

# Improving the Self-Management Skills of Adults with Diabetes

A Collaboration of Anthem, National Council on Aging, OASIS, Stanford University, and YMCA of the USA

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Communities Uniting to Meet America's Diabetes Challenge

# Project Goals and Summary

- Deliver Stanford University's Diabetes Self-Management Program (DSMP) in-person or online to 2,500 adults with type 2 diabetes
- Evaluate participant outcomes and demonstrate an ROI
- Develop a business plan for nationwide scaling
- Make a compelling policy case for increased investment in and reimbursement for DSMP

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# Ms. Thomas at the Atlanta YMCA

**Recruitment:** Through Anthem commercial outreach calls.

**Screening:** Identified as a beneficiary with type 2 diabetes and transferred to Atlanta YMCA program coordinator for enrollment.

**Enrollment:** Atlanta YMCA coordinator noted preferences and enrolled Ms. Thomas in the workshop that best met her location and scheduling needs.

**Workshop:** Attended 5 of 6 workshop sessions at the Andrew & Walter Young Family YMCA branch in Atlanta, GA. Received weekly calls from workshop leaders and/or peers in the program.

**Alumni Community:** While she is not engaged with the online alumni community, she and the other participants in her workshop exchanged contact information and continue to encourage each other.

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# Patient Story/Experience

**Before the workshop:** Could not read nutrition labels or calculate the grams of carbohydrates or fats consumed daily. Did not understand the importance of exercise or “helping my doctor help me.”

**During the workshop:** Learned a great deal about “my body, self-management, using the ‘tools in my toolbox,’ and how to deal with my emotions.” Enjoyed brainstorming. Workshop was “phenomenal” and our leaders were “the best!”

**After the workshop:** Understands that “I am responsible for making sure that my physician is abreast of any concerns I may have so that he can best treat/serve my specific needs.” Has stayed in touch with other participants from group and continues to use workbook as a reference tool.

**“Thank you for the workshop invitation. It has made a difference in my lifestyle.”**

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# Mike Attended an OASIS Workshop

**Recruitment:** OASIS initiated e-blast.

**Screening & Enrollment:** Called and spoke with the OASIS Coordinator, who confirmed Mike and his wife's interest/commitment. In this case, coordinator did not need to offer other available workshops.

**Workshop:** Completed all workshop sessions held at Tesson Ferry Library.

**Alumni Community:** Mike's wife plays a critical role in supporting his positive diabetes management behaviors.



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# Patient Story/Experience

**Before the workshop:** Did not regularly read nutrition labels and ate pre-prepared foods, including many desserts. His wife had been diagnosed with pre-diabetes.

**During the workshop:** Mike found learning with the group is especially helpful. “It can be hard to accept the facts of this condition...we get ideas from each other [to make permanent changes].”

**After the workshop:** Mike is learning to cook, reads food labels, and attends his local Y at least 3 days a week. He has lost 18 pounds and wants to keep losing until his “doctor tells him to stop.” These changes have resulted in adjustments to his medication.

**“This workshop was a real help with getting both education and motivation.  
I recommend it to anyone.”**

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# Project Results to Date

- Participant enrollment = 2,605 (104% of goal)
- Study enrollment = 1,240 (>100% of goal)
- Outcome data available late summer/early fall (baseline, 6- and 12-months)
  - Self-reported health
  - Clinical indicators (A1c)
  - Utilization (link to claims)

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# Project Results to Date (cont.)

- In-person workshops offered at 63 unique implementation sites in 52 zip codes (across Atlanta, Indianapolis, and St. Louis)
- Online and in-person participants referred by more than 500 employers and numerous provider groups across the country
- Policy white paper developed and disseminated to key stakeholders
  - Outlines potential strategies and mechanisms for reimbursing DSMP

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