

National Diabetes Prevention Program



IMPLEMENTATION GUIDE FOR SOUTH DAKOTA

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INTRODUCTION

The National Diabetes Prevention Program—or National DPP—was created in 2010 to address the increasing burden of prediabetes and type 2 diabetes in the United States. This national effort created partnerships between public and private organizations to offer evidence-based, cost-effective interventions that help prevent type 2 diabetes in communities across the United States. Because of this evidence, the National DPP is recognized and promoted by the Centers for Disease and Control and Prevention (CDC). Programs that follow the CDC curriculum track participants' progress and are eligible to apply for and obtain recognition by the CDC. Programs that have achieved pending, preliminary, or full CDC recognition will be listed on the CDC National DPP online registry and, potentially in the future, receive reimbursement from payers.

One key feature of the National DPP is that it is an evidence-based program focusing on healthy eating and physical activity which showed that people with prediabetes who take part in a structured lifestyle change program can cut their risk of developing type 2 diabetes by 58% (71% for people over 60 years old).

The National DPP is an ADAPTABLE program where groups/communities can collaborate together on ideas to overcome challenges/barriers in improving their health together. The program can be offered either in person or online, making it more accessible. Some have a cost, many are free. This Implementation Plan is a South Dakota-specific guide for how to develop and deliver your National DPP and become CDC recognized. This guide has been designed to be useful for all types of organizations in South Dakota from different stages, so please feel free to skip around and use each resource to meet your organizational needs.

COMPREHENSIVE PREDIABETES AND NATIONAL DPP TRAINING MODULE

South Dakota's PROF (Program Resource Online Facilitator) is a tool for healthcare providers and students to learn about the SD Department of Health programs. Within this tool, users can learn about prediabetes, screening and referral tools, and resources for both patients and healthcare providers, including information about the National DPP. The module is designed to inform users about prediabetes to better assist patients to prevent type 2 diabetes.

INSTRUCTIONS:

- Visit www.dohprofsd.org and click on **"MY TRAINING"** in the vertical bar to the left.
- For first time users, click **"CREATE AN ACCOUNT."**
- Enter required account details and create a password.
- Click **"CREATE ACCOUNT AND LOG IN."**

- Select Prediabetes and the National Diabetes Prevention Program under “**MY TRAINING MODULES**” to begin.
- View the training in a window large enough to see all the vertical bars on the left and right.
- Use the **BACK**, **REPLAY**, and **NEXT** buttons at the bottom of the lesson screen to navigate. Avoid using the browser’s **BACK** arrow.
- Problems? Click on the help button located on the “**MY TRAINING**” page.

PROGRAM OVERVIEW

The National Diabetes Prevention Program (National DPP) is a partnership of public and private organizations working to prevent or delay type 2 diabetes. Partners make it easier for people at risk for type 2 diabetes to participate in evidence-based lifestyle change programs to reduce their risk of type 2 diabetes.¹ The partners work to make it easier for people with prediabetes or at risk for type 2 diabetes to participate in evidence-based, affordable, and high-quality lifestyle change programs to reduce their risk of type 2 diabetes and improve their overall health.

PARTNERING ORGANIZATIONS MAY INCLUDE:

- Federal agencies
- State and local health departments
- National and community organizations
- Employers
- Public and private insurers
- Health care professionals
- University community education programs
- Businesses that focus on wellness

While the foundation of the nutrition component of the National DPP is [MyPlate](#), participants will also learn about the macro and micronutrients in food. They will be taught the skills needed to develop basic menus, cook, eat at restaurants, grocery shop and avoid the pitfalls associated with fad diet and nutrition trends.

The activity portion of the program is designed to accommodate all fitness levels. The program focuses on total minutes of activity. However, participants will learn how to incorporate cardiovascular exercise, strength training, flexibility and stability exercises into their activity routine.

The program also provides tools to overcome many of the common behavioral barriers to long-term wellness. These tools include ways to avoid overeating, cope with stress, set goals, manage sleep, become more mindful, and problem solve.

PROGRAM GOALS

- **WEIGHT LOSS:** Coaches will work with participants to create a personalized weight loss goal that will reduce their risk of type 2 diabetes and be a minimum 5-7% weight loss in one year.

¹ <https://www.cdc.gov/diabetes/prevention/index.html>

- **EXERCISE:** Each coach will work with participants to create a personalized activity plan with a goal of having each participant be active for 150 minutes each week.
 - o Setting goals gives the participant perspective that guides their decision-making and measures their success.
 - o Goals should be SMART (Specific, Measurable, Attainable (Action-Orientated), Relevant, and Time-Bound (or Trackable).
 - **FOR EXAMPLE,** I will walk _____ [insert number] minutes a day, _____ [insert number] day(s) a week for the next _____ [insert number] week(s).

COACHES AND PARTICIPANTS

- **LIFESTYLE COACHES:** Lifestyle Coaches lead the lifestyle change program sessions and support and encourage participants. Lifestyle Coaches work with the participants throughout the program and are trained to use a CDC-approved curriculum.
 - o Additionally, these Lifestyle Coaches have the knowledge and skills to effectively deliver the program to support participants, provide guidance, and help groups work together effectively, which is essential for a successful lifestyle change program.
- **PARTICIPANTS:** Participants are expected to attend classes and participate in discussion.
 - o Participants also commit to exercising and adapting their eating habits.

PROGRAM TRACKING

Tracking food and beverage consumption, exercise, and weight loss is a vital part of the program. Studies show tracking helps participants achieve weight loss. Tracking also helps coaches and participants identify issues and what is and isn't working.

- **TRACKING WEIGHT:** Participants will track their weight throughout the program.
 - o Weight loss can be tracked on either a mobile app, website, or paper sheets.
 - o Goal weight will be calculated by the Lifestyle Coach at the beginning of the program.
- **TRACKING FOOD & BEVERAGES:** Participants will track all food and drink consumed during the program.
 - o Participants are encouraged to track everything they eat & drink.
 - o Participants are also encouraged to track hunger and mood before meals.
- **TRACKING ACTIVITY:** Tracking physical activity helps participants calculate their weekly activity goals.
 - o Participants are encouraged to track activity using a cellphone application or a tracking tool (such as a tracking guidebook or notebook) to help reach 150-minutes per week goal and understand the importance of creating a balanced activity plan
- **TRACKING STRESS, SLEEP AND ENERGY:** Additional tracking will help participants understand how stress, sleep, and energy affect their mood and health.
 - o Within one of the lessons, participants will learn about the role sleep and stress play in wellness.
 - o Participants may also track energy to identify positive change.

LESSONS

- Lessons will be provided in-person to participants
- One lesson each week - first 16 weeks
- One lesson monthly for remainder of the program

COMMUNITY

- Participants will share ideas and struggles and learn from each other through discussion and peer support.
- Participants may also choose to exercise together to keep each other motivated and working towards weight loss goals.

SKILL BUILDING

- Participants will receive hands-on lessons throughout the program and will work on skill building each week as a group.

PREVENT T2 CURRICULUM

Throughout this implementation guide, the National DPP *Prevent T2* curriculum and handouts will be referenced. Other curricula are approved by the CDC for the National DPP and can be used in place of the *Prevent T2* curriculum. All organizations must use an approved curriculum that meets the CDC requirements for recognition. Newly developed curricula may be submitted, reviewed, and used, if approved by CDC prior to its use.

NATIONAL DPP PREVENT T2 CURRICULA AND HANDOUTS

The *Prevent T2* curriculum is based on the original 2002 DPP trial and follow-up studies. It promotes modest weight loss (5-7%) and increased physical activity through a 12-month lifestyle change program and also reflects new literature on self-efficacy, physical activity, and diet. There are 26 modules. In order to achieve CDC recognition, programs must complete at least 22 of the modules.

Some modules have also been combined into fewer sessions: *Prevent T2* has 9 session options for months 7-12, compared to 16 possible sessions in the original National DPP curriculum. This change in the *Prevent T2* curriculum was because data indicated that many organizations have been delivering 9 sessions on average during months 7-12, even though more were provided.

PREVENT T2 CURRICULUM SESSIONS

FIRST 6 MONTHS OF PROGRAM:

- Program Overview
- Introduction to the Program
- Get Active to *Prevent T2*
- Track Your Activity
- Eat Well to *Prevent T2*
- Track Your Food
- Get More Active
- Burn More Calories Than You Take In
- Shop and Cook to *Prevent T2*
- Manage Stress
- Find Time for Fitness
- Cope With Triggers
- Keep Your Heart Healthy
- Take Charge of Your Thoughts
- Get Support
- Eat Well Away From Home
- Stay Motivated to *Prevent T2*

LAST 6 MONTHS OF PROGRAM:

- When Weight Loss Stalls
- Take a Fitness Break
- Stay Active to *Prevent T2*
- Stay Active Away from Home
- More About T2
- More About Carbs
- Have Healthy Food You Enjoy
- Get Enough Sleep
- Get Back on Track
- *Prevent T2*—for Life!

For more information about the *Prevent T2* Curriculum or other available curricula (such as the Original 2012 National DPP curriculum), visit: <https://www.cdc.gov/diabetes/prevention/resources/curriculum.html>

Additionally, the *Prevent T2* Curriculum is available specifically for Native Americans. For more information about this specific *Prevent T2* Curriculum, visit: https://www.dropbox.com/sh/b1j6j-99aevpdb7u/AAAZOibSE1oXs_jEbg4zYcFOa?dl=0

PROGRAM RECRUITMENT & REFERRALS

Recruitment and retention are key to the success and sustainability of the National DPP. There are several ways organizations can recruit participants, which include targeted outreach and advertising, referrals from healthcare providers and community-based organizations (churches, schools, etc.), and partnering with either a health system, employer, or other organization to facilitate screening and recruitment. Program referrals can increase by also having your organization listed on local databases, such as the [211 Helpline Center](#) or [UndotheRisk](#).

CONNECTING WITH PROVIDERS

In addition to advertising and promoting the National DPP to prospective participants, it is also important for programs to connect with primary care providers. There are different ways to connect with and promote the National DPP to providers, including:

- Presenting at grand rounds or during a staff meeting
- Connecting individually with providers to educate them about the National DPP and upcoming cohorts
- Sending a letter or other print materials to providers about the National DPP
- Providing diabetes risk tests to providers to display in their clinic

For a National DPP to successfully recruit participants, the program not only needs to advertise and promote the program to prospective participants, but also work with providers to identify prospective participants based on data from Electronic Health Records (EHR). National DPPs and primary care clinics can utilize EHR data to identify patients with prediabetes, overweight or other cardiometabolic measures. After identifying prospective participants, the program can work with providers to connect with the prospective participants to promote the National DPP. Promotion of the program can be done through an introductory letter or phone call. It is important for the provider's name to be included and referenced when reaching out to prospective participants as many individuals respect their provider's advice.

Although it is not required to promote a National DPP to providers, connecting with providers and identifying provider champions can help with program recruitment. Additionally, identifying prospective participants via EHR data can also help a program to identify qualified participants.

PREDIABETES AWARENESS

Diabetes prevention starts with awareness. An alarming 1 in 3 American adults has prediabetes and 90% of them don't know they have it! The South Dakota and National Prediabetes Awareness Campaigns have resources, images, media posts, posters, etc. to help programs bring more awareness around prediabetes. These campaigns lead individuals to websites where they can take the Risk Test, understand their risk, and receive information on next steps to prevent diabetes.

- **NATIONAL CAMPAIGN:** <https://doihaveprediabetes.org/prediabetes-education-materials/>
- **SOUTH DAKOTA CAMPAIGN:** <https://www.undotherisk.com/campaigns>

RECRUITMENT CAMPAIGN

The SD Diabetes Prevention and Control Program ([Undo the Risk campaign](#)) and the Ad Council (<https://doihaveprediabetes.org/>), sponsored by the American Medical Association and Centers for Disease Control and Prevention, have made it a priority to communicate to the general population about prediabetes through type 2 diabetes prevention ad campaigns. Organizations can use the resources available through these organizations or create their own recruitment campaign.

To create awareness, screen, and register participants, organizations can:

- Use customized awareness messaging to be specific to an audience and/or an organization.
- Host onsite health fairs, lunch and learns, or site visits
- Host online presentations to wellness teams and participants
- Disseminate a messaging campaign
 - o Recommend at least 3 messages over 1-2 weeks can use serious, comical, and thought-provoking videos.
- Utilize social media platforms and messaging to promote the National DPP

The following messages are examples you can use to help recruit participants over the 4-6 weeks that you choose to advertise or recruit for your program. Each weekly announcement is aimed at building awareness and interest in the program. While you are not required to advertise and recruit, the more information you share, the more interest you will garner for the program. The following examples can be used as is, or be tailored to meet the needs of your community.

For more ideas on promoting via social media and online, see our [Social Media Marketing Toolkit](#).

WEEK #1 - PREDIABETES AWARENESS

WEEK OF _____ [INSERT DATE]

Diabetes prevention starts with awareness. Over 86 million or 33% of American adults are diagnosed with prediabetes, but 9 out of 10 individuals are not aware of it.

In week one, an organization should launch a customized awareness campaign and include three

(3) unique campaign messages to include. In addition to the awareness campaign, here are some additional ideas to utilize when promoting the National DPP and an upcoming program:

- **CUSTOMIZED AWARENESS MESSAGING AND COLLATERAL.** Create a custom flyer to share within organizations and with healthcare partners in the area about the upcoming program with dates, qualifications, and contact information.
- **ON-SITE** health fairs, lunch and learns, and site visits.
- **ONLINE PRESENTATIONS** to wellness teams and prospective participants.
- **MESSAGING CAMPAIGNS.** Utilize National and South Dakota Prediabetes Awareness Campaigns to help identify participants, assist in the program campaign and conduct additional program presentations for prospective participants.
- Recommend 3 messages during awareness week #1. M - W - F

MESSAGE OPTION #1: UNDO THE RISK

SOME THINGS YOU CAN'T TAKE BACK, PREDIABETES YOU CAN.

- Some things you can't undo like a first impression, a mis-spelled tattoo, an accidentally reply-all email or being busted by your kid, but prediabetes you can. Take the quiz at www.undotherisk.com.
- It's important to know where you stand, because with early diagnosis, prediabetes can often be reversed. How do you *undo* the risk? By joining a CDC-led National Diabetes Prevention Program. Take the risk test to know where you stand. www.undotherisk.com.
- Prediabetes means a person's blood glucose (sugar) level is higher than normal, but not high enough yet for a diagnosis of type 2 diabetes. If left untreated, prediabetes can progress into type 2 diabetes. Undo your risk by visiting www.undotherisk.com.

CTRL+CLICK ON IMAGES FOR VIDEO





MESSAGE OPTION #2: SIMPLE QUALIFICATION TEST

ARE YOU MAKING GOOD DECISIONS? KNOW WHERE YOU STAND.

- The numbers don't lie—2 out of 3 American adults are overweight. As many as 70% of adults in the U.S. are classified as overweight by the CDC. Overweight and obesity lead to a number of chronic disease ailments like diabetes, heart disease, cardiovascular issues, etc. We encourage all individuals to be aware of their health and take action to protect your health. Seek professional assistance.

CTRL+CLICK ON IMAGE FOR VIDEO



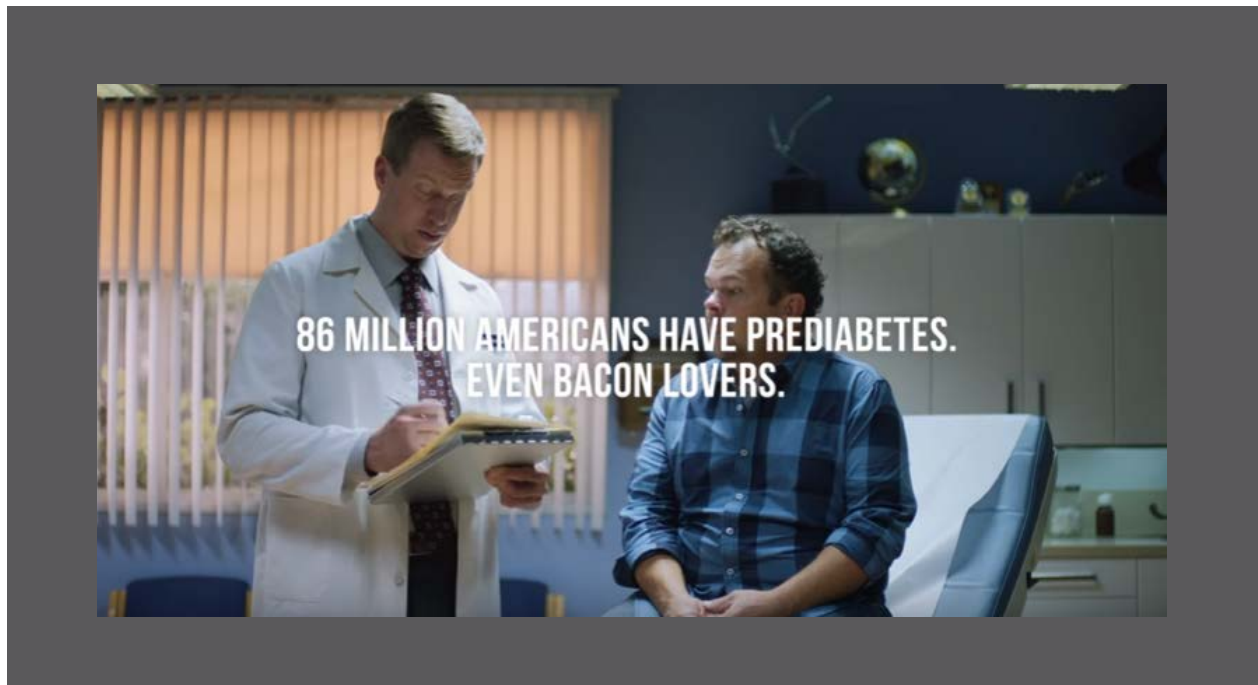
- With a little exercise and a change in diet, weight loss and weight management often can be controlled. Let's face it, there are millions of reasons why we don't find the time to make healthy lifestyle choices. Kids, jobs, cat videos on the Internet – we're busy. But whatever your reason, overweight health issues like prediabetes is real. So, speak with **OUR WELLNESS COMMITTEE** and realize your options.

MESSAGE OPTION #3: UNAWARE ADULT

ARE YOU A BACON LOVER? KNOW WHERE YOU STAND.

- The numbers don't lie—1 in 3 American adults has prediabetes. As over 33% of **INDIVIDUALS** in the U.S. are classified as prediabetes but the CDC predicts only 10% of those classified with prediabetes are aware of it. We encourage all **INDIVIDUALS** to complete a health screening assessment to check for prediabetes.

CTRL+CLICK ON IMAGE FOR VIDEO



- With a little exercise and a change in diet, it often can be reversed. Let's face it, there are millions of reasons why we don't find the time to make healthy lifestyle choices. Kids, jobs, cat videos on the Internet – we're busy. But whatever your reason, prediabetes is real. So, find out if you have prediabetes by taking the test now. You won't regret it.
- STAY TUNED! More information on a free Diabetes Prevention Program through [_your DPP Program Name_](#) will be coming sent next week. "

MESSAGE OPTION #4: PEOPLE YOU KNOW

1 IN 3 ADULTS HAS PREDIABETES, COULD BE YOU.

- 1 in 3 American adults has prediabetes, that means it could be you, your favorite sibling, or your other sibling. Or you, your barber, or your barber's barber. Or you - well, you get the picture. It's time to take the risk test to know where you stand.
- It's real. It's common. And most importantly, it's reversible. You CAN prevent or delay prediabetes from developing to type 2 diabetes with simple, proven lifestyle changes.

CTRL+CLICK ON IMAGE FOR VIDEO

**1 IN 3 ADULTS
HAS PREDIABETES.
COULD BE YOU,
YOUR DOG WALKER,
YOUR CAT JOGGER.**

**WITH EARLY DIAGNOSIS,
PREDIABETES CAN BE REVERSED.
TAKE THE RISK TEST.**

DoIHavePrediabetes.org

ad AMA CDC

- Don't let the "pre" fool you - prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as diabetes. Prediabetes puts you at increased risk for developing type 2 diabetes, heart disease, and stroke. Prediabetes = PreVENTdiabetes

WEEK #2 - NATIONAL DPP OPPORTUNITY

WEEK OF _____ [INSERT DATE]

The National DPP is the CDC's program for those who are at risk of developing type 2 diabetes. Our mission is to help those with prediabetes lower their risk of getting type 2 diabetes. Our program goals include at least a 5-7% bodyweight loss and 150 minutes of activity each week. To make these goals attainable, we provide education, support and a simple, but engaging program.

(your DPP Program Name) is a local, 12-month program that includes:

- 26 video lessons via mobile phone or computer over 12 months
 - o Weekly lessons for initial 4 months followed by monthly lessons
- Networking and peer support opportunities through hands-on activities
- Lifestyle Coach to lead your program and give you personal feedback throughout the 12-month program
- Meal journaling, activity tracking, recording parameters for Lifestyle Coach customized feedback regarding your progress.

Stay tuned for more information on how you can join **THIS PROGRAM**. In the meantime, try an online prediabetes assessment to see if you are at risk.

CDC Prediabetes Screening Test: www.undotherisk.com

WEEKS #3 AND 4 - PARTICIPANT OPPORTUNITY AND QUALIFICATION PROCESS

WEEK OF _____ [INSERT DATE]

- Participant eligibility messaging and how to qualify
- Continue to qualify participants with commitment link/form
- Participants authorize commitment letter for acceptance

NOTE: The following is a sample letter that can be used by various organizations, including employers, insurance providers, etc. Consider changing the language as needed to better connect with your target audience.

Dear _____,

THE WELLNESS COMMITTEES are evaluating the National Diabetes Prevention Program and will be offering the program to the first 20 that qualify. The 12-month program will start in _____ and each week a new session is offered for participants.

To qualify, **INDIVIDUALS** must complete the online health screening assessment by _____. This is a private 1-minute online assessment to gauge your risk of prediabetes. If your online assessment reports positive for potential prediabetes you will be provided an opportunity to confirm risk via blood work. Online private assessment link: www.undotherisk.com

The **WELLNESS COMMITTEE** will contact each prospective participant who qualifies and discuss the program details and objectives for each participant. The first 20 that qualify will be enrolled in the initial program. The program will begin in late March and has a value of **\$550 PER PERSON. NO CHARGE TO PARTICIPANTS.**

An estimated **40%+ OF INDIVIDUALS** should qualify for the program so please act quickly if interested. After a successful evaluation, the **WELLNESS COMMITTEE** will decide to open the program up for all **INDIVIDUALS** who are interested later in **MONTH/DATE.**

Type 2 diabetes is a terrible disease that can be prevented if you act before it's too late. Take steps now before it affects you and your family. A majority of the participants in this program succeed and reduce their blood-work levels to normal levels.

DPP QUALIFYING PROCESS OPTIONS

WELLNESS COMMITTEE have decided to have **PROSPECTIVE PARTICIPANTS** qualify initially through the online health assessment link: www.undotherisk.com

If **PROSPECTIVE PARTICIPANTS** already have blood work confirming prediabetes levels, they immediately qualify for the readiness assessment interview.

If **A PROSPECTIVE PARTICIPANT** has a positive assessment score for prediabetes they will then be offered a readiness interview. During the interview, prospective participants will be asked if they have blood work from a primary care provider. Those with blood work will qualify first but not necessary.

1. ONLINE SELF-ASSESSMENT PREDIABETES SCREENING

- **CDC PREDIABETES SCREENING TEST:** www.undotherisk.com
 - o Score of 5 or greater (indicates that the prospective participant is at high risk for having prediabetes).

2. PROVIDED OR PERSONAL BIOMETRIC SCREENING RESULTS ACCEPTED

- Prospective participants can use their personal PCP bloodwork if available. Immediate qualification if:
 - o A1C
 - 5.7-6.4
 - o Fasting Glucose Tolerance Test (GTT)
 - Fasting - 100 - 125
 - o Oral Glucose Tolerance Test (OGTT)
 - Non-fasting - 140 - 199
 - o Previous diagnosis of Gestational diabetes

SESSION 0 OR READINESS INTERVIEWS

Prior to starting a National DPP, a program may host a Session 0 to share more information about the program. Session 0 can be an “open house” for the program and share further information about program offerings, previous program successes, etc.

THE FOLLOWING SCRIPT CAN BE USED FOR THE FORMAL PORTION OF THE SESSION 0 OPEN HOUSE:

Welcome and thank you for joining us today for the National Diabetes Prevention Program Session 0. My name is _____ and I am a Lifestyle Coach for the National Diabetes Prevention Program. This session has been designed to give you an overview of the Diabetes Prevention Program, the benefits behind it and the great success participants who have completed the program have had with improving their overall health and reducing the risk of transitioning into type 2 diabetes.

PREDIABETES IS A GROWING HEALTH CONDITION THROUGHOUT THE WORLD:

- *An estimated 79 million Americans have prediabetes, making them at greater risk for developing type 2 diabetes, heart disease, and stroke*
- *The CDC estimates that 1 in 3 adults have prediabetes; 90% are unaware that they have the condition*
- *Diabetes currently affects 1 in 10 adults, and the Centers for Disease Control and Prevention (CDC) estimates as many as 1 in 5 adults could have type 2 diabetes by 2025, if nothing changes*
- *Without intervention, up to 30% of people with prediabetes will develop type 2 diabetes within 5 years*

I would now like to share additional information about our program, including

In addition to (or instead of) hosting a Session 0, Lifestyle Coaches may also conduct readiness interviews with prospective participants to ensure they understand the National DPP and the program commitments required. These interviews can be conducted in-person, over the phone, or through an interview form.

WEEK #5 - PROGRAM BEGINS DEPLOYMENT

WEEK OF _____ [INSERT DATE]

As the promotion and awareness regarding the National DPP continues to build, it is also important to plan for the location and date/time of the in-person National DPP.

CLASS LOCATION

When considering where to host the National DPP classes, there are many logistics to consider. First, consider the location of the National DPP classes - will it be held in a more clinical setting, such as at a primary care clinic, or in more of a community setting, such as at a local church or community center? A National DPP may also choose to host a class in a location with nearby exercise equipment (such as a local fitness center or community center) to promote exercise and healthy eating. Be sure to select a class location that is not only physically accessible, but also that is available during the expected time of the classes.

The location for the National DPP class should also have a private area for participant weigh-ins. It may also be helpful to find a location with a kitchen to include cooking demonstrations. Within the meeting room, it is also important to make sure there are enough chairs and tables, and that the room can be arranged (or re-arranged) to promote discussion and conversation. It is also important to note possible distractions within the room, such as windows without curtains or intercom systems within a healthcare facility.

CLASS TIME AND DATES

One of the easiest ways to identify the best day of the week and time of the day to host weekly National DPP classes is to survey the future participants. It is also important to identify if the class includes a specific group of individuals (for example, a class with many working individuals may benefit from 5:30 PM classes, after the working day ends, instead of a class at 10 AM during the working day). In addition to working to find a date and time that works best for most participants, it is also important to consider the date that classes will be held. For example, if a program is planning to start the third week in December, it might be better to start in early January to avoid disruptions from the holidays.

REFERRALS

Partnering with local and regional healthcare providers to take action to screen, test and refer patient to an upcoming program will assist in growing and sustaining the National DPP. There are many resources available at www.UndoTheRisk.com/providers to help programs engage providers on the National DPP.

LIFESTYLE COACH TRAINING

Training entities that provide formal training to a CDC-approved curriculum are listed on the following resource, [Training for your Lifestyle Coaches](#). These entities are not officially endorsed

by CDC; however, they sign a Memorandum of Understanding (MOU) agreeing to train to a CDC-approved curriculum and to provide training nationally or regionally to organizations recognized by CDC. These entities further agree to provide quality training aligned with the 2018 DPRP Standards, which should help ensure competent Lifestyle Coaches.

Individuals eligible to be Lifestyle Coaches must have been formally trained to a CDC-approved curriculum for a minimum of 12 hours, or approximately two days; by one of the following:

1. a training entity listed on the CDC website,
2. a private organization with a national network of CDC-recognized program sites,
3. a CDC-recognized virtual organization with national reach, or
4. a master trainer, as designated by the CDC-recognized program who has delivered the lifestyle change program for at least one year and has completed a Master Trainer program offered by a training entity on the CDC website. (In South Dakota, a few organizations employ master trainers for the National DPP).

While Lifestyle Coaches may have credentials (e.g., RDN, RN), credentials are not required. Community health workers and lay people can be effective coaches as well.

The South Dakota Diabetes Prevention and Control Program has opportunities for SD Organizations looking to train their staff to be lifestyle coaches for the National DPP. To receive more information on the Virtual Lifestyle Coach Training, email Kayla Magee, Diabetes Program Coordinator kayla.magee@state.sd.us.

- [Training Information from CDC website](#)
- [Diabetes Training and Technical Assistance Center \(DTTAC\)](#)

OBTAINING CDC RECOGNITION

To ensure high quality, CDC recognizes lifestyle change programs that meet certain [standards](#) and show they can achieve results. These standards include following an approved curriculum, facilitation by a trained lifestyle coach, and submitting data every 6 months to show that the program is having an impact.

CDC welcomes all organizations with the capacity to deliver a yearlong lifestyle change program and meet the DPRP Standards to apply for recognition. To apply for recognition, an organization should complete the online application at https://nccd.cdc.gov/DDT_DPRP/ApplicationForm.aspx.

Before an organization applies, leadership and staff should read the Diabetes Prevention Recognition Program (DPRP) Standards and Operating Procedures that describe the quality data measures CDC-recognized organizations are expected to collect and submit to CDC for purposes of achieving CDC recognition. The DPRP Standards also explain how an organization may apply for, earn, and maintain CDC recognition.

The DPRP Standards also contains a capacity assessment. This is a list of questions designed to help an organization determine its readiness to deliver the CDC-recognized lifestyle change program. All organizations are strongly encouraged to complete this assessment, found here: <https://nationaldppcsc.cdc.gov/s/article/Organizational-Capacity-Assessment-152531979894>.

An organization can begin offering classes immediately upon approval of their application.

For more information about obtaining CDC recognition, contact the National Diabetes Prevention Program Customer Service Center: <https://nationaldppcsc.cdc.gov/s/>

CATEGORIES OF RECOGNITION

CDCs DPRP awards three categories of recognition: pending, preliminary, and full recognition.

PENDING RECOGNITION

To begin the process, an organization must submit an application to the DPRP. When the DPRP determines that the organization has met the requirements outlined in the DPRP Standards as:

1. Application for recognition
2. Lifestyle curriculum
3. Intervention duration
4. Intervention intensity

The DPRP will assign an approval date, an effective date, and award pending recognition to organizations meeting these requirements.

PRELIMINARY RECOGNITION

Preliminary or full recognition is required to become a Medicare DPP supplier. CDC-recognized organizations will be evaluated for preliminary recognition only at the time of required data submissions. To be evaluated for preliminary recognition, CDC-recognized organizations must have submitted a full 12 months of data on at least one completed cohort. A completed cohort is a set of at least five participants that entered into the lifestyle change program that has a fixed first and last session and runs for 12 months.

FULL RECOGNITION

Full recognition is the highest level of recognition that can be achieved by a CDC-recognized organization. It means that all DPRP Standards requirements have been met.

CDC-recognized organizations will be evaluated for full recognition only at the time of required data submissions. To be evaluated for full recognition, recognized organizations must have submitted a full 12 months of data on at least one completed cohort. Full recognition is required to remain a Medicare DPP supplier after the 24 months of preliminary recognition expires.

For more information about full recognition, contact the National Diabetes Prevention Program Customer Service Center: <https://nationaldppcsc.cdc.gov/s/>

MEDICARE DIABETES PREVENTION PROGRAM (MDPP)

Through the Medicare Diabetes Prevention Program (MDPP) expanded model, the National DPP lifestyle change program is available as a covered service for Medicare beneficiaries with prediabetes.

The Centers for Medicare & Medicaid Services (CMS) certified the expansion on the basis of evidence from 5,969 Medicare beneficiaries who participated in a model test of the program offered through the YMCA of the USA. Results showed an average weight loss of 4.7% for participants who attended at least 4 sessions and 5.2% weight loss for participants who attended at least nine (9) sessions, and Medicare saved \$2,650 per participant over 15 months. This is the first preventive service model from the CMS Innovation Center to become eligible for expansion into Medicare.

MDPP 101 ORIENTATION WEBINAR

This presentation includes an overview of:

- The Medicare Diabetes Prevention Program (MDPP) expanded model
- The benefits of enrolling as a MDPP supplier
- Supplier support for enrollment, delivery, billing and claims, and sustainability
- Additional resources related to MDPP services

https://innovation.cms.gov/Files/x/mdpp_101_orientation_webinar.pdf

For more information on the Centers for Medicare & Medicaid Services (CMS) MDPP expanded model, please visit CMS' website: <https://innovation.cms.gov/initiatives/medicare-diabetes-prevention-program/>.

NATIONAL DPP START-UP CHECKLIST

- Read up on National DPP Standards and complete Capacity Assessment**
 1. CDC and Prevention Diabetes Prevention Recognition Program Standards and Operating Procedures: <https://www.cdc.gov/diabetes/prevention/pdf/dprp-standards.pdf>
 - Organizational Capacity Assessment for Applicant Organizations to the CDCs DPRP: <https://www.cdc.gov/diabetes/prevention/pdf/capacity-assessment.pdf>

- Receive support from administration within your organization or find a hosting organization in your community to be responsible for gathering data and reporting to the CDC for recognition.**

Organizations with health experience and HIPPA Compliancy are preferred.

- Establish your team** (individuals can hold more than one role):
 1. Program Coordinator: _____
 2. Data Preparer: _____
 3. Lifestyle Coach: _____

- Receive training for Lifestyle Coach** (Virtual Lifestyle Coach Training available from SD Diabetes Prevention & Control program; contact (kayla.magee@state.sd.us))

- Choose curriculum and delivery method**
 1. Original 2012
 2. *Prevent T2*
 3. Cappa's (online curriculum for Live Your Best)
 4. Other (must be approved by CDC)

- Gather materials, utilize Implementation Guide and establish plan**

- Apply with CDC for recognition:** http://nccd.cdc.gov/DDT_DPRP/ApplicationForm.aspx

- Recruit and Advertise**

- Screen Participants**
 1. Readiness Scale
 2. Motivational Interviewing
 3. Optional: Offer a Lesson Zero (informative lesson on class that doesn't count towards the lessons within the cohort)

- Register Participants** (send to kayla.magee@state.sd.us at least 1 week before you plan to start your cohort)

- Start your DPP** (year-long)

- Follow Curriculum**

- At 6 months submit data to CDC & consider offering 2nd Cohort**

- Continue to submit data to CDC by schedule provided by CDC**

Visit UndotheRisk.com for additional resources and support to grow and sustain your DPP.

WRAP UP

This toolkit provides a comprehensive overview of the key components of starting a National Diabetes Prevention Program in South Dakota. The tools and information within this toolkit offer South Dakota-specific guidance and direction to ensure program sustainability. In addition to the content in this toolkit, the following resources may provide additional support and guidance to future National DPPs.

ADDITIONAL RESOURCES

SOUTH DAKOTA RESOURCES

UNDO THERISK

- The [Undo the Risk campaign](#) is a South Dakota-specific prediabetes awareness campaign. The website includes information from national and state organizations that are continuously developing and advancing resources to assist National Diabetes Prevention Programs develop and succeed.

SOUTH DAKOTA DIABETES COALITION (SDDC)

- The [SDDC website](#) provides additional information about the National DPP and prediabetes.

SOUTH DAKOTA DEPARTMENT OF HEALTH, DIABETES PREVENTION AND CONTROL PROGRAM

- The [SD DOH Diabetes Prevention and Control Program website](#) includes information about diabetes prevention programming and diabetes in South Dakota.

NATIONAL RESOURCES

In addition to this guide and the additional South Dakota resources referenced above, these resources may also be helpful to organizations working to establish, introduce, build, and sustain a National Diabetes Prevention Program:

CDC'S NATIONAL DIABETES PREVENTION PROGRAM HOMEPAGE

- The [official homepage](#) for the National DPP includes more about the National DPP and how to find resources and tools

NATIONAL DPP CUSTOMER SERVICE CENTER

- The [Customer Service Center site](#) is for organizations looking to or already implementing a National DPP. This site offers resources and help to programs get started and deliver a sustainable lifestyle change program.

CALIFORNIA NDPP TOOLKIT

- This [toolkit](#) provides additional information about implementing the National DPP.

NATIONAL DIABETES PREVENTION PROGRAM COVERAGE TOOLKIT

- This [toolkit](#) provides information on covering the National DPP through Medicaid, Medicare and commercial payers.

DIABETES PREVENTION IMPACT TOOLKIT

- This [toolkit](#) helps organizations estimate the health benefits and economic savings of providing the National DPP for a state, employer or insurer population.