

CHARLESTON AREA MEDICAL CENTER:

SUPPORTING EMPLOYEE HEALTH AND WELLNESS



CAMC EMPLOYEE NATIONAL DIABETES PREVENTION PROGRAM

Offering diabetes prevention and self-management classes at worksites makes evidence-based programs more accessible to those who are at-risk. In 2017, the Charleston Area Medical Center (CAMC) piloted the National Diabetes Prevention Program to eligible employees. According to an analysis by Highmark, who serves as the third party claims administrator, 864 CAMC employees were diagnosed with diabetes and an additional 5,193 were at risk for pre-diabetes. CAMC estimated that they spend \$12,000,000 on diabetes claims annually, 11% of employees and 16% of spouses had Type 2 Diabetes in 2017. Implementing NDPP for employees had the potential to save CAMC \$13,700 per year, per employee.

The inaugural NDPP pilot began in February 2017 and included 15 participants who completed the 22 sessions of the program. An additional 4 support sessions were offered to the class. As a whole, the class reported 5-7% weight loss, for a total of 226.4 pounds. The greatest individual weight loss was 32.4 pounds. Anna Lucas, the Health and Wellness Coordinator and Jason Gladwell, an exercise physiologist led the class sessions. The CAMC NPDD class reported successful recruitment, retention, and outcomes.

SUCCESSES

Recruitment	Participant Commitment	Program Leaders	Employer Commitment	Potential Economic Savings
<ul style="list-style-type: none">• Recruitment identified enough participants for two classes, and a second class was offered following the completion of the pilot.• In addition to program supplies, participants received \$100 for completing months 1-6 and \$200 for completing the last 6 months.	<ul style="list-style-type: none">• Only one of the original 16 enrollees was unable to complete the class sessions.• Class participants wanted to continue “support” groups beyond the prescribed sessions.• Leaders from the class expressed an interest in continuing to meet and communicate via social media. Overall, the pilot class maintained a 5-7% weight loss.	<ul style="list-style-type: none">• The two program leaders are interested in long-term program success and participant progress.	<ul style="list-style-type: none">• CAMC contributed ½ hour of employee time to the classes. Flexibility in the time the class and an onsite location made it more accessible to employees.• Initial funding was awarded as a block grant from the West Virginia Bureau for Public Health, but will be sustained through funding from CAMC’s wellness budget.	<ul style="list-style-type: none">• Based on data from Highmark (the third party claims administrator for CAMC) regarding at-risk patients and utilizing the Colorado Return on Investment toolkit, implementing and supporting NDPP to at-risk employees and spouses could result in cost savings of \$2,041,300 annually.

“I was fortunate enough to find out about this class at just the right time. My weight had hit an all-time high. My A1C and blood pressure were elevated as a result. This class was motivational and educational. Having the support of the instructors and our small group was just what I needed. I added exercise and changed my diet. I was able to set long-term, reasonable expectations for myself and I am maintaining this healthier lifestyle.”- Participant

For more information please contact Anna Lucas at anna.lucas@camc.org or Jessica Wright from the West Virginia Bureau for Public Health, Health Promotion and Chronic Disease at Jessica.G.Wright@wv.gov.