



Success Story: Maryland Medicaid Demonstration Project for Diabetes Prevention

Background

The Maryland Medicaid Demonstration Project aimed to address the disproportionate risk of type 2 diabetes among Medicaid beneficiaries. With approximately 1.38 million children and adults enrolled, Maryland's Medicaid program identified that 86% of these beneficiaries were part of the HealthChoice managed care program.

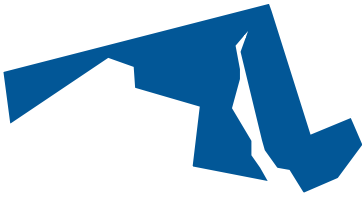
Maryland Medicaid, in collaboration with the Maryland Center for Chronic Disease Prevention and Control, sought to leverage the National Diabetes Prevention Program (National DPP) lifestyle change initiative to advance the prevention of diabetes and reduce health disparities for Maryland Medicaid populations.

Maryland's success story exemplifies the power of strategic partnerships, data-driven decision-making, and sustained efforts in public health initiatives. By integrating the National DPP into Medicaid, Maryland has made significant strides in reducing the risk of type 2 diabetes among its beneficiaries.

Implementation and Partnerships

In June 2016, Maryland received a two-year grant from the National Association of Chronic Disease Directors (NACDD). This funding facilitated the collaboration between Maryland Medicaid and the Center for Chronic Disease Prevention and Control to design and implement a delivery model for the National DPP. The project targeted Medicaid enrollees in managed care organizations (MCOs), focusing initially on four counties: Baltimore City, Baltimore County, Montgomery County, and Prince George's County.

To address the ongoing challenge of benefit utilization, Maryland's strategy was to focus on MCO engagement. Eight Medicaid MCOs were invited to participate in the Demonstration, with four—Amerigroup, Priority Partners, Jai Medical Systems, and MedStar Family Choice—opting in. Each MCO partnered with CDC-recognized organizations to provide the National DPP lifestyle change program through both online and in-person formats. These partnerships included organizations like Omada Health, Retrofit, Soul So Good/Collins Wellness Center, and various YMCA and community-based programs.



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Strategies for Success

The Demonstration emphasized the importance of building sustainable diabetes prevention infrastructures. Key strategies included:

- **Collaboration and Technical Assistance:** The Center provided technical assistance to MCOs and CDC-recognized organizations, ensuring effective implementation and support.
- **Data Utilization:** Maryland Medicaid utilized claims data to identify over 58,000 at-risk beneficiaries, refining their targeting algorithm to ensure accurate identification of individuals who could benefit from the program.
- **Health Information Exchange:** Maryland collaborated with the Chesapeake Regional Information System for our Patients (CRISP) to facilitate electronic referrals and enhance communication between healthcare providers and diabetes prevention organizations.
- **New Provider Type and Enrollment:** Maryland Medicaid created a new provider type for CDC-recognized organizations within its provider enrollment process, facilitating connections between these organizations and MCOs to form a network of providers for the National DPP. The waiver supports all CDC-approved delivery modes, including in-person, online, distance learning, and combination formats. In May 2019, Maryland began enrolling CDC-recognized organizations into its electronic Provider Revalidation and Enrollment Portal (ePREP), enhancing communication and integration.

Achievements and Impact

The project's success led to a notable expansion. In 2018, Maryland Medicaid applied for an amendment to its 1115 HealthChoice demonstration waiver, receiving approval in March 2019 to implement the National DPP statewide. This expansion allowed all nine MCOs to participate, demonstrating the project's scalability and sustainability. The initiative's impact was further solidified when CMS renewed Maryland's 1115 waiver for five years as of January 1, 2022.

The Demonstration's outcomes included improved access to diabetes prevention programs, enhanced coordination among healthcare providers, and a model framework for ongoing diabetes prevention efforts.

Moreover, the project facilitated the development of robust support systems within MCOs, significantly enhancing the quality and reach of diabetes prevention services. By establishing a statewide framework, Maryland ensured that preventive care became an integral part of its Medicaid program.

For more information:

More comprehensive details on Maryland's National DPP pilot can be found on the [National Diabetes Prevention Program Coverage Toolkit Website](#).