



National CDC Diabetes Prevention Program



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Learning Objectives

Implement a Healthy Lifestyle Program

Recruit and Retain Participants

Empower Trained Lifestyles Coaches



You are **READY!**

Armed with these tools, you are ready to start your Lifestyle Coaching journey!

- Trained
- Supported
- Tools
- Desire

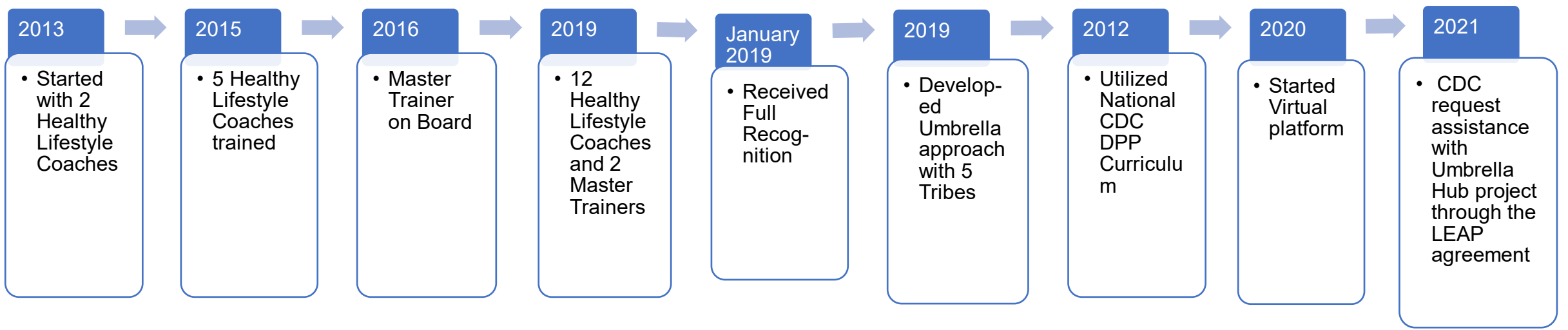


Don't worry about the unknown ... Just do it!





History of Choctaw Nation Diabetes Prevention Program





Where Do We Begin: Diabetes Prevention Recognition Program

- Know DPRP Standards
- <https://nationaldppcsc.cdc.gov/s/article/DPRP-Standards-and-Operating-Procedures>
- <https://www.cdc.gov/diabetes/prevention/requirements-recognition.htm>



Standards for CDC

- Use of a CDC-approved curriculum. You can use a curriculum developed by CDC, or you can develop your own or use that of another organization (with permission), as long as CDC approves it.
- Ability to begin offering the lifestyle program within 6 months of receiving approval from CDC.
- Capacity and commitment to deliver the program over at least 1 year, including at least 16 sessions during the first 6 months and at least 6 sessions during the last 6 months.
- Ability to submit data on participants' progress—including weight and physical activity minutes collected at each session—every 6 months.



Where Do We Begin

- Healthy Lifestyle Coach Trained (recommend at least 2)
- Training provided for coaches 4 ways:
 - Training organization that has MOU with CDC and listed on the National DPP Customer Service Center
 - Private organization with national network of program sites
 - CDC recognized training entities
 - Master Trainer



What is the responsibility of the Healthy Lifestyle Coach

- Select virtual platform or find location available for a year to hold class
- Provide an appropriate time for the Group
 - lunchtime, after work, evenings or weekends
- Prepare for each session
- Facilitate the group session weekly for sixteen core sessions, and fifteen weeks of core maintenance
- Offer make-up sessions
- Support, encourage and assist participants in achieving goals
- Build trust
- Communicate and provide 1 on 1 support between sessions
- Retain Participants
- Collect and document Participant data



Curriculum Options

- 2012 National DPP
 - 16 core and 15 core maintenance sessions – available from CDC website
- Prevent T2
 - 16 core and 9 core maintenance sessions – available from CDC website
- Native Lifestyle Balance
 - 16 core sessions – available from IHS website and must be supplemented with core maintenance modules from another approved curriculum to achieve 12 month duration



Delivery Modes



In Person

Distance Learning

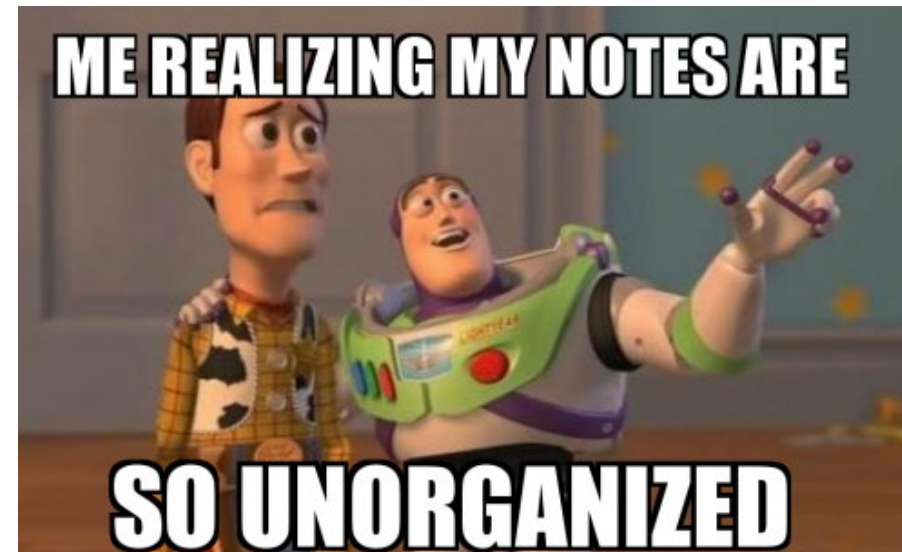


Combination



Be Prepared

- In Person:
 - Box with materials ready
 - Print out curriculum pages
 - Participant binders
 - Scales
 - Coach log form
- Virtual:
 - Be familiar with your platform
 - Bluetooth scales
 - Email curriculum pages
 - Coach log form





What about the unknown?

- Practice!
- Have curriculum in front of you
- Bring examples
- If you don't know the answer don't be afraid to say, "I'll have to find out for you."
 - Don't forget to follow up!!!



Program Eligibility

TO JOIN CDC'S NATIONAL DPP* LIFESTYLE CHANGE PROGRAM:

Meet ALL of these



18 YEARS OR OLDER

AND



OVERWEIGHT

AND



NOT DIAGNOSED WITH T1 OR T2 DIABETES

AND



NOT CURRENTLY PREGNANT

AND Meet ONE of these



DIAGNOSED WITH PREDIABETES

OR



PREVIOUSLY DIAGNOSED WITH GESTATIONAL DIABETES

OR



HIGH-RISK RESULT ON PREDIABETES RISK TEST

WWW.CDC.GOV/PREDIABETES/RISKTEST





Tips for Recruitment

- Begin Early
 - At least 3 months before start date
- Address logistical barriers
 - Consider participants' needs
- Consider offering a Zero session
 - Introduce potential participants to the program
 - Explain expectations
 - Resolve barriers
- Develop promotional materials
 - Social media
 - Fliers
 - Etc.



DIABETES PREVENTION PROGRAM

The Choctaw Nation Diabetes Prevention Program (DPP) is a lifestyle change program to help participants prevent Type 2 diabetes. The DPP is a year-long virtual program. Sessions will be held once a week for 16 weeks, then twice a month for two months, and finally once a month for six months until the year is completed.



Fill out an application today:
CHOCTAWNATION.COM/DPP

QUALIFICATIONS

A BMI of 25 and one of the following:

- A history of gestational diabetes
- An A1C of 5.7-6.4
- A risk test score of 5 or higher (take the risk test to learn your score)



SCAN THE QR CODE TO APPLY OR INQUIRE FOR MORE INFORMATION
CHOCTAWNATION.COM/DPP

Choctaw Nation of Oklahoma



Where to Recruit Internally

- Employees of Organization
- Referrals from Providers
 - Physicians, Diabetes Educators, Dietitians, etc.
- Word of Mouth
- Employee Wellness Program
- Employee internal e-mail platforms
- Employer intranet and social media



External Partners

- Local Gyms
- Schools
- Local Businesses
- State Health Departments
- Local Library
- Local Churches
- External Local Physician Offices
- Local Pharmacies



Tips for Facilitating Groups

- Start with a Zero Session
- Create a friendly and interactive environment
- Eliminate barriers for participants
 - Childcare, transportation, internet access, etc.
- Assist participants in Identifying their why
- Let participants Lead
- Keep it fun

“When you join a lifestyle change program, you’ll learn, laugh, share stories, try new things, and build new habits.”



Program Challenges

- Waiting for a cohort to begin
- Limited Healthy Lifestyle Coaches
- Retention
- Time Commitment for Coaches
 - 3-5 hours per coach per cohort
- Internet and computer problems between coach and participants



Data to Collect

The correct way to weigh yourself:



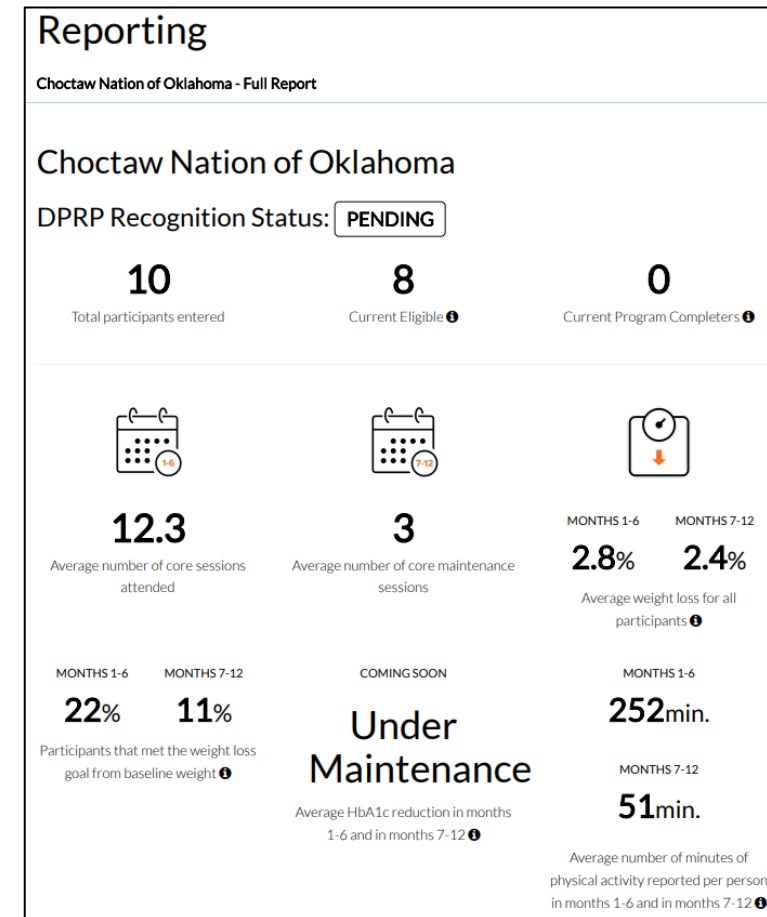
I can't believe I was doing it wrong all these years.

- Weight
- Physical activity minutes
- A1C (optional)



Data Reporting Weekly

- Choctaw Nation uses ADA system
- Cohorts archived to maintain records from past
- Reports available for individual cohorts as group
- Reports available for individuals
- Reports combined for CDC/Medicare reporting data





Helpful Links

- [Choctaw Nation National CDC Diabetes Prevention Program](#)
- [Center for Disease Control and Prevention](#)
- [Indian Health Service Native Lifestyle Balance](#)
- [DTTAC Common Ground](#)





Questions

Contact for Additional Information:

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