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## Public notice

Notice of intent – OHA will amend the Medicaid State Plan to include the National Diabetes Prevention Program (National DPP).

**Date:** April 9, 2024

**Contact:** Jesse Anderson, State Plan manager

**Comments due:** 5 p.m. Friday, May 10, 2024

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The Oregon Health Authority (OHA) will submit a State Plan Amendment (SPA) to the Centers for Medicare & Medicaid Services to add a National DPP section to the Medicaid State Plan.

In January 2019 OHA added National DPP coverage using existing sections of the State Plan authorities. This SPA incorporates Oregon Medicaid coverage of National DPP as its own program rather than a benefit available through multiple state plan areas.

[OHA's National DPP coverage and rates](#) will not change due to this change.

### Background

To address the growing problem of prediabetes and type 2 diabetes, the Centers for Disease Control and Prevention (CDC) established the National Diabetes Prevention Program (National DPP). Offered by CDC-recognized National DPP organizations, this evidence-based lifestyle change program focuses on helping participants manage their prediabetes and reduce their risk of developing type 2 diabetes.

The National DPP supports OHA's goal of eliminating health inequities and helps reduce rates of prediabetes and diabetes in all communities.

### Fiscal impact:

There is no additional fiscal impact to make this change.

### SPA language:

The next page shows the new section OHA will add to the Medicaid State Plan. You can also view the full State Plan, approved SPAs and proposed SPAs on [the OHA website](#).

### How to comment:

OHA welcomes public review and input. Please send written comments by 5 p.m. Friday, May 10, 2024, to [jesse.anderson@oha.oregon.gov](mailto:jesse.anderson@oha.oregon.gov).

## STATE PLAN UNDER TITLE XIX OF THE SOCIAL SECURITY ACT

State/Territory: OREGONAMOUNT, DURATION, AND SCOPE OF MEDICAL AND REMEDIAL  
CARE AND SERVICES PROVIDED TO THE CATEGORICALLY NEEDY

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13.c. Preventive Services: Diabetes Prevention Program (DPP).**Program Description:**

Diabetes services are provided as preventive services pursuant to 42 C.F.R. Section 440.130(c) and are recommended by a physician or other licensed practitioner of the healing arts acting within the scope of practice authorized under State law. The Diabetes Prevention Program (DPP) consists of medically necessary services designed to prevent at-risk individuals from developing Type 2 diabetes. The program is evidence-based and clinical research studies consistently demonstrate the program's effectiveness in preventing or delaying the onset of Type 2 diabetes among individuals at risk. The program involves a structured lifestyle intervention, incorporating elements such as dietary modification, increased physical activity, and behavior change strategies. DPP services are provided during sessions that occur at regular, periodic intervals over the course of one year. Oregon Health Plan Fee-for-Service (FFS) permits an additional year at regular, periodic intervals for ongoing maintenance, when medically necessary based upon individual measurable health-outcomes.

**Qualified Providers:**

CDC-recognized organizations, holding pending, preliminary, or full recognition status for National DPP, are eligible to enroll as Medicaid Diabetes Prevention Program (DPP) Providers. CDC-recognized National DPP organizations offer services through trained Lifestyle Coaches, encompassing physicians, nonphysician licensed practitioners, and unlicensed practitioners under the supervision of a DPP service provider or licensed practitioner.

Lifestyle Coaches receive formal training on a CDC-approved curriculum for at least 12 hours and are recognized as having met the National DPP requirements specified in the CDC's Diabetes Prevention Recognition Program (DPRP) standards and guidelines.

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TN 24-00Supersedes TN NEW

Approval Date:

Effective Date: 7/1/24

STATE PLAN UNDER TITLE XIX OF THE SOCIAL SECURITY ACT

State/Territory: OREGON

AMOUNT, DURATION, AND SCOPE OF MEDICAL AND REMEDIAL  
CARE AND SERVICES PROVIDED TO THE CATEGORICALLY NEEDY

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13.c. Preventive Services: Diabetes Prevention Program (DPP).

DPP Lifestyle Coaches work with individuals with prediabetes or otherwise at risk for developing diabetes to instill a practical understanding of the positive impacts of sustained healthier dietary habits, increased physical activity, and behavior change strategies for weight control. Services offered during DPP classes include:

- Counseling related to long-term dietary change, increased physical activity, and behavior change strategies, aiming to prevent Type 2 diabetes;
- Skill-building sessions to enhance knowledge and abilities necessary for diabetes prevention; and
- Physical activity assessments.

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STATE PLAN UNDER TITLE XIX OF THE SOCIAL SECURITY ACT  
State/Territory: OREGON

METHODS AND STANDARDS FOR ESTABLISHING PAYMENT RATES

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13.c. Preventive Services: Diabetes Prevention Program (DPP).

Reimbursement for Diabetes Prevention Program shall be made in accordance with the published "Medicaid statewide fee schedule." Except as otherwise noted in the plan, Medicaid statewide fee schedule rates are the same for both governmental and private providers. The agency's fee schedule rate for DPP services was set as of 4/1/24 and is effective for services provided on or after that date. All rates are published on the agency's website and can be accessed at <https://www.oregon.gov/oha/HSD/OHP/Pages/Fee-Schedule.aspx>

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