

MODEL OVERVIEW

The Medicare Diabetes Prevention Program (MDPP) is an evidence-based lifestyle intervention to prevent type 2 diabetes, one of the most common, burdensome, and costly diseases affecting beneficiaries. The MDPP targets weight loss and physical activity through 16 core sessions during the first 6 months, followed by monthly core maintenance sessions in months 7-12 and monthly ongoing maintenance sessions in the second year. The primary goal of the program is to help individuals lose at least 5% of their weight, which is associated with a clinically significant reduction in risk for type 2 diabetes.

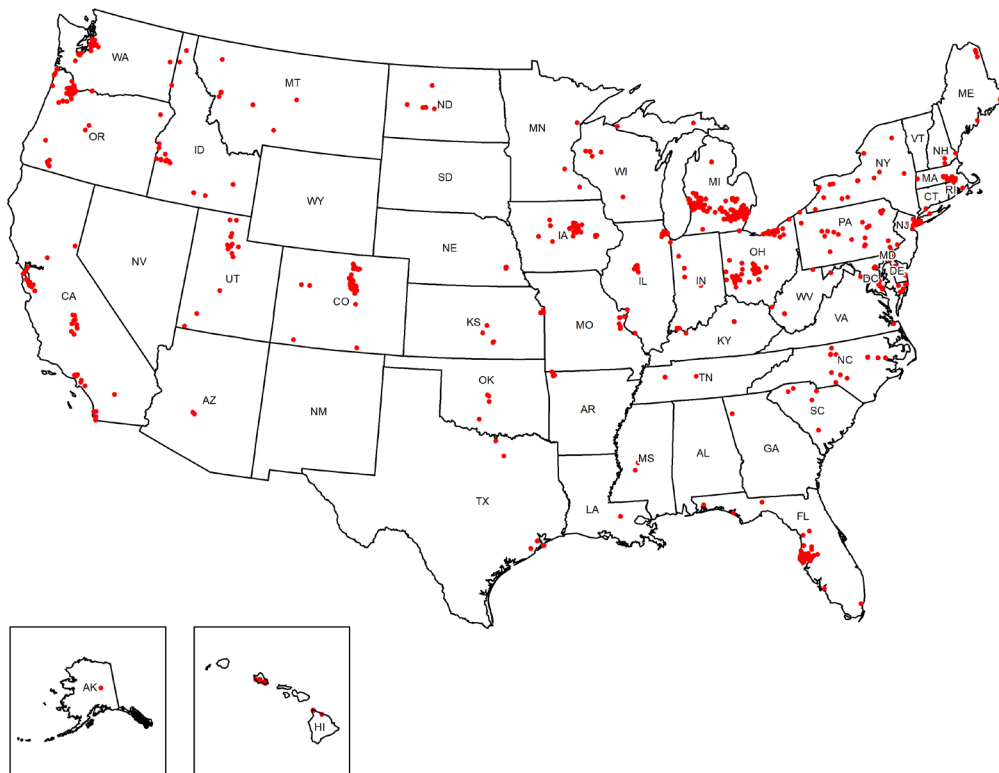
Medicare beneficiaries are eligible for the MDPP if they are overweight or obese and have prediabetes. MDPP suppliers must provide in-person services, be recognized by the Centers for Disease Control and Prevention’s Diabetes Prevention Recognition Program, and enroll in Medicare. Reimbursement of suppliers is based on performance, as measured by sessions attended and weight lost by beneficiaries.

The evaluation is examining whether MDPP beneficiaries lose weight and experience improved health outcomes and whether the program reduces Medicare expenditures. The MDPP began serving Medicare beneficiaries on April 1, 2018. Unless otherwise stated, this report contains data through December 31, 2019.

PARTICIPANTS



MDPP Suppliers: As of March 2020, 196 MDPP suppliers provide services in 762 unique locations.



Beneficiaries: 2,248 Medicare beneficiaries have participated in the MDPP, including 1,095 fee-for-service (FFS) beneficiaries and 1,153 Medicare Advantage (MA) beneficiaries. Selected demographics include:

- **Age:** 66% of beneficiaries are between 65 and 74 years old.
- **Sex:** 74% of beneficiaries are female.
- **Race and ethnicity:** 75% of beneficiaries are white. 77% are not Hispanic or Latino.

FINDINGS

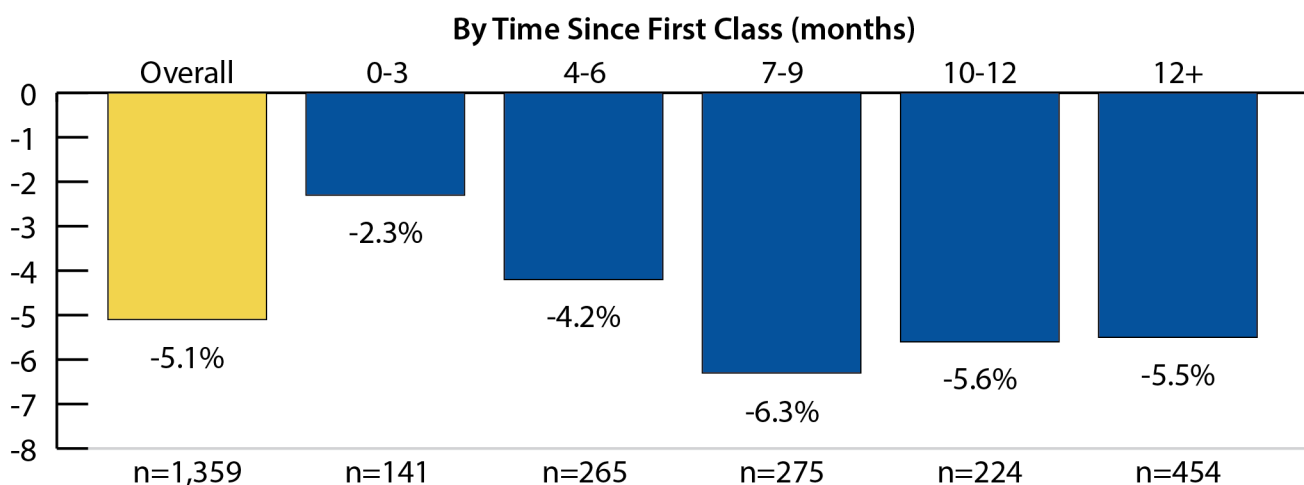


Attendance: Beneficiaries, on average, have attended 16 sessions. Because some beneficiaries are early in the program, this average will likely increase. The average length of enrollment was approximately 6 months.



Weight loss: On average, beneficiaries lost 5.1% of their starting weight. Beneficiaries with 0–3 months since the first class lost 2.3% of their starting weights compared to those with 7–9 months since the first class who lost 6.3%. The figure below presents the average weight loss by time since first class attended. Since starting the program, 49% of MDPP beneficiaries met the 5% weight-loss goal and 22% met the 9% weight-loss goal.

Average percentage change in weight, overall and by time since first class:



Physical activity: The MDPP emphasizes physical activity starting in Session 5. After this session, between 65 and 75% of beneficiaries reported meeting the goal of 150 minutes of physical activity per week.



Payments for MDPP services: CMS has paid \$101,989 to suppliers for 623 FFS beneficiaries. Most paid MDPP claims are for beneficiary attendance at MDPP sessions, but a considerable number of claims have been made for beneficiary weight loss.



Beneficiary expenditures and utilization: As of December 31, 2019, it is too early and there are not a sufficient number of participants to determine whether the MDPP reduces beneficiary expenditures and utilization.



Health outcomes: Although weight loss and self-reported levels of physical activity among MDPP beneficiaries are promising, it is too early to determine whether the MDPP prevents diabetes onset.

KEY TAKEAWAYS

The number of participating suppliers and beneficiaries has grown steadily, but slowly, since the start of the MDPP. The initial beneficiaries that have enrolled in the MDPP have lost weight, thereby meeting a key short-term goal of the program. At this point, it is too early and there are not a sufficient number of participants to determine whether the program lowers Medicare expenditures, reduces utilization, or prevents diabetes.

This document summarizes the evaluation report prepared by an independent contractor. To learn more about the MDPP expanded model and to download the First Annual Evaluation Report, visit <https://innovation.cms.gov/innovation-models/medicare-diabetes-prevention-program>.