

MIPCD State Summary: Montana

The Medicaid Incentives for the Prevention of Chronic Disease grant program, which will provide a total of \$85 million over five years, will test the effectiveness of providing incentives directly to Medicaid beneficiaries of all ages who participate in MIPCD prevention programs, and change their health risks and outcomes by adopting healthy behaviors. Awards are for a 5-year period, but are subject to annual renewal of funding. Grants must address at least one of the following prevention goals: tobacco cessation, controlling or reducing weight, lowering cholesterol, lowering blood pressure, and avoiding the onset of diabetes or in the case of a diabetic, improving the management of the condition.

State	Montana
Project Title	Medicaid Incentives to Prevent Chronic Disease
Organization and Partners	<p>Grantee: Montana Department of Public Health and Human Services Medicaid Managed Care Bureau and Chronic Disease Prevention and Health Promotion Bureau</p> <p>Partners:</p> <ul style="list-style-type: none"> • American Diabetes Association • American Heart/Stroke Association Affiliates for Montana • Montana Department of Public Health and Human Services Diabetes Advisory Coalition • 14 Health Care Facilities Statewide
Condition	Weight reduction, lowering cholesterol, lowering blood pressure, diabetes management or prevention
Target Population	Adult Medicaid beneficiaries at high risk for developing cardiovascular disease (CVD) and type 2 diabetes.
Goals	Reduce weight, reduce lipid and blood pressure levels, and prevent type 2 diabetes among adult Medicaid beneficiaries at high risk for developing CVD and diabetes.
Activities	<ul style="list-style-type: none"> • An adapted evidence-based lifestyle intervention based on the National Institutes of Health’s Diabetes Prevention Program (DPP). • Trained health care professional delivery of the standardized diabetes self-management education curriculum to program enrollees.
Recruitment Approach	<ul style="list-style-type: none"> • Utilizing Medicaid administrative claims data to identify primary care practices and provide targeted outreach to providers for referrals of eligible patients. • Targeting Federally Qualified Community Health Centers, Rural Health Centers, and local Health Departments.
Incentives	<ul style="list-style-type: none"> • Tiered and incrementally increasing financial incentives will be offered over the course of the intervention to promote the essential behaviors to achieve weight loss: participant self-monitoring and reduction of fat and caloric intake, as well as participant monitoring and achievement of more than 150 minutes of moderately vigorous physical activity per week. • A third-party vendor will be contracted to deliver incentives to enrollees using electronic transfer of funds through debit cards.
Evaluation Design	<ul style="list-style-type: none"> • A crossover design to evaluate both the process and health outcome measures for participants receiving and not receiving the incentives. This design will also minimize any potential bias in recruitment, retention rates, and outcomes between intervention sites.