The National Diabetes Prevention Program

Engaging Communities in Type 2 Diabetes Prevention

Division of Diabetes Translation
National Center for Chronic Disease Prevention and Health Promotion
Centers for Disease Control and Prevention
Learning Objectives

As a result of completing this training, participants will be able to:

• Examine the components of the National Diabetes Prevention Program lifestyle change program.
• Identify the benefits of achieving CDC recognition.
• Implement new tailored practices to improve local diabetes prevention program outcomes.
Prediabetes. Could it be you?

**PREDIABETES COULD IT BE YOU?**

**88 MILLION**

88 million American adults – more than 1 in 3 – have prediabetes

**MORE THAN 8 IN 10**

Adults with prediabetes don’t know they have it

Prediabetes increases your risk of:

- Type 2 Diabetes
- Heart Disease
- Stroke

With prediabetes, your blood sugar levels are higher than normal. However, they are not high enough to be diagnosed as type 2 diabetes.
Transitional Research

Evidence-based interventions to prevent diabetes have been intensively studied and proven to be effective across multiple populations, both in the US and abroad.
American Indian/Alaskan Native Contributions to Evidence
The Division of Diabetes Translation’s (DDT) National Diabetes Prevention Program (National DPP) is the largest national effort to mobilize and bring an evidence-based lifestyle change program to communities across the country!
National Diabetes Prevention Program (2)

The National DPP relies upon a variety of public-private partnerships with community organizations, private and public insurers, employers, health care organizations, faith-based organizations, government agencies, and others working together to:

- Build a workforce that can implement the lifestyle change program effectively
- Ensure quality and standardized reporting
- Deliver the lifestyle change program through organizations nationwide
- Increase referrals to and participation in the lifestyle change program
New Prevent T2 Curriculum

The PreventT2 curriculum is based on the original 2002 DPP trial and follow-up studies. It promotes modest weight loss (5%), increased physical activity, and reduction in HbA1C through a 12-month lifestyle change program.

This curriculum includes cultural representations of people and foods while also reflecting new literature on self-efficacy, physical activity, and diet.

Updates to PreventT2 Curriculum:

- Virtual Delivery
- Nutrition and Weight Loss Themes
- Personal Success Tool (PST) Modules
- Session Checklists
- Participant Profiles
- Action Planning
- Activity Log
- Food Tracking
- Nutritional Content
- Participant Guides
- Participant Guide Stories
National DPP Strategic Goal

- Increase coverage among public and private payers
- Increase referrals from health care providers
- Increase the supply of quality programs
- Increase demand for/enrollment of adults at high risk for type 2 diabetes in the National DPP lifestyle change program
CDC Recognition Overview

Recognition involves assuring quality by developing and maintaining a registry of organizations that are recognized by CDC’s Diabetes Prevention Recognition Program (DPRP) for their ability to achieve outcomes proven to prevent or delay onset of type 2 diabetes.

Key Activities

- **Quality Standards**
  - DPRP Standards and Operating Procedures (updated every 3 years)

- **Registry of Organizations**
  - Online registry and program locator map
  - Includes organizations with pending, preliminary, and full recognition

- **Data Systems**
  - Data analysis and reporting
  - Feedback/technical assistance for CDC-recognized organizations
2021 DPRP standards Key Requirement Updates

**New Attendance Requirement**

- **Requirement 5**: Organizations must retain at least 5 completers in the evaluation cohort (eligible participants in the evaluation cohort who attended at least 8 sessions in months 1-6 and whose time from the first session held by the cohort to the last session attended by the participant is at least 9 months).

**New Risk Reduction Requirement Option**

- **Requirement 6**: Organizations must show that there has been a reduction in risk of developing type 2 diabetes among completers in the evaluation cohort by showing that at least 60% of all completers achieved at least one of the following outcomes:
  - At least 5% weight loss 12 months after the cohort began OR
  - At least 4% weight loss and at least 150 minutes/week on average of physical activity 12 months after the cohort began OR
  - At least a 0.2% reduction in HbA1C

- For more information on 2021 DPRP Standards, visit the National DPP [Customer Service Center](#)
Benefits of CDC Recognition

There are many benefits to having CDC recognition for your program, including:

- **Quality**—linked to national quality standards and outcomes proven to prevent/delay onset of type 2 diabetes
- **Data**—enables CDC to monitor progress individually by program and across the nation
- **Sustainability/Reimbursement**—private and public payers reimbursing for the program are requiring CDC recognition
- **Support**—recognized programs have access to technical assistance, training, and resources
- **Marketing**—effective marketing tool to encourage referrals (“Our program meets CDC national quality standards.”)
# Medicare Diabetes Prevention Program

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<thead>
<tr>
<th>Problem</th>
<th>Medicare Implementation</th>
<th>Impact</th>
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<tbody>
<tr>
<td>25% of Americans 65+ years are living with type 2 diabetes, which negatively impacts health outcomes</td>
<td>National DPP model test with Y-USA 7,800 beneficiaries</td>
<td>Promotes healthier behaviors for eligible Medicare beneficiaries at risk for type 2 diabetes</td>
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<tr>
<td>Care for older Americans (65+ years) with diabetes costs Medicare $104 billion annually and is growing</td>
<td>Rulemaking to expand coverage to beneficiaries and establish Medicare Diabetes Prevention Program (MDPP) supplier type</td>
<td>Decreases Medicare costs associated with diabetes</td>
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The purpose of an Umbrella Hub Arrangement (UHA) is to connect community-based organizations delivering the National DPP lifestyle change program with health care payment systems to achieve sustainable reimbursement.

• An Umbrella Hub Organization (UHO) with full or preliminary CDC recognition serves as a sponsor hub for a group of subsidiary organizations that have CDC pending, preliminary, or full recognition.
  • A charter establishes the UHA’s shared vision, mission, and goals between entities in UHA.
  • A contract details responsibilities of each party and outlines financial arrangements.
  • Business Associate Agreements (BAAs) allow for data sharing between a billing vendor and a UHO and the UHO and its subsidiaries.
Learn, Listen, Apply

Technical assistance
- Good Health and Wellness in Indian Country
- Diabetes Prevention Nations Project - Choctaw Nation Umbrella Pilot

Access
- Coordinated Distance Learning

Culture-centered
- Cultural tailoring of CDC PreventT2 curriculum

Relationships
- Partnerships – Indian Health Service and other partners
- Webinars to connect tribal and state programs
Technical Assistance for Implementation

Good Health and Wellness in Indian Country (2019-2024)

Component 1
• 12 tribes
• 4 Urban Indian Organizations (UIO)

Component 2
• 12 tribal organizations
• 90 tribal sub-awardees

• TECHNICAL ASSISTANCE (TA)
  • Culture-centered tailoring and innovations
  • Allowable Cost Framework
  • Community incentives
  • Webinars & conferences
  • Project Officer TA

www.cdc.gov/healthytribes/ghwic.htm
Umbrella Organization Pilot

Diabetes Prevention Nations Project (2018-2021)

• National DPP Challenges for Smaller Tribes
  • FTE shortages
  • Data managers
  • Lifestyle Coach shortages
  • Small cohort sizes

• Choctaw Nation of Oklahoma
  • Fully recognized program; leader in National DPP
  • Partner, leader, mentor
  • Established umbrella pilot; exceeded expectations (6 tribes enrolled vs requested 2-3)
  • Role: lifestyle change program support, data aggregation benefit – shared recognition, data support, Lifestyle Coach instruction
  • Great success, and worthy of celebration!

Access

Coordinated Distance Learning

• Community identified need for culturally resonant and relevant virtual options
• Network of Native American/Alaska Native Lifestyle Coaches
• Cohort classes on Community Calendar – increased access to programs by region, time, day
• Resource Bank topical lessons:
  • Adverse childhood experiences
  • Impacts of social determinants of health on type 2 diabetes
  • Local traditional foods recipes
• Community solutions driven by resiliency
Culture-Centered Materials and Delivery

Keys to Success: How to Enroll and Retain American Indian Participants for Your Type 2 Diabetes Prevention Lifestyle Change Program

• Establish strong relationships with American Indian communities and invest the time to understand their unique culture.

• Use culturally relevant materials and adapt and translate them as appropriate.

• Include local traditional foods in your program materials.

• Use teaching methods such as storytelling and active learning.
Cultural Tailoring of CDC to T2 Curriculum

**Proposed Products**
- Revised curriculum
- Resources for Lifestyle Coaches

**Some Proposed Topics**
- Traditional foods & food access
- Disruption of lands, languages
- Shared values
- Health literacy

- Stated need from IHS Tribal Leaders Diabetes Committee, CDC Tribal Advisory Committee, HHS Regional Tribal Consultation Sessions
- Convene practitioners, program managers, Lifestyle Coaches, experts in cultural tailoring for AI/AN communities
National DPP Customer Service Center

The National DPP Customer Service Center (CSC) provides a hub for resources, training, and technical assistance for CDC-recognized organizations and other National DPP stakeholder groups.

Find Resources and Info
- Quickly and easily find resources and events relevant to your needs (FAQs, toolkits, training videos, webinars, etc.)
- Discuss opportunities and challenges with the National DPP community

Receive Technical Assistance
- Engage with technical assistance coordinators and subject matter experts via the web-based platform or email
- View the status of and update existing technical assistance requests

Provide Feedback and Input
- Submit feedback on your satisfaction with the technical assistance, resources, and web-based platform
- Share success stories and suggest additional resources

https://nationaldppcsc.cdc.gov/s/
How to Help

1. RAISE AWARENESS of prediabetes and the National DPP
   - [www.cdc.gov/diabetes/prevention/prediabetes-type2](http://www.cdc.gov/diabetes/prevention/prediabetes-type2)

2. REFER PEOPLE at risk to a CDC-recognized organization

3. OFFER THE PROGRAM by becoming a CDC-recognized organization
   - [https://www.cdc.gov/diabetes/prevention/program-providers.htm](https://www.cdc.gov/diabetes/prevention/program-providers.htm)
Thank you!