Medicare Changes and the Impact on Diabetes Prevention Programs

The American College of Preventive Medicine (ACPM) has partnered with the Florida Diabetes Prevention Program (DPP) to create a video module on the newly expanded Medicare Preventive Covered Service for the DPP. In the video, ACPM Associate Executive Director Dani Pere provides an overview of the Medicare rulemaking process, finalized Medicare DPP policies taking effect in 2018, and future rulemaking expectations. Continuing education credits for this and other modules on diabetes prevention will be made available by USF Health through August 2017.

ACPM is also providing a series of free 1.5-credit webinars for physicians and allied health professionals on referring patients with prediabetes to evidence-based diabetes prevention program providers in their community. Register to participate in one of the following opportunities next month.

FREE WEBINARS

Scaling the National DPP: Health Plan Coverage in California
April 4 (3:00pm EST)
Learn about the DPP coverage provided by Anthem Blue Cross CA and Blue Shield CA to over 10 million California residents. Solera Health, who administers the National DPP for both plans, will review the current identification and enrollment process and discuss how physicians can refer their patients. One direct provider, HealthSlate, will discuss their unique approach to care team integration.

National DPP 101
April 7 (3:00pm EST)
ACPM and the Council for Diabetes Prevention will explore the history and evidence of the National DPP, current efforts to scale the program, and opportunities for providers to increase referrals.

Scaling the National DPP: Program Activation in Health Systems
April 11 (3:00pm EST)
Join ACPM for an in-depth look at promoting the National DPP within your practice setting and with your patients. We will discuss a variety of referral strategies including point of care and EMR based referrals.

Scaling the National DPP: Intermountain Health’s National DPP Journey
April 14 (4:00pm EST)
Elizabeth (Liz) A. Joy, MD, MPH, FACSM will present Intermountain Healthcare’s process of promoting awareness, establishing workflows and achieving program engagement within their Diabetes Prevention Program.

MORE RESOURCES

National Diabetes Prevention Program – CDC
Lifestyle Medicine Core Competencies Program – ACPM / ACLM
WISEWOMAN Lifestyle Medicine Provider Education Project – ACPM / CDC WISEWOMAN

Coming Soon: ACPM’s Lifestyle Medicine Elective on Culinary Medicine!

ACPM will be adding a new Culinary Medicine elective to the Lifestyle Medicine Core Competency Program. The elective, designed for physicians and clinicians, is being developed through a generous grant by the Ardmore Institute of Health and will focus on the practical aspects of what patients face day-to-day when trying to make substantive lifestyle changes. Rani Polak, director of the Institute of Lifestyle Medicine’s Chef
Coaching program and pictured below, is taping several of the sessions this week with ACPM staff. This elective will be released in the summer or fall of 2017—stay tuned for updates!

WE WANT TO HEAR FROM YOU -- Submit your news to Dani Pere, ACPM Associate Executive Director. Submissions received by the first of the month will be considered for the next issue.

ACPM Listening Sessions on the 6|18 Initiative

ACPM and the CDC hosted three listening sessions exploring the role of physicians in advancing the CDC’s 6|18 Initiative. The full-day sessions were held in New York City, Houston and Atlanta, and included physicians, public health practitioners, nurses and researchers. Information about the listening sessions—including participant guides, agenda, presentations, photos and more—have been made available for participants and others interested in learning about the program. Findings from the listening sessions will contribute to a report to be shared with CDC and released at Preventive Medicine 2017.

Lifestyle Medicine Track at Preventive Medicine 2017

Preventive Medicine 2017, the annual meeting of ACPM, is the premier event for professionals in disease prevention and health promotion. The meeting advances the
science of preventive medicine through educational programming and networking opportunities. Meeting tracks at this year’s conference include Clinical Preventive & Lifestyle Medicine, Public Health & Population Medicine, Medical Quality, Informatics, Global Health, and others. The meeting will be held May 23-26 in Portland, Oregon.

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**RESEARCH / NEWS**

**Lifestyle medicine course for family medicine residents: preliminary assessment of the impact on knowledge, attitudes, self-efficacy and personal health** – A total of 112 family medicine residents participated in one of the five courses, of which 91 (81.3%) filled both pre and post surveys. Participates showed an improvement in self-reported knowledge and capacity to manage patients in regard to smoking, weight management and physical activity. – Postgraduate Medical Journal

**Calgary medical school beefs up nutrition and lifestyle education** – “To our knowledge, we have the first three-year longitudinal, integrated curriculum in lifestyle medicine in Canada.” – Calgary Herald

**Oral Pharmacologic Treatment of Type 2 Diabetes Mellitus: A Clinical Practice Guideline Update From the American College of Physicians** – Annals of Internal Medicine

**Lifestyle choices condition colon and rectal cancer risk more than genetics** – Medical Xpress

**New Diabetes Prevention Program Now Available to Blue Shield of California Members** – Solera

**Proactive approach to help combat health issues in Jackson County, Indiana** – The Tribune

**David Katz speaking at the Integrative Healthcare Symposium** – Integrative Practitioner

**Woman who adopted plant-based diet, saw MS symptoms fade will speak at nutrition conference** – An internist who changed her career and turned around her health after discovering the peer-reviewed power of a plant-based diet, Dr. Saray Stancic comes to Augusta on April 10 to deliver the keynote address at the annual Maine Nutrition Council conference. Her speech will focus on her personal journey and the shift she says needs to happen in health care. “We need to get this message out to everyone. We need to get this into the curricula of U.S. medical schools. This is going to require society to change.” – Portland Press Herald

**Cardiac patients dance their way toward heart health** – “I was exploring ways of getting people moving that were a little bit more interesting and fun than just trudging on the treadmill and sitting on a bike... We decided to give this line dancing a try,” says Catherine Gibson, cardiac patient educator at Mission Hospital. “A lot of these folks enjoy dancing, and with line dancing, you don’t need a partner to do it, and it doesn’t just work on fitness, but it also enhances balance and thinking because you have to remember the steps, so there is a little cognition in there as well.” – Mountain Xpress

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**BLOGS / OPINION**

**The Health Care Cure Must Include Prevention** – Morning Consult

**The Future of Healthcare: Lifestyle Medicine and Heart Disease** – Healthways

**Lifestyle modifications vs pharmacologic treatment for patients with diabetes** – Clinical Advisor

**Fat Wars: Diet Docs Have Salim Yusuf in the Cross Hairs** – MedPage Today

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**EVENTS**

**Clinicians CHEF Coaching**
March 22, Online
Register for an upcoming 10-week session of the culinary medicine training program from the Institute of Lifestyle Medicine. Early bird pricing for the session that begins March 22 will be available through Wednesday, March 1, but cohorts often sell out well in advance. Graduates of the online program will earn a “Certificate of Completion in CHEF Coaching” from the institute.

27th Annual Art and Science of Health Promotion Conference
March 27-31, Colorado Springs, CO

3rd National Summit for Building Healthy Academic Communities
April 6-7, Gainesville, FL

Obesity Medicine 2017
April 19-23, Seattle, WA

Lifestyle Medicine Symposium: A Holistic Approach to Medical Care
April 25, Rochester, MN

5th Canadian Obesity Summit
April 26-28 Banff Springs, AB, Canada

Preventive Medicine 2017
May 23-26, Portland, OR
Registration is now open! Advanced discounts are available until April 30. Registration includes CME/MOC credits, meeting materials, tickets to the Opening Reception, and continental breakfast and coffee breaks each day.

Lifestyle Medicine: Tools for Promoting Healthy Change
June 8-10, Boston, MA

The Principles and Practice of Yoga in Health Care: The Science, Research and Application
June 17, San Antonio, TX

Cycling CME: Road Bike / Mountain Bike
September 5-9 / October 4-7, Grand Junction, CO

Lifestyle Medicine Australasia 2017
September 15-17, Sydney, Australia

Lifestyle Medicine 2017
October 22-25, Tucson, AZ
Presentation proposals are due by March 31.

ObesityWeek 2017
October 30–November 3, Washington, DC

ACPM distributes lifestyle medicine news and updates each month. Subscribe to stay current with this growing field »