

MIPCD State Summary: Minnesota

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	Minnesota
Project Title	Minnesota Medicaid Incentives for Prevention of Diabetes
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 Research Foundation • YMCA of Greater St. Paul/Metropolitan Minnesota • Health Care Homes and other primary care and safety net clinics
Condition	Weight reduction, diabetes management or prevention
Target Population	Medicaid beneficiaries between the ages of 18 and 75 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	Boost weight loss as a primary step toward long-term goals of reduced diabetes incidence, improved cardiovascular health, and reduced health care expenditures.
Activities	Diabetes Prevention Program (DPP) self-management training to encourage moderate weight loss, increased physical activity, and improved dietary behaviors.
Recruitment Approach	Working with the State’s 36 certified health care homes to identify participants and offer them the opportunity to participate at no cost.
Incentives	<ul style="list-style-type: none"> • Incentives will be valued between \$10 and \$50 for participation, goal attainment, and goal maintenance. • Additional incentives will be provided to participants in the “group incentives” group if their entire class meets participation or weight loss goals. • Support to address barriers to participation, including meals during sessions, transportation to sessions, and child care during sessions, will be provided. • Health-related incentives, such as vouchers for use at farmers’ markets, exercise equipment, or healthy foods cookbooks will be provided.
Evaluation Design	<p>Prospective group randomized trial. Thirty-six clinics will be matched and randomized to one of three groups: control (no incentives), individual incentives, and 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 groups. • Whether individual and group incentives facilitate increased enrollment in the diabetes prevention program. • The long-term cost effectiveness of patient incentive programs.