conditions in which the body has too much sugar circulating in the blood stream. Glucose (a type of sugar) is an important and necessary fuel for the body. Diabetes occurs when the body does not produce and /or use insulin properly. Insulin, a hormone made by the pancreas, assists with the transfer of sugar from the blood into muscles, liver, and fat tissues where it is used as fuel or stored for later use. Without insulin, sugar builds up in the body resulting in diabetes.

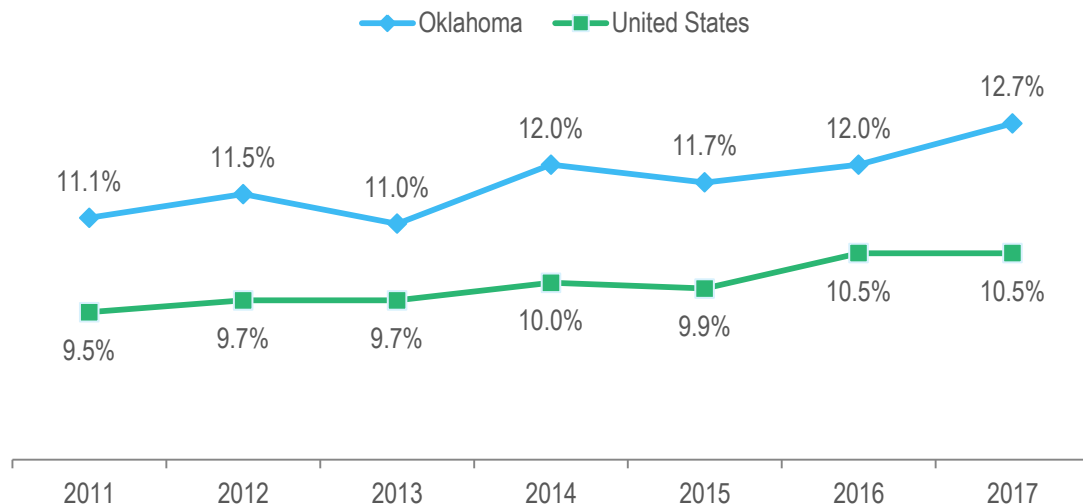
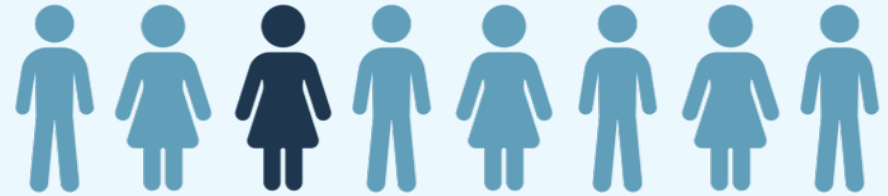
Several factors contribute to what type of diabetes diagnosis an individual may have. Type 1 is caused by a loss or malfunction of the insulin-producing cells. This may be a result of genetic conditions, autoimmune disease, viral infection and/or environmental factors. Type 2, the most common form of diabetes representing 90 – 95% of cases, is when the body's tissues are resistant to insulin. The occurrence of Type 2 increases with age, physical inactivity and obesity.

Gestational diabetes is when diabetes is diagnosed during pregnancy. Pregnancy hormones interfere with the way insulin works in the mother's body leading to higher levels of sugar (glucose) in the blood. After the pregnancy is over, most women's blood sugars return to normal; 20 – 50% of these women will develop Type 2 diabetes within 10 years.<sup>1</sup>

# BURDEN OF DIABETES IN OKLAHOMA



Over 370,000 Oklahoma adults reported having been diagnosed with diabetes\* in 2017



In 2017, Oklahoma had the

8<sup>th</sup>

highest diabetes prevalence  
in the nation

\* Type 2 diabetes accounts for 90% to 95% of all diabetes cases

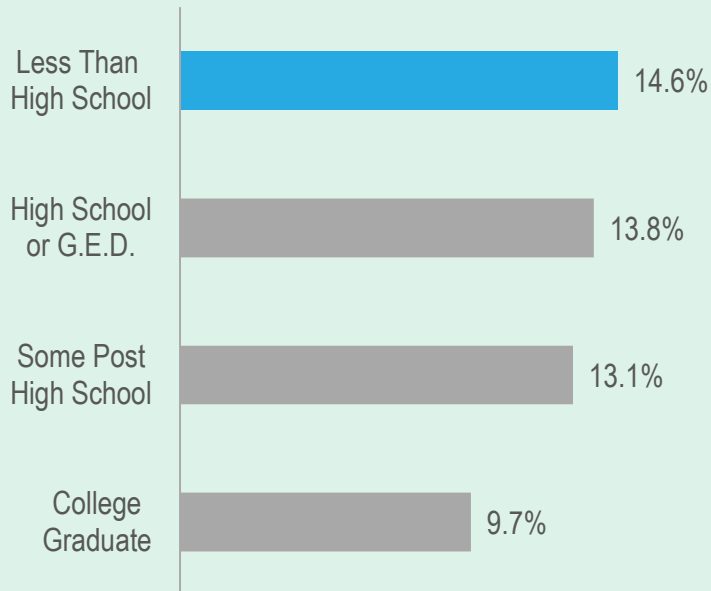
# DIABETES BY SOCIAL DETERMINANTS OF HEALTH



As education and income levels increase, the prevalence of diabetes decreases.



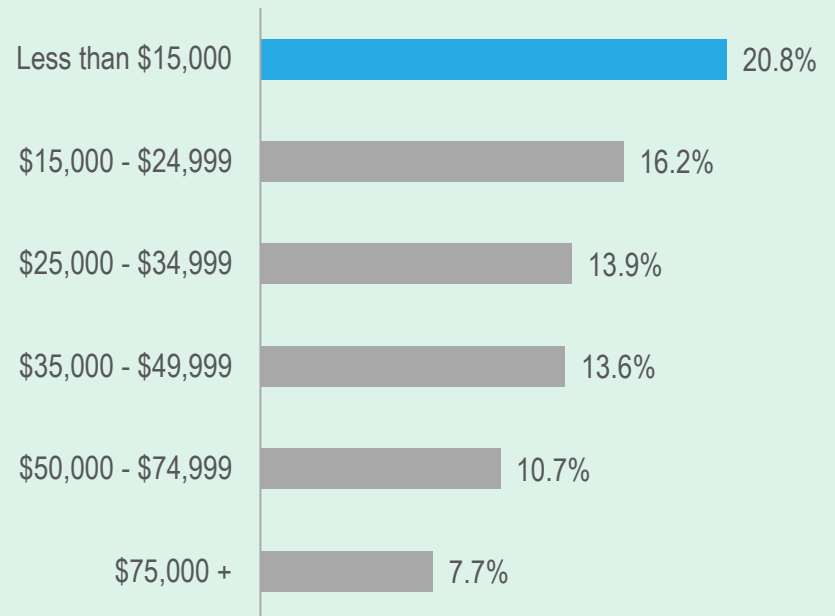
## EDUCATION



In 2017, the highest prevalence of diabetes was **14.6%** among Oklahoma adults with **less than a high school** education.



## INCOME

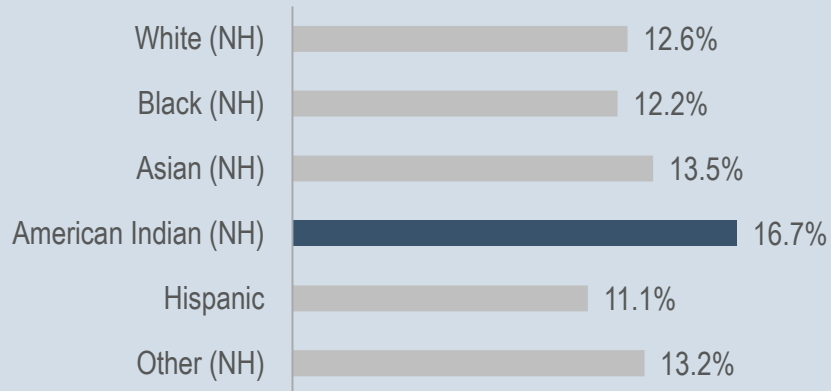


In 2017, the highest prevalence of diabetes was **20.8%** among those with a household income **less than \$15,000**, followed by 16.2% among those with a household income between \$15,000 and \$24,999.





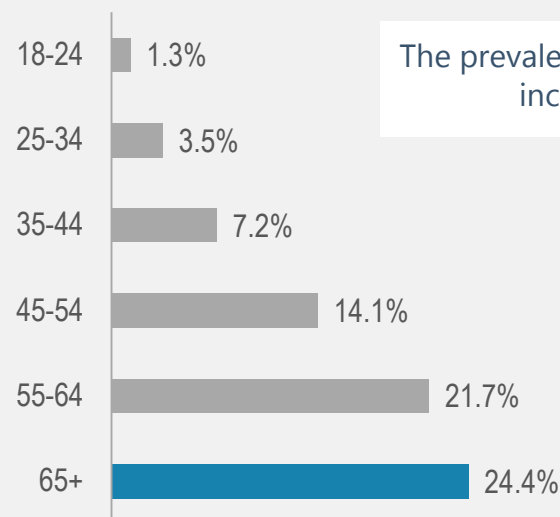
## RACE/ETHNICITY



In 2017, the highest prevalence of diabetes was **16.7%** among **American Indian (NH)** race. Next was among Asian (NH) at 13.5% followed by Other (NH) at 13.2%.



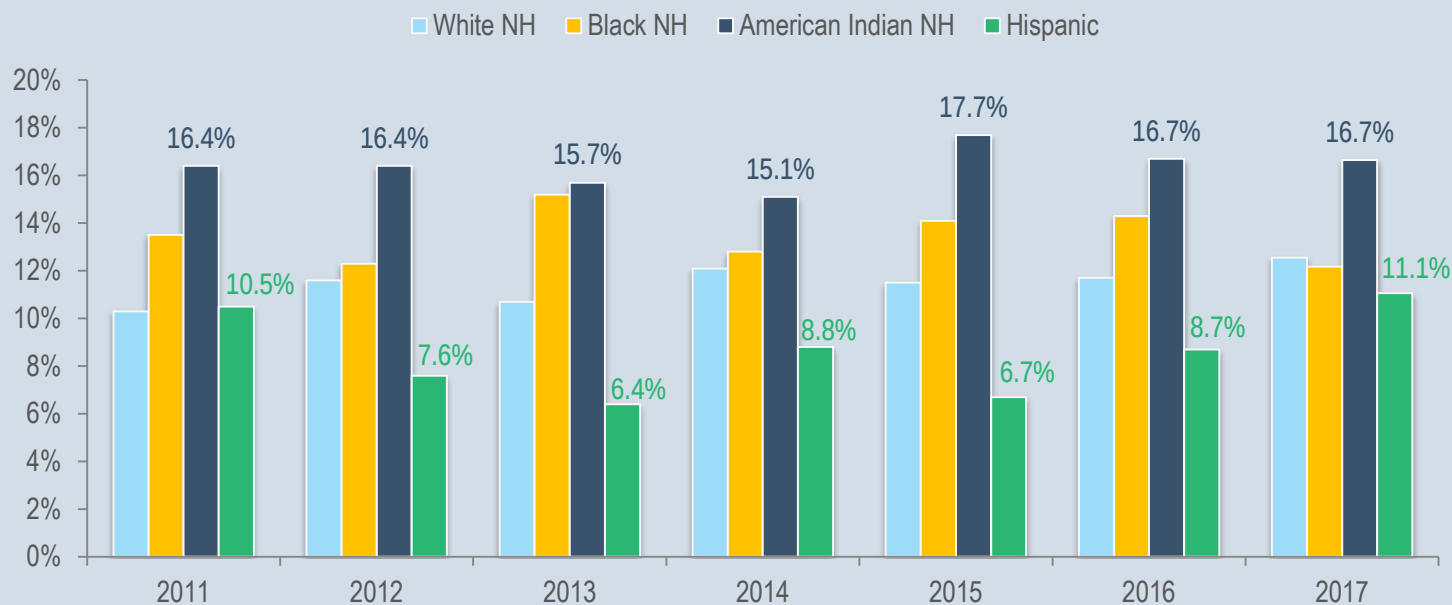
## AGE



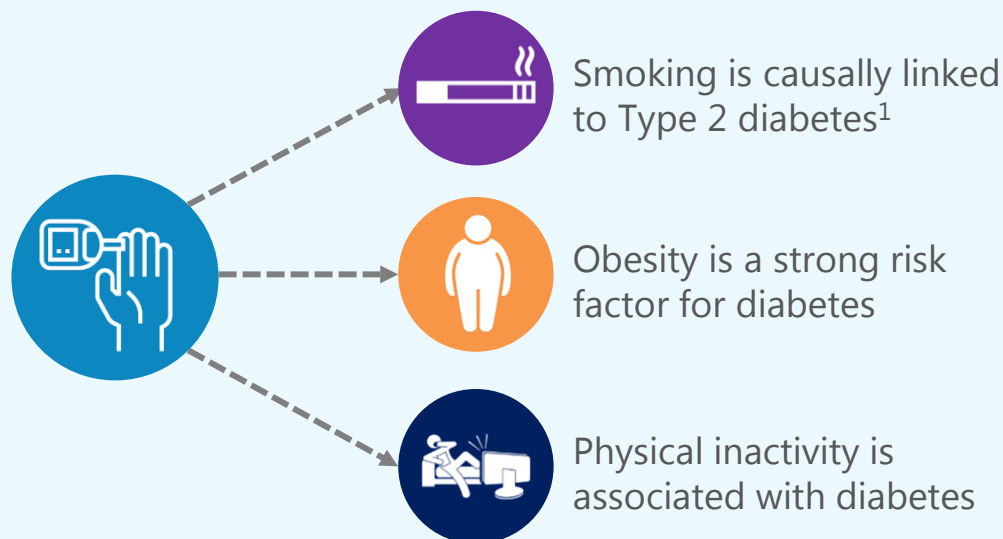
The prevalence of diabetes increases with age 

In 2017, the prevalence of diabetes reached a high of **24.4%** among adults aged **65 years and older**, followed by adults aged 55-64 at 21.7%.

Based on trend data, **Hispanics** continue to have the **lowest** prevalence of diabetes and **American Indians** continue to have the **highest** prevalence of diabetes among any of the racial/ethnic groups



# Diabetes-related behavioral risk factors include smoking, obesity and physical inactivity



Adults with diabetes more often have other chronic conditions, in particular, cardiovascular diseases.



Chances of having a stroke are 1.5 times higher for people with diabetes.<sup>2</sup>



Arthritis may present additional barriers for adults with diabetes attempting to manage their condition through physical activity.



## Diabetes-related co-morbidities include heart attack, stroke and arthritis

1. U.S. Department of Health and Human Services, Public Health Service, Office of the Surgeon General. (2014). The health consequences of smoking--50 years of progress: A report of the Surgeon General.

2. American Diabetes Association. *Living with Diabetes, Complications, Stroke*. Available at <http://www.diabetes.org/living-with-diabetes/complications/stroke.html>

# DIABETES-RELATED BEHAVIORAL RISK FACTORS

In 2017, among Oklahoma adults who have been **diagnosed with diabetes**...

● No diabetes diagnosis ● Diabetes diagnosis

there is a **higher prevalence** of ever **smokers\*** (**53%**) compared to prevalence of ever smokers\* in adults who have **never been diagnosed with diabetes** (**43%**).



**Smoking**

43%

53%

there is a **higher prevalence** of **obesity** (**59%**) compared to prevalence of obesity in adults who have **never been diagnosed with diabetes** (**32%**).



**Obesity**

32%

59%

there is a **higher prevalence** of **leisure time physical inactivity** (**44%**) compared to prevalence of leisure time physical inactivity in adults who have **never been diagnosed with diabetes** (**30%**).



**Physical Inactivity**

30%

44%

\*Current everyday, someday and former smokers

Source: Oklahoma State Department of Health, Center for Health Statistics, Health Care Information. (2017). *Behavioral Risk Factor Surveillance System* Available at <http://www.health.ok.gov/ok2share>.

# DIABETES-RELATED CO-MORBIDITIES

In 2017, among Oklahoma adults who have been **diagnosed with diabetes**...

● No diabetes diagnosis ● Diabetes diagnosis

there is a **higher prevalence** of **heart attack diagnosis (16%)** compared to heart attack diagnosis in adults who have **never been diagnosed with diabetes (4%)**.



**Heart Attack**

4%

16%

there is a **higher prevalence** of **stroke diagnosis (11%)** compared to stroke diagnosis in adults who have **never been diagnosed with diabetes (3%)**.



**Stroke**

4%

11%

there is a much **higher prevalence** of **arthritis diagnosis (54%)** compared to prevalence of arthritis diagnosis in adults who have **never been diagnosed with diabetes (24%)**.



**Arthritis**

24%

54%

# DIABETES MORTALITY



Diabetes is the

**7th**

leading cause of death in  
Oklahoma

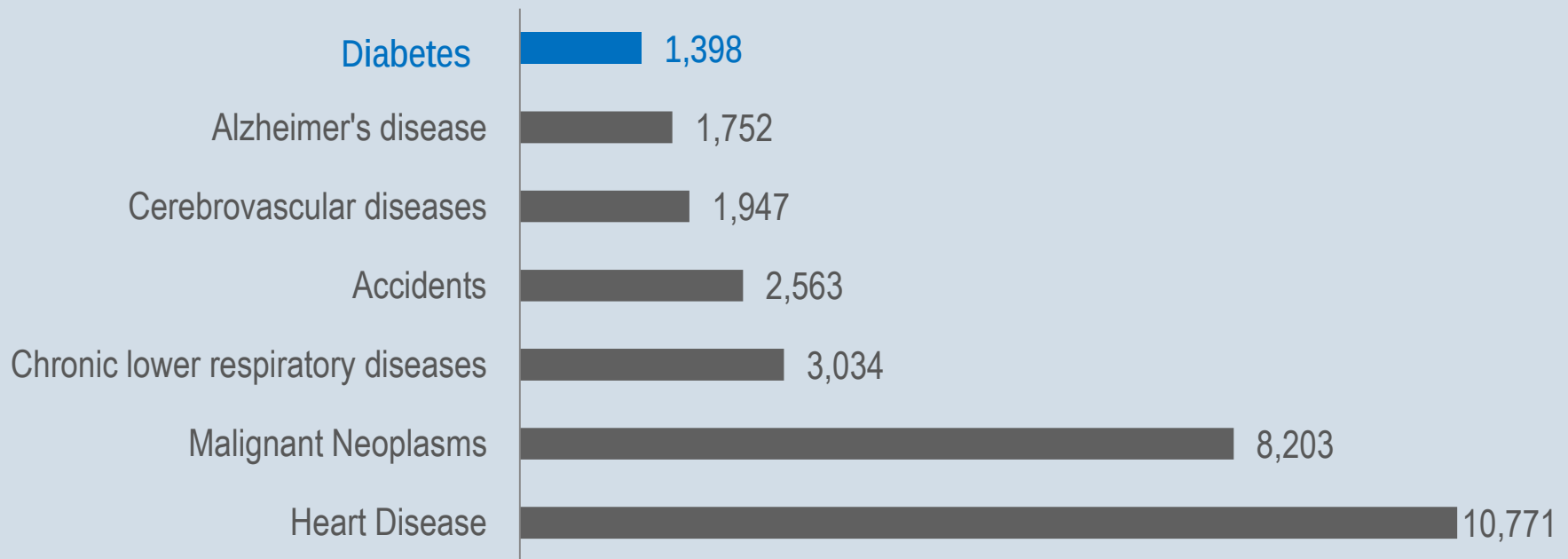


**1,400**

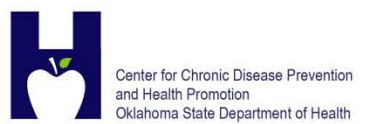
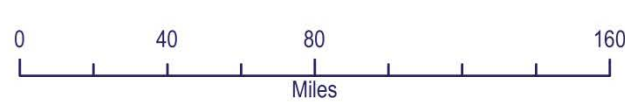
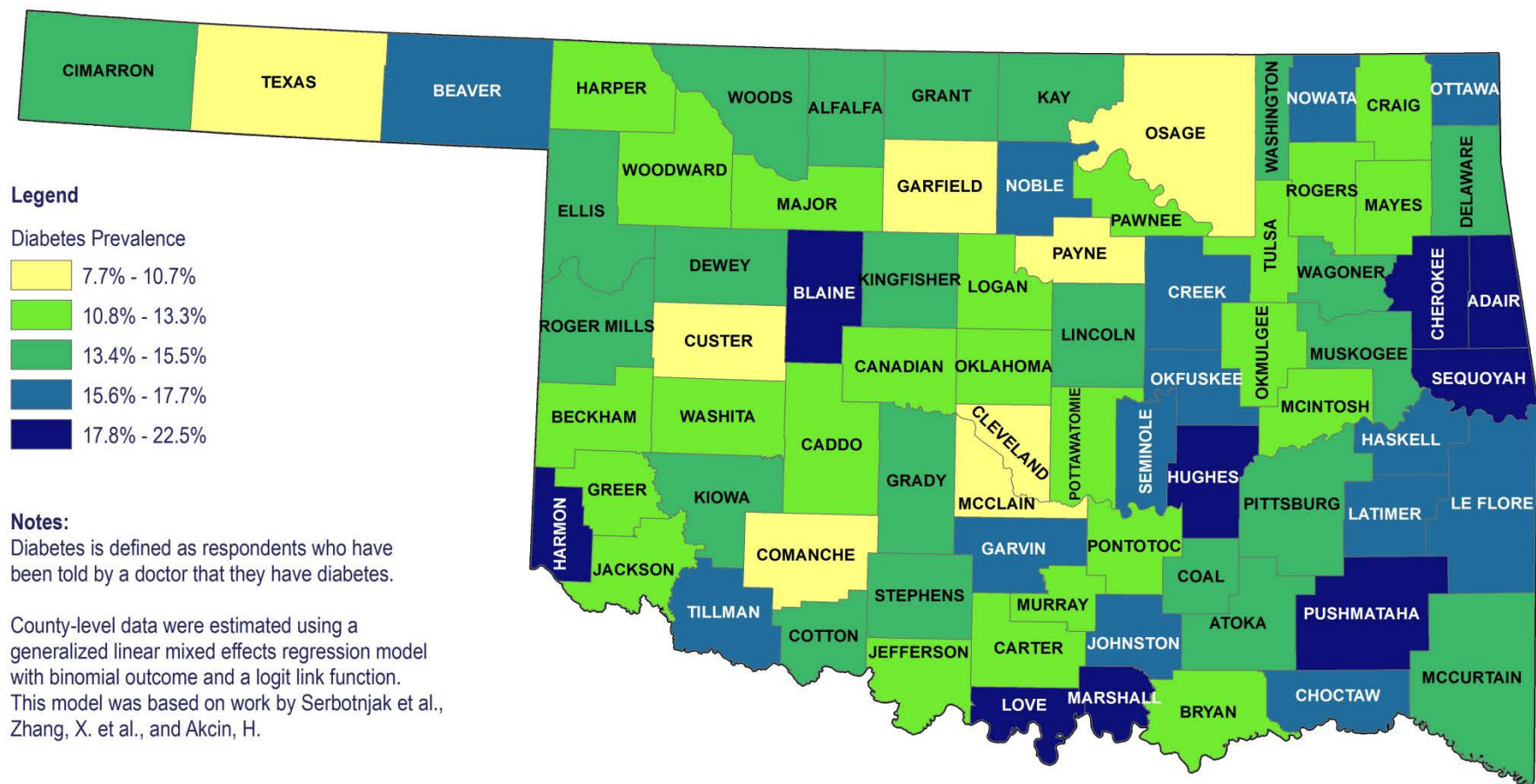


Determined to be the  
underlying **cause of  
death** in **1,400 people**  
in 2017.

## LEADING CAUSES OF DEATH IN OKLAHOMA

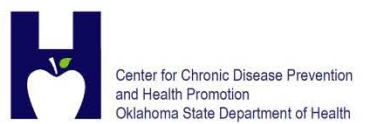
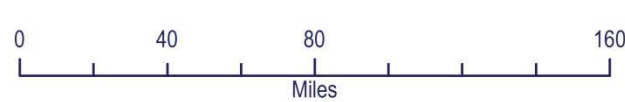
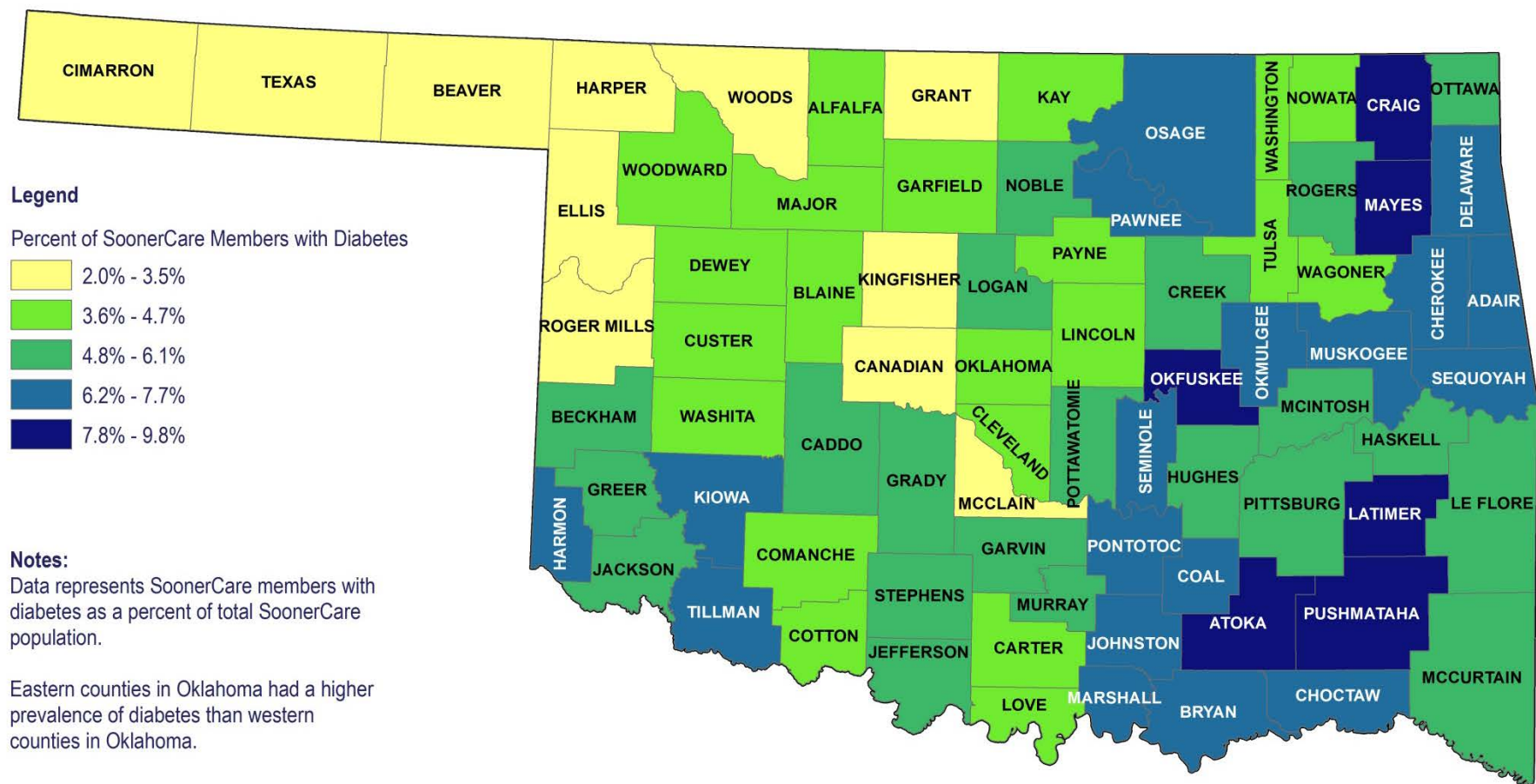


# OKLAHOMA DIABETES PREVALENCE BY COUNTY, 2017





# SOONERCARE DIABETES PREVALENCE BY COUNTY, 2017



# FISCAL IMPACT

According to the latest report from the American Diabetes Association (2018), estimated total overall costs for people diagnosed with diabetes is \$327 billion. Individuals with diabetes can expect to spend 2.3 times more on medical care as individuals without a diabetes diagnosis.<sup>1</sup>

After adjusting for inflation, economic costs of diabetes have increased by 26% between 2012 and 2017. This is due in part to an increased prevalence and higher medical costs per person with diabetes.<sup>1</sup>

In Oklahoma, diabetes and prediabetes related costs are estimated to be \$3.7 billion annually. According to BRFSS, 12.7% of the adult population, or approximately 370,000 Oklahoma adults, have diabetes.<sup>2</sup> Prediabetes, a condition where blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes, affects over 1 million Oklahomans; this is 33.9% of the state adult population.<sup>3</sup>

1. American Diabetes Association (2018). *Economic Costs of Diabetes in the U.S. in 2017*. *Diabetes Care*; 41(5): 917-928. Available from <http://care.diabetesjournals.org/content/41/5/917>. 2. Centers for Disease Control and Prevention. (2017). *Behavioral Risk Factor Surveillance System*. Available at <https://www.cdc.gov/brfss/brfssprevalence/index.html> 3. Centers for Disease Control and Prevention (2017). *National Diabetes Statistics Report*.



**1,014,983 enrolled**

**412,471 adults**

**38,600  
with  
pre-diabetes**

**51,292  
with diabetes**

**602,512 children**  
(Ages 0 – 18 years)

**1,452  
with diabetes**

**26,426 with  
elevated BMI**

**\$783,991,000\***

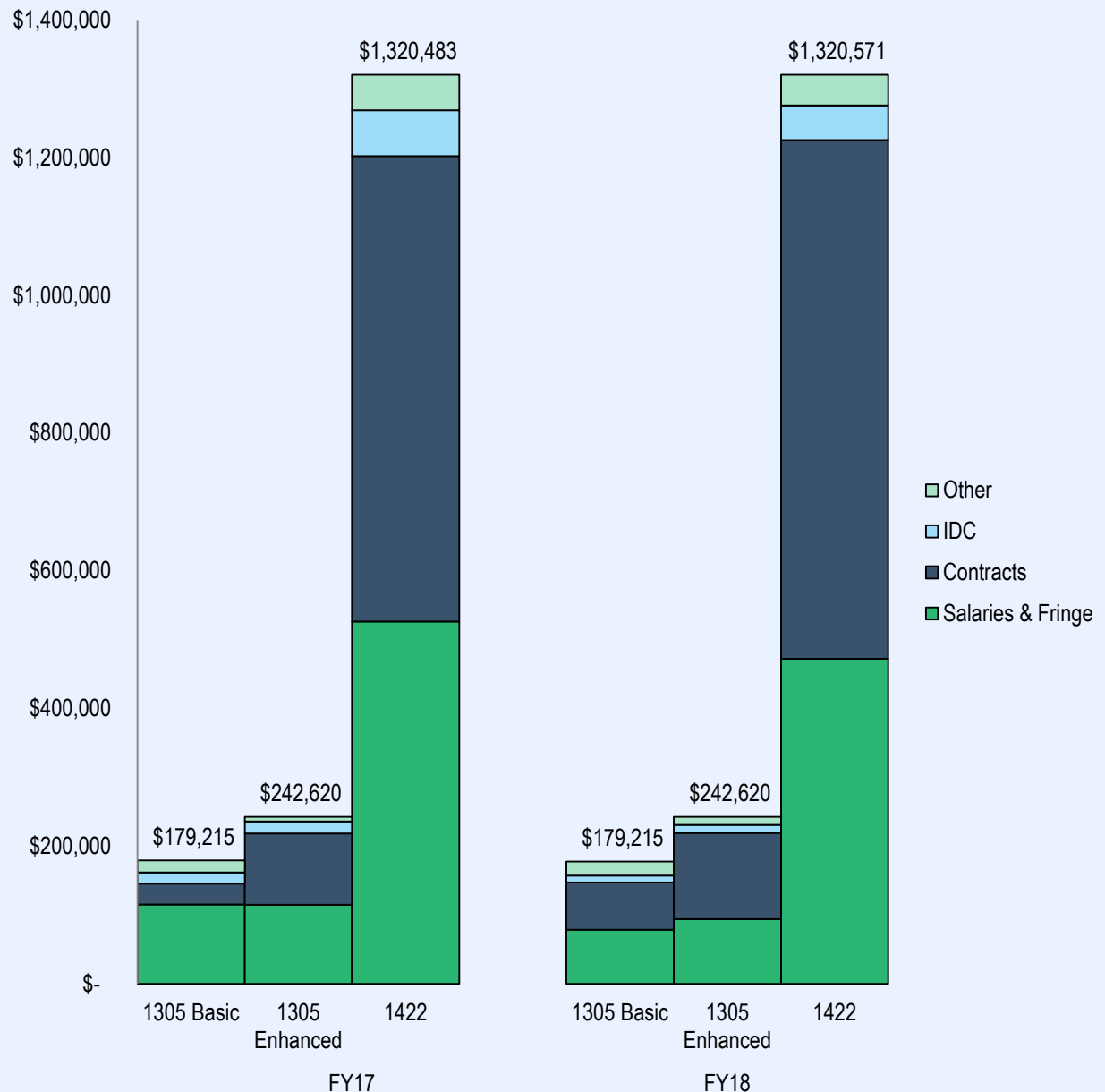
Source: Oklahoma Health Care Authority (2018). *Diabetes Analysis, SFY 2017*

\* Total reimbursement for services rendered by Soonercare members with diabetes SFY2017

## \$ FISCAL IMPACT – STATE LEVEL

The OSDH does not receive state-appropriated funding specifically designated for diabetes prevention or self-management programs.

Activities and strategies aimed at reducing the prevalence of diabetes and increasing self-management skills are funded through time-limited CDC cooperative agreements (CDC-RFA-DP13-1305 Basic and CDC-RFA-DP13-1305 Enhanced and CDC-RFA-DP14-1422). The graphs depict CDC funding expenditures related to diabetes strategies for the state of Oklahoma over the last two years (FY 2017 and FY 2018). Grant strategies were focused on implementing statewide and community level approaches to promote health and prevent and control chronic diseases in priority populations.



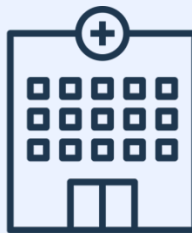
## FISCAL IMPACT – COUNTY LEVEL

The county health departments affiliated with the OSDH do not receive state allocated funding to support diabetes programs.

County health departments offer educational programs such as the Diabetes Empowerment Education Program and Gateway to develop self-management skills of persons with diabetes, and the Diabetes Prevention Program to reduce the prevalence of diabetes.

Federal grant funding supports a limited number of high prevalence counties with resources to address diabetes in their communities.

21



There are 21 County Health Departments (CHDs) that offer diabetes programs.



In a month, 13 CHDs provide services on average to 1-10 people with diabetes and 3 CHDs provide services on average to 11-25 people with diabetes.

18



There are 18 full time employees trained to provide diabetes programs across the CHDs.

# BENEFITS OF DIABETES PREVENTION PROGRAMS

Diabetes imposes a substantial burden on society in the form of higher medical costs, lost productivity and premature mortality as well as intangible costs in the form of reduced quality of life. Some chronic diseases, like diabetes, are preventable, and their progression can be delayed through early identification, lifestyle changes and/or clinical treatment.

It is estimated 15-30% of individuals with prediabetes will develop Type 2 diabetes within five years. Participation in a Diabetes Prevention Program (DPP) could reduce the incidence of diabetes through use of intensive diet and lifestyle counseling for individuals at high risk for developing diabetes.

# BENEFITS OF DIABETES PREVENTION PROGRAMS

58% reduction in conversion to Type 2

**STOP  
Type 2**

Improved health outcomes

Stroke

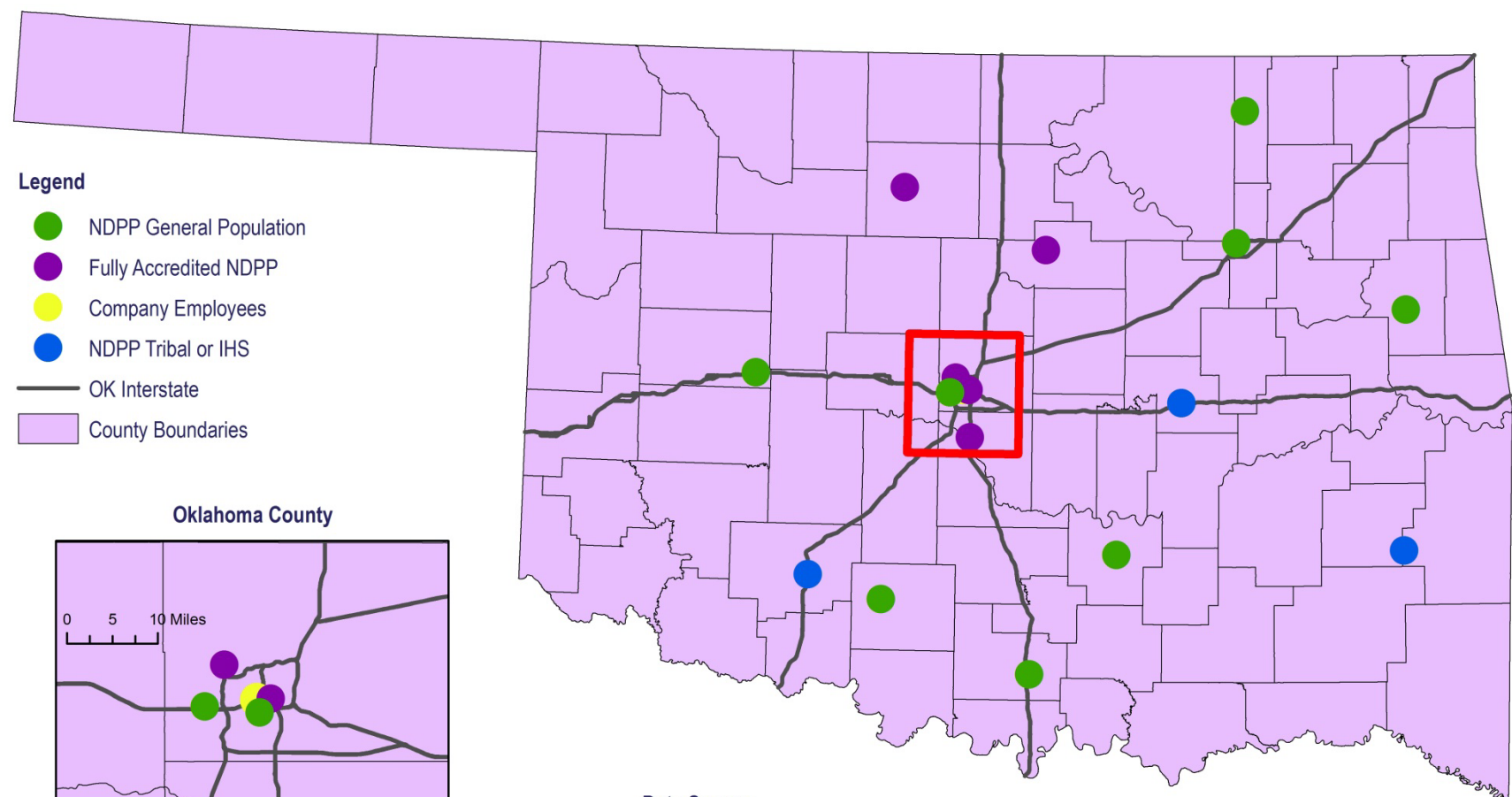
Heart  
Disease

Kidney  
Disease

Benefit beyond  
participant

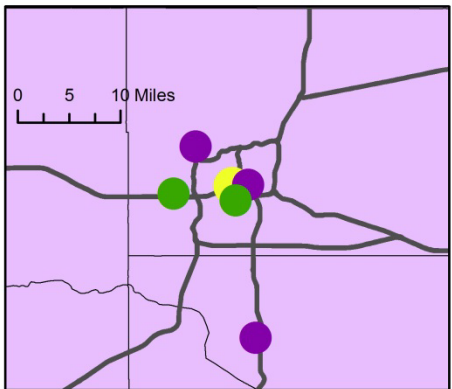


# NATIONAL DIABETES PREVENTION PROGRAMS (NDPP), 2018



- Legend**
- NDPP General Population
  - Fully Accredited NDPP
  - Company Employees
  - NDPP Tribal or IHS
  - OK Interstate
  - County Boundaries

Oklahoma County



**Data Source:**  
Oklahoma State Department of Health Geodatabase. Sites were obtained from the CDC DPP website.

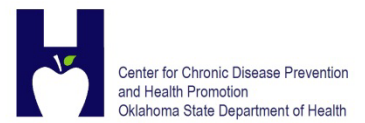
**Created:** 10.04.2018

0 40 80 160  
Miles

Projection/Coordinate System: USGS Albers Equal Area Conic



**Disclaimer:** This map is a compilation of records, information and data from various city, county and state offices and other sources, affecting the area shown, and is the best representation of the data available at the time. The map and data are to be used for reference purposes only. The user acknowledges and accepts all inherent limitations of the map, including the fact that the data are dynamic and in a constant state of maintenance.



# BENEFITS OF DIABETES SELF-MANAGEMENT PROGRAMS

**Improves control  
of blood glucose,  
blood pressure  
and cholesterol  
levels**

**Each 1% reduction  
in HbA1c\* reduces  
risk of  
complications by  
40%**

**Lowers number of  
hospitalizations,  
length of stay, and  
inpatient costs**

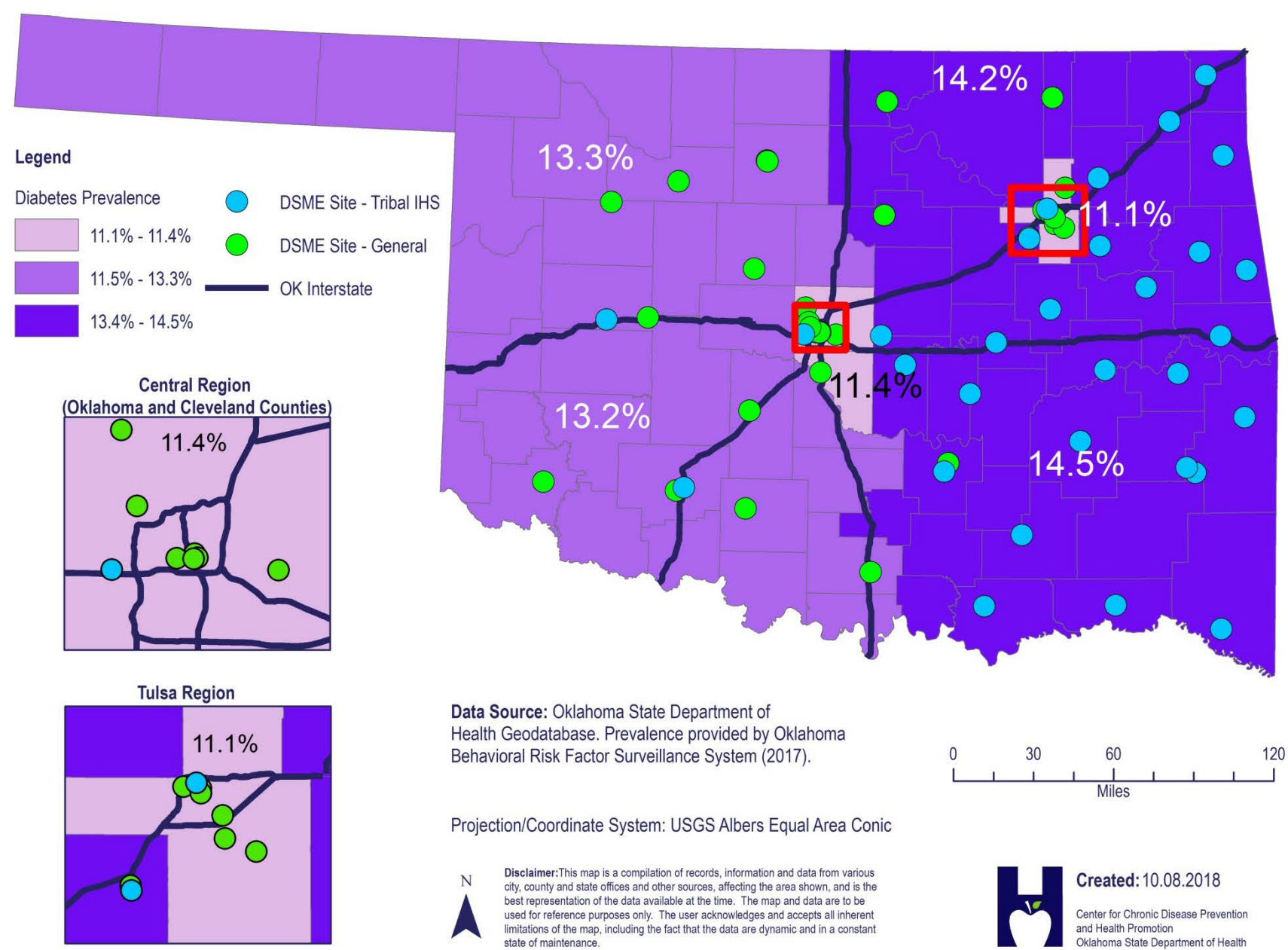
1. American Association of Diabetes Educators. *Benefits of Diabetes Education*. Available at <https://www.diabeteseducator.org/practice/provider-resources/benefits-of-diabetes-education>

2. Centers for Disease Control and Prevention (2011). *National Diabetes Fact Sheet*. Available at [https://www.cdc.gov/diabetes/pubs/pdf/ndfs\\_2011.pdf](https://www.cdc.gov/diabetes/pubs/pdf/ndfs_2011.pdf)

3. Robbins, JM, et al. (2008). *The urban diabetes study*. *Diabetes Care*. 2008;31(4):655-60

\*Hemoglobin A1c (HbA1c) reflects how well an individual's diabetes is controlled

# DIABETES SELF-MANAGEMENT EDUCATION (DSME) SITES, 2018





# COLLABORATIVE EFFORTS



Childhood Obesity Pilot – referral of children with elevated BMIs to medical nutrition therapy



Diabetes Prevention Programs – referral of SoonerCare members with high risk of developing Type 2 diabetes



Legislative Diabetes Caucus - chaired by Sen. Simpson (R-District 14), educating the public on diabetes initiatives



# ACTION PLANS

The process for improving the health of Oklahomans incorporates awareness, education, and availability of programs. To reach populations at highest risk for development of chronic diseases, specifically diabetes, requires programs to be locally based, inclusive, culturally appropriate, and sustainable.

All of the individual, community, and health system elements must work together in shared responsibility. The sharing of ideas, resources, and people between communities and health systems can improve clinical and population health. As a chronic disease, diabetes is not self-limiting but spans a lifetime. Biology, environment, and social factors interact during an entire lifetime to influence health and disease in later life.

Interventions focused on preventing or delaying chronic diseases across the continuum must be implemented with a long-term perspective and sustained effort.

**GOALS**

**OBJECTIVES**

**BENCHMARKS**

**ACTIVITIES**

# GOALS

1

**TO REDUCE THE INCIDENCE  
RATES OF DIABETES**



2

**IMPROVE HEALTH CARE  
SERVICES FOR DIABETES**



3

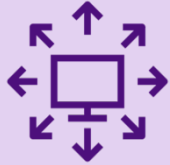
**CONTROL COMPLICATIONS  
FROM DIABETES**



# 1 TO REDUCE THE INCIDENCE RATES OF DIABETES

## OBJECTIVES

1



Implement systems change within Oklahoma Medicaid to identify SoonerCare members with prediabetes and refer them to medical nutrition therapy (MNT)

2



Implement strategies to increase access to MNT for SoonerCare members

3



Implement system changes to identify and refer SoonerCare pediatric populations at high risk for developing Type 2 diabetes to education programs

## BENCHMARKS



Increase by 10% the number of SoonerCare members with a paid claim for MNT



Baseline (2015)

24,287  
MNT units



5 Year Target (2020)

26,716  
MNT units

Target Population

Oklahoma Health Care Authority (OHCA)  
SoonerCare members 19 years and above



Increase access to registered, licensed dietitians (RD/LD) providing MNT by 10%



Baseline (2015)

171  
RD/LDs



5 Year Target (2020)

188  
RD/LDs

Target Population

RD/LD providers



Increase by 10% the number of SoonerCare pediatric members with a paid claim for MNT



Baseline (2015)

4,756  
MNT units



5 Year Target (2020)

5,232  
MNT units

Target Population

OHCA SoonerCare pediatric population  
(0 years – 18 years)

# 1 TO REDUCE THE INCIDENCE RATES OF DIABETES

## KEY ACTIVITIES



Provide education to clinicians on referral processes for MNT using a variety of communication resources



Link SoonerCare providers to contracted MNT service providers



Identify SoonerCare pediatric population members at high risk of developing Type 2 diabetes secondary to elevated BMIs.

Identify, through use of OHCA's claims data SoonerCare members who meet criteria for referral to MNT



SoonerCare members will be provided access to medical nutrition therapy



OSDH will collaborate with WIC programs to identify children with elevated BMIs



Collaborate with OHCA's Health Care Systems Innovation (HCSI) team to identify and refer patients to MNT



Number of RD/LDs offering medical nutrition therapy



CHDs will utilize a Registered / Licensed Dietitian to offer MNT to the SoonerCare pediatric population

# 2 IMPROVE HEALTH CARE SERVICES FOR DIABETES

## OBJECTIVES

1



Support OHCA submission of a state plan amendment to CMS for coverage of Diabetes Self-Management Training (DSMT) as a funded member benefit

2



Increase appropriateness of diabetes-related health services

3



Educate clinicians on claims documentation of SoonerCare pediatric members with elevated BMIs

## BENCHMARKS



Gain authority for OHCA coverage of DSMT for SoonerCare members with diabetes



Baseline (2015)  
No DSMT coverage for SoonerCare members



5 Year Target (2020)  
Coverage of DSMT for SoonerCare members

Target Population

OHCA SoonerCare adult members with diabetes



Increase by 5% the number of SoonerCare members with diabetes receiving annual HbA1c testing



Baseline (2015)  
72.2% members



5 Year Target (2020)  
75.8% members

Target Population

OHCA SoonerCare members with diabetes (19 years- 75 years)



Increase by 5% the number of SoonerCare pediatric member claims with BMIs documented by providers



Baseline (2015)  
26,353 children



5 Year Target (2020)  
27,671 children

Target Population

OHCA SoonerCare pediatric population (0 years – 18 years)

## 2 IMPROVE HEALTH CARE SERVICES FOR DIABETES

### KEY ACTIVITIES



Submission of OHCA Legislative Report as required by SB972 (2018) – this Senate Bill mandated OHCA to determine costs associated with covering DSMT for SoonerCare members with diabetes



Provide training for clinicians on CMS and HEDIS quality measures on comprehensive diabetes care

Analyze claims data to identify SoonerCare members meeting criteria for receiving annual HbA1c testing



Collaborate with OHCA's Performance & Health Improvement Program to improve diabetes-related quality strategies



Provide education for clinicians on screening and referring SoonerCare children with elevated BMIs to appropriate programs (i.e. medical nutrition therapy)



# 3 CONTROL COMPLICATIONS FROM DIABETES

## OBJECTIVES

1



If funded, implement systems change within OHCA Medicaid programs to identify and refer members with diabetes to recognized/accredited DSMT programs

2



Educate clinicians on newly funded DSMT benefits for SoonerCare members with diabetes

3



Implement strategies to increase participation of SoonerCare members with diabetes in recognized/accredited DSMT programs, when funded

## BENCHMARKS



Decrease hospital admission rates for short-term complications related to diabetes by 2%



Baseline (2015)  
28.24 / 100,000  
member months



5 Year Target (2020)  
27.68 / 100,000  
member months

Target Population

OHCA SoonerCare members with diabetes 19 – 64 years



Increase strategies to educate clinicians on newly funded DSMT benefit for SoonerCare members with diabetes



Baseline (2015)  
0  
strategies



5 Year Target (2020)  
10  
strategies

Target Population

OHCA SoonerCare contracted clinicians (MD, DO, PA, ARNP, etc.)



If funded, increase by 4% the number of SoonerCare members with diabetes who have attended a recognized or accredited DSMT program



Baseline (2015)  
0  
members



5 Year Target (2020)  
2,100  
members

Target Population

OHCA SoonerCare members aged 19 years and older with Type 2 diabetes



# 3 CONTROL COMPLICATIONS FROM DIABETES

## KEY ACTIVITIES



Secure legislative appropriations for funding of DSMT as a covered benefit for SoonerCare members with Type 2 diabetes



Offer educational presentations to clinicians during Fall and Spring provider training sessions on newly funded DSMT benefit

Survey clinicians on knowledge of newly funded DSMT benefit and ability to refer patients to recognized/accredited programs



Collaborate with OHCA to develop a standardized referral process to facilitate referrals



Secure legislative approval for funding of DSMT as a covered benefit to SoonerCare members with Type 2 diabetes

Collaborate with HCSI team to educate SoonerCare members with diabetes on the benefits of attending recognized/accredited DSMT programs



Provide outreach to SoonerCare members with diabetes on newly funded DSMT benefit

# DETAILED BUDGET – OHCA & OSDH

Oklahoma statute (63 O.S. §7301) requires the Oklahoma Health Care Authority (OHCA) and the Oklahoma State Department of Health (OSDH) to develop a detailed budget blueprint identifying **needs**, **costs**, and **resources** required to achieve the **goals** and to reach projected benchmarks.

## GOAL 1

- Reduce the incidence rates of diabetes



## GOAL 2

- Improve health care services for diabetes



## GOAL 3

- Control complications from diabetes



## GOAL 1 BENCHMARKS - NEEDS

1. Increase by 10% the number of SoonerCare members with a paid claim for medical nutrition therapy (MNT).
2. Increase access to registered, licensed dietitians (RD/LD) providing medical nutrition therapy by 10%.
3. Increase by 10% the number of SoonerCare pediatric members with a paid claim for MNT.

### NEEDS

- Oklahomans face a higher than national average incidence of diabetes. Programs providing education on lifestyle change behaviors and self-management skills are crucial in decreasing prevalence, mortality and morbidity.

# GOAL 1 BENCHMARKS - Cost

1. Increase by 10% the number of SoonerCare members with a paid claim for MNT.
2. Increase access to registered, licensed dietitians (RD/LD) providing medical nutrition therapy by 10%.
3. Increase by 10% the number of SoonerCare pediatric members with a paid claim for MNT.

## COST

- Education on using the AMA/CDC STAT toolkit or the ACPM “screen, test, and refer” resources can be provided during OHCA’s Fall Provider training.
- Referral of SoonerCare members at high risk of Type 2 diabetes to MNT.
- Collaboration with OSDH WIC programs to identify children with elevated BMIs for referral to MNT

# GOAL 1 BENCHMARKS - RESOURCES

1. Increase by 10% the number of SoonerCare members with a paid claim for MNT.
2. Increase access to registered, licensed dietitians (RD/LD) providing medical nutrition therapy by 10%.
3. Increase by 10% the number of SoonerCare pediatric members with a paid claim for MNT.

## RESOURCES

- OHCA Health Care Systems Innovation (HCSI) team
- Data Management Systems
- OHCA contracted Registered/Licensed Dietitians (RD/LD)

## GOAL 2 BENCHMARKS - NEEDS

1. Gain authority for OHCA coverage of DSMT for SoonerCare members with diabetes.
2. Increase by 5% the number of SoonerCare members with diabetes receiving annual HbA1c testing.
3. Increase by 5% the number of SoonerCare pediatric member claims with BMIs documented by providers.

### NEEDS

- Oklahomans face a higher than national average incidence of diabetes. Programs providing education on lifestyle change behaviors and self-management skills are crucial in decreasing prevalence, mortality and morbidity.

## GOAL 2 BENCHMARKS - **COST**

1. Gain authority for OHCA coverage of DSMT for SoonerCare members with diabetes.
2. Increase by 5% the number of SoonerCare members with diabetes receiving annual HbA1c testing.
3. Increase by 5% the number of SoonerCare pediatric member claims with BMIs documented by providers.

### **COST**

- Total Budget: \$288,114 | State Appropriations: \$100,523
- Referral of SoonerCare members with/or at risk of diabetes to MNT.
- Recruitment and contracting of RD/LDs to provide MNT for SoonerCare pediatric members with elevated BMIs.

## GOAL 2 BENCHMARKS - RESOURCES

1. Gain authority for OHCA coverage of DSMT for SoonerCare members with diabetes.
2. Increase by 5% the number of SoonerCare members with diabetes receiving annual HbA1c testing.
3. Increase by 5% the number of SoonerCare pediatric member claims with BMIs documented by providers.

### RESOURCES

- The report submitted in response to Senate Bill 972 (2018) details the fiscal impact to the state and to the OHCA of offering DSMT as a covered benefit to SoonerCare members with diabetes.
- Data Management Systems
- Increase in number of RD/LDs contracted to provide MNT for SoonerCare pediatric members with elevated BMIs.



## GOAL 3 BENCHMARKS - NEEDS

1. Decrease hospital admission rates for short-term complications related to diabetes by 2%.
2. Increase strategies to educate clinicians on newly funded DSMT benefit for SoonerCare members with diabetes.
3. If funded, increase by 4% the number of SoonerCare members with diabetes who have attended a recognized or accredited DSMT program.

### NEEDS

- Oklahomans face a higher than national average incidence of diabetes. Programs providing education on lifestyle change behaviors and self-management skills are crucial in decreasing prevalence, mortality and morbidity.

## GOAL 3 BENCHMARKS - **COST**

1. Decrease hospital admission rates for short-term complications related to diabetes by 2%.
2. Increase strategies to educate clinicians on newly funded DSMT benefit for SoonerCare members with diabetes.
3. If funded, increase by 4% the number of SoonerCare members with diabetes who have attended a recognized or accredited DSMT program.

### **COST**

- OHCA staff time and effort to draft language for a State Plan Amendment for submission to CMS.
- Trainings for OHCA providers on screening, testing, and referring SoonerCare members to MNT or DSMT programs (when funded).

## GOAL 3 BENCHMARKS - RESOURCES

1. Decrease hospital admission rates for short-term complications related to diabetes by 2%.
2. Increase strategies to educate clinicians on newly funded DSMT benefit for SoonerCare members with diabetes.
3. If funded, increase by 4% the number of SoonerCare members with diabetes who have attended a recognized or accredited DSMT program.

### RESOURCES

- Legislative support of SB972 (2018) and submission of a State Plan Amendment for the OHCA to implement DSMT as a covered benefit for SoonerCare members with diabetes.
- Data Management Systems
- Legislative appropriations to support implementation of DSMT as a covered benefit for SoonerCare members with diabetes.

# REFERENCES

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