

Community Approach to Type 2 Diabetes Prevention

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Learning Objectives

Implement a Healthy Lifestyle program

Recruit and Retain Participants

How to facilitate groups and Engage Communities





History of Choctaw Nation Diabetes Prevention Program

- Started in 2013
- Two Healthy Lifestyle Coach's trained
- 2015 Five Healthy Lifestyle Coach's trained
- 2016 Master Trainer on Board
- 2019 Twelve Healthy Lifestyle Coaches and 2 Master Trainers
- January 2019 received Full Recognition
- Utilized National DPP 2012 Curriculum



Where Do We Begin

- Know your DPRP Standards
- 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 virtual organization
 - Master Trainer



What is the responsibility of the Healthy Lifestyle Coach

- ▶ Find location available for a year to hold class
- ▶ 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

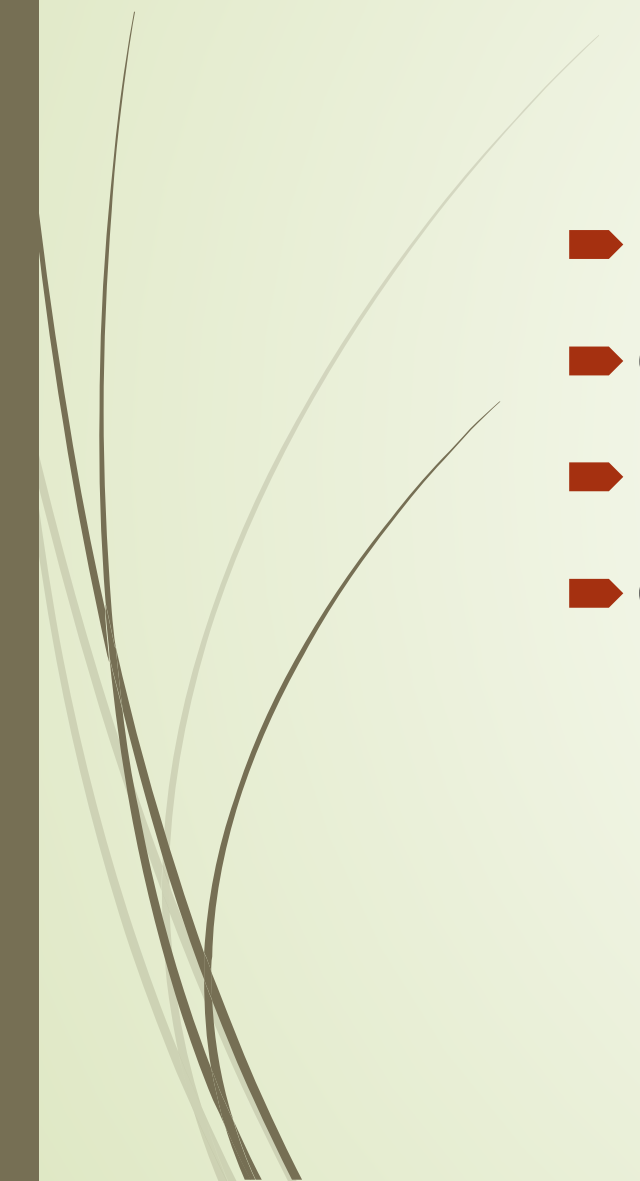


Curriculum for the Sessions

- 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
 - Online
 - Distance Learning
 - Combination
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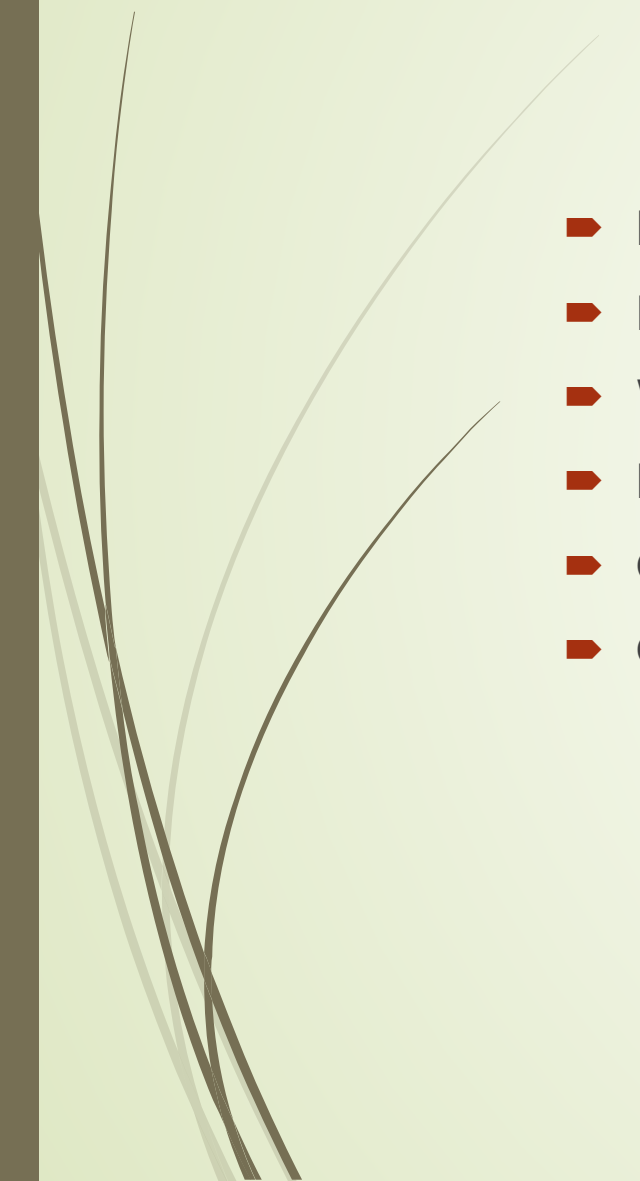


Tips for Recruitment

- ▶ Begin Early – At least 3 months before anticipated class start date
- ▶ Address logistical barriers – place to host class for the year long program and class scheduling
- ▶ Consider offering a Zero session to introduce potential participants to the program and expectations and resolve barriers
- ▶ Participate in Community Outreach and Health Fairs



Where to Recruit Internally

- Employees of Organization
 - Referrals from Providers (Physicians, Diabetes Educators, Dieticians etc)
 - Word of Mouth
 - Employee Wellness Program
 - Community Health Fairs
 - Community Centers
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External Partners

- ▶ Local Gym's
 - ▶ Schools
 - ▶ Local Businesses
 - ▶ State Health Departments
 - ▶ Local Library
 - ▶ Local Churches
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Tips for Facilitating Groups

- Start with a Zero Session to explain program expectations
- Create a friendly and interactive environment for sessions
- Provide at appropriate time for Group (example lunchtime, after work, evenings or weekends)
- Provide Lunch if appropriate and funds allow
- Eliminate barriers for participants
- Assist participants in Identifying their why
- Let participants Lead
- Keep it fun



Challenges



- Waiting for a cohort to begin
- Large territory to cover with limited Healthy Lifestyle Coaches
- Retention
- Time Commitment for Coaches (4-6 hours per coach per cohort)
- Distance for participants to travel



Successes

- 12 Healthy Lifestyle Coaches
- 2 Master Trainers
- Cohorts continuously since 2014
- Hosted 2 Healthy Lifestyle trainings since December 2018
- Received Full Recognition January 2019
- Improved Families Health through participant



Information



- ▶ Center for Disease Control and Prevention www.cdc.gov/diabetes/prevention
- ▶ Indian Health Service <https://www.ihs.gov/nlb>



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Questions