LIFESTYLE INTERVENTION PROGRAM

National Diabetes Prevention Program (NDPP) Lifestyle Change
Established by the Centers for Disease Control and Prevention (CDC)

What is the National Diabetes Prevention Program - Lifestyle Change Program?

The original Diabetes Prevention Program (DPP) was a research study funded by the National Institute of Health (NIH) and supported by the Centers for Disease Control and Prevention (CDC). The results showed that making certain modest lifestyle changes helped participants lose 5% to 7% of their body weight. These lifestyle changes reduced the risk of developing type 2 diabetes by 58% in people with prediabetes.
GOAL OF THE NDPP

Lose 7% of body weight through healthy eating and 150 minutes of brisk physical activity each week.

DESCRIPTION OF THE NDPP

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• Meet for One Year (16 core sessions, usually 1 per week and 6 post-core sessions (1 per month) with a lifestyle coach in a group setting.
• Teach participants strategies for incorporating physical activity into daily life and healthy eating.
• Record weight and weekly physical activity minutes at each session.
• First report due to CDC six (6) months after the 1st session with the requested information outlined in the CDC and DPP Recognition Manual. Please read carefully for further reporting requirements.
PREPARATION OF THE NDPP

Organize 1½ inch binders with 15/16 numerical dividers to include:
• Schedule for Sessions
• Coordinator's Contact Information
• Session 1 - Welcome to the National Diabetes Prevention Program.
• Lifestyle Coach’s Log
• Subsequent sessions are distributed at each session to be placed in the binder.
• Order "The Calorie King-Fat & Carbohydrate Counter" (www.CalorieKing.com) for distribution.

PREPARATION OF THE NDPP CONT...

Determine the following:
• Who will be assigned the role of Project Coordinator and/or Lifestyle Coach.
• Selection of site where sessions will be held.
• Resources for participants whose A1c is between 5.7→6.4 (referrals from agency/community providers).
PREPARATION OF THE NDPP CONT...

• How to "get the word out" for example, letter to the providers (agency and/or community) with brief description about DPP, announcement flyer and participant referral form.
• Newspaper announcements, e-mail, use of social media.
• Will there be a fee for participation?

HOW CAN MY AGENCY/HEALTH CENTER QUALIFY TO OFFER THE NDPP?

APPLY FOR THE CDC DIABETES PREVENTION RECOGNITION PROGRAM (DPRP).
WHAT IS THE DIABETES PREVENTION RECOGNITION PROGRAM?

CDC established the Diabetes Prevention Recognition Program (DPRP). The purpose of DPRP is to recognize organizations that have demonstrated their ability to effectively deliver a proven type 2 diabetes prevention intervention.

OBJECTIVES OF THE DPRP

• Assure program quality, fidelity to scientific evidence, and broad use of effective type 2 diabetes prevention lifestyle interventions throughout the United States.

• Develop and maintain a registry of organizations that are recognized for their ability to deliver effective type 2 diabetes prevention lifestyle to people at high risk.
OBJECTIVES OF THE DPRP CONT...

• Provide technical assistance to local type 2 diabetes prevention programs to assist staff in effective program delivery and in problem-solving and maintain recognition status.

APPLICATION PROCESS

• Complete the online application - www.cdc.gov/diabetes/prevention/recognition

• READ the Diabetes Prevention Recognition Program Standards & Operating Procedures before applying to insure that the administrative support, resources and participants are available.
APPLICATION PROCESS CONT...

• National Diabetes Prevention Program training is required upon acceptance of the application for recognition.

• CDC will notify selected applicants of the training schedule.

SUCCESSES

Beaufort Jasper Hampton Comprehensive Health Services (BJHCHS), a federally qualified health center, has 3 staff who received the NDPP training and are qualified to deliver the program.

Programs were launched in two service areas; Hampton County opened to the community and Beaufort County offered participation to staff at one of BJHCH's Centers in Beaufort County.
RESULTS

• Hampton (Community)
  10 participants enrolled, 7 completed the 16 weeks with about 80% participation. Of the 7, 2 made their goal weight, 3 lost weight, one remained at the starting weight and one gained 17 lbs. Total weight lost for 5 participants was 66 lbs.

• BJHCHS (Staff)
  9 participants enrolled, 9 completed the 16 weeks with consistent participation. Of the 9, 2 made their goal weight, one lost .2 ounces from the starting weight. Overall weight lost 98.4 lbs. BJHCHS received a grant to continue the program and it is currently operational.

CHALLENGES

• Completing the 6 post core sessions. Participants lose their excitement, staff overwhelmed with competing tasks, etc.
• Timely submission of reports, consequently losing recognition status.
• Referrals
• Maintain and motivate participant's interest.
• Locating funds for training fees and/or materials.

LESSONS LEARNED

• Designate a Project Coordinator
• Read and reread the Manual
• Post the reporting schedule at beginning of the program.
• Complete the 1 year as NDPP requires.
• Find creative ways to keep participants interested.
RESOURCES
THE NATIONAL DIABETES PREVENTION PROGRAM LIFESTYLE CHANGE PROGRAM CURRICULUM
www.cdc.gov/diabetes/prevention/index.htm

CENTERS FOR DISEASE CONTROL AND PREVENTION DIABETES PREVENTION RECOGNITION PROGRAM
Standards and Operating Procedures
www.cdc.gov/diabetes/prevention/recognition

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Diabetes Self-Management Education

**Standard 1**

- Organizational Structure. The DSME program will have documentation of its organizational structure, mission statement & goals and will recognize and support quality DSME as an integral component of diabetes care
**Standard 2**

- The DSME program shall appoint an advisory group to promote quality. This group shall include representatives from the health professions, people with diabetes, the community, and other stakeholders.

**Standard 3**

- The DSME program will determine the diabetes educational needs of the target population(s) and identify resources necessary to meet these needs.
**Standard 4**

- A coordinator will be designated to oversee the planning, implementation and evaluation of diabetes self-management education. The coordinator will have academic or experiential preparation in chronic disease care and education and in program management.

**Standard 5**

- DSME will be provided by one or more instructors. The instructors will have recent educational and experiential preparation in education and diabetes management or will be a certified diabetes educator. The instructor(s) will obtain regular continuing education in the field of diabetes management and education.
Standard 5 Continued:

• At least one of the instructors will be a registered nurse, dietitian, or pharmacist. A mechanism must be in place to ensure that the participant’s needs are met if those needs are outside the instructors’ scope of practice and expertise.

Standard 6

A written curriculum reflecting current evidence and practice guidelines, with criteria for evaluating outcomes, will serve as the framework for the DSME program.
**Standard 7**

- An individual assessment and education plan will be developed collaboratively by participant and instructor(s) to direct the selection of appropriate education, interventions and self-management support strategies.

**Standard 8**

- A personalized follow-up plan for ongoing self-management support will be developed collaboratively by the participant and instructor(s).
**Standard 9**

- The DSME program will measure attainment of patient-defined goals and patient outcomes at regular intervals using appropriate measurement techniques to evaluate the effectiveness of the educational intervention.

**Standard 10**

- The DSME program will measure the effectiveness of the education process and determine opportunities for improvement using a written continuous quality improvement plan that describes and documents a systematic review of the entities’ process and outcome data.
Resources:

THE NATIONAL DIABETES PREVENTION PROGRAM LIFESTYLE CHANGE PROGRAM CURRICULUM  
www.cdc.gov/diabetes/prevention/index.htm

CENTERS FOR DISEASE CONTROL AND PREVENTION DIABETES PREVENTION RECOGNITION PROGRAM  
Standards and Operating Procedures  
www.cdc.gov/diabetes/prevention/recognition

AMERICAN ASSOCIATION OF DIABETES EDUCATORS RECOGNITION  
www.diabeteseducators.org

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