

FY2010 SDPI DPP and HHP Initiative FOA: Technical Assistance

Project Narrative: Program Approach - Core Values

Core values are a set of ideals that are reflective of the heart or foundation of the program. The Diabetes Prevention Program (DPP) and the Healthy Heart Project (HHP) have a set of five core values, established to serve as guiding principles for program activities. Discuss and explain the five core values identified and defined below and explain how each of the core values will be operationalized (put into practice) in your program.

At a minimum, discuss the five DPP/HHP established core values as they relate to your proposed program. If you would like to do so, you may also discuss additional values important to your targeted individuals and community. The five core values are:

1. **Healthy lifestyles** – ways of everyday life that are healthful and beneficial to individuals and families;
2. **Participatory process** – stakeholders are included in decision making and determining courses of action;
3. **Authentic community voice** – the genuine and sometimes collective expression of the people served;
4. **Leadership development** – fostering growth and advancement of management skills in individuals; and
5. **Cultural context for engaging and involving individuals and community** – traditional values and practices are considered and respected in connecting and working with individuals and communities.

These five items **are the basic (core) values**, or the foundation, upon which the DPP and the HHP have been built. All of these values are principles that make up the general approach (*the PROGRAM APPROACH*) to all activities. These values guide and direct how the programs are run.

Current Demonstration Project grantees may give examples of how these values have been used in implementing and continuing their programs. They can also look at their original applications and enhance what was written in 2004.

New applicants may explain how they will use these values to implement the DPP or the HHP. Perhaps you have already used these or similar values in building your SDPI Community-Directed programs (Special Diabetes Program for Indians).

Basic Core Values

Here are a few examples of the five core values mentioned in the Funding Opportunity Announcement (FOA):

1. Healthy Lifestyles

The DPP and the HHP utilize evidence-based medicine and best practices to promote lifestyle choices such as physical activity, good nutrition, and tobacco cessation to improve the health and well-being of individuals, families and communities.

Example: The Diabetes Prevention Program (DPP) curriculum and the lifestyle coaching embrace healthy lifestyles and will be used to help our program participants make changes in their lifestyles in order to achieve their personal health goals.

Example: The Healthy Heart Project (HHP) case management and patient education embrace healthy lifestyles and will be used to help our program participants make changes in their lifestyles in order to achieve their personal health goals.

2. Participatory Process

The participatory process is a critical component of the Diabetes Prevention Program (DPP) and Healthy Heart Project (HHP) initiatives at many levels.

Example: The current Demonstration Project grantees, the Division of Diabetes Treatment and Prevention (DDTP), and the University of Colorado Coordinating Center (CC) all collaborated in developing every piece of the demonstration projects in the planning year, and collaboratively made continuous improvements in the implementation years that followed. The same process will be utilized in developing the dissemination and implementation activities.

Example: The community-based activities by nature encourage community participation. The DPP and HHP participants will be encouraged to take part in all of the activities offered and to invite family members and friends as their support people. Participants will also be asked to provide feedback regarding their satisfaction with activities and will be asked for suggestions for future program activities.

3. Authentic Community Voice

The voices of our communities and community members are a significant part of the DPP and HHP on many levels.

Example: Tribal consultation as well as collaborative teams have played critical roles in the development of these programs. These processes will continue throughout the implementation of these programs.

Example: Successful participants as well as staff members will be encouraged to tell their stories and to be role models and champions of the project in which they participated.

4. Leadership Development

The DPP and HHP recognize the value of developing programmatic support from existing community leaders, and also recognize the significance of recognizing and developing new and emerging leaders in our communities. Examples could be cited from multiple levels such as: community, organization, provider, project staff, and participant.

Example: Current DPP and HHP staff mentioned repeatedly that a critical key to success was community/Tribal leader, organization (administration/management), and provider buy-in. This was not always easy to achieve and in many cases had to be earned through awareness and education.

Example: DPP and HHP continue to provide ongoing opportunities for training and technical assistance for local staff and leaders. Project staff will be encouraged to participate in available training opportunities, and will also be encouraged to share our programmatic successes by writing publications or making presentations for other DPP and HHP programs.

5. Cultural Context

Example: Respecting Tribal leaders, Tribal practices, and traditions when developing program plans, communicating, and implementing program activities.

Example: Incorporating into project activities such things as talking circles, beading, basket making, drumming, blessings, gathering and preparing Native foods, stick ball, and Native language.