

The Diabetes Prevention Program (DPP) is a one-year intervention designed to help people with pre-diabetes avoid developing type 2 diabetes. The program is designed to assist participants achieve two primary goals:

1. Reduce and maintain individual weight loss by 5–7%
2. Participate in regular physical activity

The intervention is delivered in two components. The first phase includes 16 one-hour classes that are delivered in the first six months. The second phase, which is called the “maintenance phase”, is delivered in the second six months and composed of six one-hour sessions, but may be extended to include up to two additional sessions to provide additional group support. Trained Lifestyle Coaches facilitate the group sessions, and the Centers for Disease Control and Prevention (CDC) recognizes programs that have shown that they can effectively deliver the program using established guidelines.



Obesity, Diabetes, Heart Disease and Stroke Prevention (ODHDSP) Project

North Carolina Diabetes Prevention Program

APPROACH

In North Carolina, five regions were identified through the Obesity Diabetes Heart Disease and Stroke Prevention (ODHDSP) project and funded to build capacity to deliver the Diabetes Prevention Program (DPP). (To locate funded regions, see map on the reverse side.) Prior to beginning a DPP, interested organizations must complete the North Carolina Diabetes Prevention Program Readiness Assessment, which allows the organization to gain insight into qualities that an organization must possess in order to operate a sustainable DPP. The readiness assessment also provides feedback to assist organizations in the areas where improvements may need to occur prior to implementing a DPP.

Once an organization has determined its readiness, staff will be trained to become lifestyle coaches. The lifestyle coaches provide support and guidance to the participants each week, so it is important to choose staff that are dedicated and exhibit the following qualities:

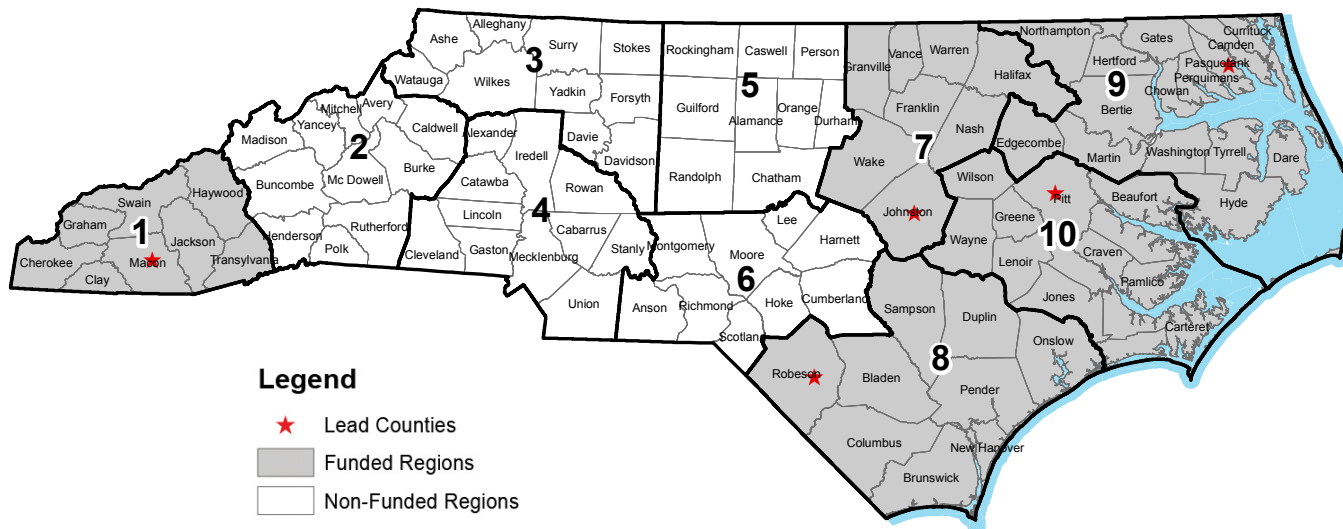
- Strong interpersonal and communication skills.
- Knowledge of basic health, nutrition, and fitness principles.
- Knowledge of the principles of behavior change, including motivational interviewing techniques.
- Commitment to the mission of the organization that is offering the program.
- Attention to detail and data collection.

It is recommended that at least two staff from each organization be trained in the same curriculum. A full list of organizations that offer lifestyle coach training is available on the CDC website (www.cdc.gov/diabetes/prevention/training.htm).

In an effort to ensure quality data collection, the North Carolina Division of Public Health (DPH) has partnered with Wake Forest University School of Medicine to develop a statewide DPP database. All organizations that plan to implement DPP are encouraged to purchase a data management subscription.



Obesity, Diabetes, Heart Disease, and Stroke Prevention (ODHDSP) Project



DPP is currently administered by Health Departments, YMCAs, Community Organizations, and Pharmacies, and the cost of DPP is \$429 per participant. Although DPP is not widely reimbursable through insurance, Medicare or Medicaid, in North Carolina through the ODHDSP project, scholarships are available in the funded regions to DPPs

that serve priority populations, such as those who receive or are eligible to receive Medicaid.

To see where CDC recognized DPP sites operate in North Carolina, visit www.diabetesnc.com.



For additional questions or to obtain a copy of the North Carolina Diabetes Prevention Program Readiness Assessment contact: April Reese, Health Systems Unit Manager at april.reese@dhhs.nc.gov or 919.707.5344.

**Community & Clinical
CONNECTIONS
for Prevention & Health
Branch** NORTH CAROLINA
DIVISION OF PUBLIC HEALTH

This handout was produced by the Community and Clinical Connections for Prevention and Health Branch, Chronic Disease and Injury Section, Division of Public Health, NC Department of Health and Human Services. If you have any questions about information in this handout, please email contact@communityclinicalconnections.com. For more information on the Community and Clinical Connections for Prevention and Health Branch, please visit: www.communityclinicalconnections.com.