

# North Carolina Lifestyle Coach Network



So you want to be begin a  
Diabetes Prevention Program?

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# Objectives

At the end of this webinar you will know :

- How to define DPP
- What steps to take to begin a DPP
- Which organizations endorsed by the CDC offer Lifestyle Coach training
- Who to contact for assistance with DPP at the regional, state, and federal level
- What steps to take after LSC training
- Where to obtain marketing materials
- A great resource for continuing education

# What is DPP?

- The acronym DPP stands for Diabetes Prevention Program
- Year long lifestyle change intervention proven to prevent or delay the onset or development of diabetes in those at risk
- Participants must be diagnosed with prediabetes, have had gestational diabetes, or have multiple risk factors for diabetes to participate
- Ideal class size is 12-14
- Lifestyle coaches are ideally Community Health Workers but can also be staff of a health department, hospital, or other healthcare setting (all must be trained)
- CDC recognition is desired and required if funding is requested
- **DPP does not replace Diabetes Self Management Education and Support (DSMES) or Medical Nutrition Therapy (MNT)**

# How do we get started?

- Complete the North Carolina CDC Recognized Lifestyle Change Program Readiness Assessment.
  - Assessing your organization's readiness will identify areas that may need to be enhanced, to ensure the organization is able to sustain the program long term.
    - Work with your organization's leadership to enhance the organizational readiness.
    - Partner with an existing DPRP recognized organization in your community.

## CDC Recognized Lifestyle Change Program Readiness Assessment

*For organizations considering an application to Centers for Disease Control and Prevention  
Diabetes Prevention Recognition Program (DPRP)*

*Use this form to assess your organization's readiness to apply to the Centers for Disease Control and Prevention Diabetes Prevention Recognition Program (DPRP) and offer a CDC Recognized Lifestyle Change Program in your organization.*

### Steps of the Assessment:

1. Assemble key staff, leadership, and community stakeholders.
2. For each statement below, read carefully and check the box if the statement is true of your organization's situation *at this time*.
3. Using the instructions at the bottom of the sheet, total your score.
4. Identify areas for improvement or capacity-building in order to increase readiness.
5. Once your organization scores a 25 or higher, you may access the National Diabetes Prevention Program website to begin the application process (<http://www.cdc.gov/diabetes/prevention/recognition/application.htm>). A completed CDC recognized lifestyle change program readiness assessment is highly recommended prior to the applying for "pending" CDC recognition.



### Scoring the Assessment:

**Level 3 [23 to 29 boxes]:** Your organization has demonstrated most of the preparation needed to run a CDC recognized lifestyle change program. Your program stands a good chance of success! Contact [dprpAsk@cdc.gov](mailto:dprpAsk@cdc.gov) to begin your CDC DPRP application.

**Level 2 [17 to 22 boxes]:** Your organization is on its way, but has some gaps in preparation before a CDC recognized lifestyle change program could be successful. Consider the items in the checklist that you did not check, set goals for how to achieve them, and plan to re-assess readiness after changes have been implemented.

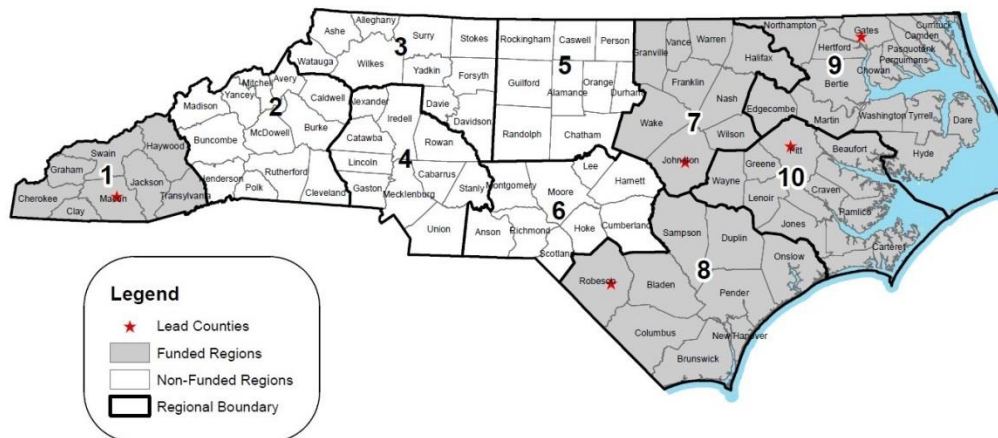
**Level 1 [16 or fewer boxes]:** Your organization has significant work to do before beginning a CDC recognized lifestyle change program, and is likely not ready to apply to CDC DPRP at this time. Use the checklist to set goals and next steps for preparation.

*If you have two or more boxes unchecked in any of the eight categories, focus on improving those areas before applying to the CDC Diabetes Prevention Recognition Program.*

# How can we obtain the assessment?

- Contact the Regional Coordinator in Health Director Regions 1, 7, 8, 9 and 10 to obtain the assessment.
- Contact the State Diabetes Prevention Specialist, Sharon Davis by email at [sharon.r.davis@dhhs.nc.gov](mailto:sharon.r.davis@dhhs.nc.gov) in Health Director Regions 2, 3, 4, 5, and 6 to obtain the assessment.

## Obesity, Diabetes, Heart Disease, and Stroke Prevention (ODHDSP) Grant Funding for North Carolina Association of Local Health Directors (NCALHD) Regions



Note: For the purposes of the ODHDSP grant, Edgecombe County will work as part of Region 9 (officially in NCALHD Region 7).

# What's next?

- Return the readiness assessment
  - Regional Health Systems Coordinator
  - State Diabetes Prevention Specialist
- Develop a pre-implementation plan
  - Which staff will be trained?
    - At least 2 staff per site
  - Will you work with a community organization?
    - Who?
    - When?
    - How?
- Choose a training option

# Where can we get trained?

There are 6 organizations recognized by the CDC to offer Lifestyle Coach training in the NDPP curriculum. They are:

- American Association of Diabetes Educators (AADE) Diabetes Prevention Program: **In-Person**
- Diabetes Training and Technical Assistance Center (DTTAC) at Emory University: **In-Person**
- Center for Excellence in Aging and Community Wellness QTAC Training: **In-Person**
- State of Wellness: **In-Person and Online**
- University of Pittsburgh: **In-Person**
- Viridian Health Solutions: **In-Person and Online**
- Wake Forest University has also developed a lifestyle change program to prevent diabetes. The program is known as HELP-PD (Healthy Living Partnership to Prevent Diabetes), and it is also an approved CDC curriculum in which organizations maybe trained.



# What types of training are available?

- Lifestyle Coach
  - Have completed formal Lifestyle Coach training
  - Plans to facilitate sessions over the course of the year-long program using the curriculum as designed
- Master Trainer
  - Have completed formal Lifestyle Coach training
  - Have completed formal Master Trainer training
  - Have extensive experience directly delivering DPP
  - Can provide Lifestyle Coach Training within their organization
- Continuing Education - Motivational Interviewing in Healthcare
  - Required for ODHDSP Lifestyle Coaches; Recommended for others
  - Focuses on one of the micro skills in health coaching
  - Cost \$499
  - Offered at UNC-G



# We're trained... now what?

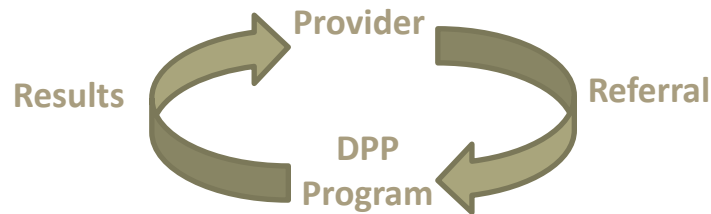
- Apply for CDC recognition.
- Report your Diabetes Prevention Recognition Program (DPRP) number to the State Diabetes Prevention Specialist
- Purchase a data management subscription from Wake Forest School of Medicine
- Determine a timeline for beginning your program
  - You have 6 months to implement your program once you apply for CDC recognition
  - The DPRP will provide technical assistant to any organization with full or pending recognition by email at [dprpAsk@cdc.gov](mailto:dprpAsk@cdc.gov).
  - The State Diabetes Prevention Specialist is also available to provide technical assistance.
- Recruit your participants
- **BEGIN YOUR PROGRAM!**

# What marketing tools are available?

- Centers for Disease Control and Prevention - National Diabetes Prevention Program (NDPP)  
<http://www.cdc.gov/diabetes/prevention/resources.htm>
- American Medical Association - Prevent Diabetes STAT  
<http://www.ama-assn.org/sub/prevent-diabetes-stat/toolkit.html>
- National Diabetes Education Program  
<http://www.ndep.nih.gov/resources/>
- National Association of Chronic Disease Directors - CDC Diabetes Prevention Health Communication and Marketing Materials  
[http://www.chronicdisease.org/?NDPP\\_tools](http://www.chronicdisease.org/?NDPP_tools)
- Complete Toolkits
  - Engage General Public
  - Engage Healthcare Teams
  - Engage Patients
  - Program Referral

# We've started... who do we engage?

- Participants
  - Social Contracts
- Referring Providers
  - Stay in touch
  - Share with them success stories about one or two patients as these develop throughout the program so that the providers see the value of the program.



- Diabetes Prevention Specialist
  - Share success stories about participants and your program.
  - Resources
  - Ask Questions

