

MIPCD State Summary: Minnesota

State	Minnesota
Project Title	Minnesota Medicaid Incentives for Prevention of Diabetes, also known as the We Can Prevent Diabetes Study
Organization and Partners	<p>Grantee: Office of the State Medicaid Director, Minnesota Department of Human Services</p> <p>Partners:</p> <ul style="list-style-type: none"> • Minnesota Department of Health • HealthPartners Institute • YMCA of the Greater Twin Cities • Health Care Homes and other primary care and safety net clinics • Diabetes Prevention and Control Alliance
Condition	Weight reduction, diabetes prevention
Target Population	Medicaid beneficiaries between the ages of 18 and 74 who live in the Twin Cities metropolitan area and who have been diagnosed with pre-diabetes or who have a significant risk of developing type 2 diabetes.
Goals	Test the effects of incentives on weight loss and attendance in the Diabetes Prevention Program among 18-74 year old Medicaid beneficiaries with pre-diabetes.
Activities	Diabetes Prevention Program (DPP) self-management training to encourage moderate weight loss, increased physical activity, and improved dietary behaviors.
Recruitment Approach	Working through an RFP, 24 primary care and safety net clinics within 13 healthcare organizations were recruited to identify potentially eligible participants, offer them the opportunity to participate in the DPP at no cost, and support them during program delivery.
Incentives	<ul style="list-style-type: none"> • Incentives for participants in the two incentives groups were valued between \$10 and \$50 for participation, goal attainment, and goal maintenance, and were provided via reloadable debit cards. • Incentives were provided to participants in the “individual incentives” group based on individual attainment of attendance and weight loss goals. • Incentives for the “individual plus group incentives” group included individual incentives plus tiered group incentives for overall group attainment of attendance and weight loss goals. The total amount of possible incentives was the same in the individual and the individual plus group incentives conditions. • Support to address barriers to participation, including light snacks during sessions, transportation to sessions, and child care during sessions, was provided to participants in all three conditions. • Weight loss tools, such as a bathroom scale, pedometer, food scale, measuring cups and a healthy foods cookbook were also provided to participants in all three conditions.
Evaluation Design	<p>Prospective group randomized trial. DPP groups, with 10 to 15 participants in each group, were randomized to one of three conditions: control (no incentives), individual incentives, and individual plus group incentives. Analysis will assess:</p> <ul style="list-style-type: none"> • The impact of DPP on weight, HbA1c levels, and cardiovascular risk for participants in the three conditions. • Whether individual and group incentives facilitate increased retention, participation, and weight loss in the diabetes prevention program. • The long-term cost effectiveness of patient incentive programs.