

# Expanding Access to the National Diabetes Prevention Program in Indian Country

**IHS Advancements in Diabetes Webinar**  
**May 15, 2024**

**Dolores Addison, MPH, RDN**  
**Miriam Bell, MPH**  
**Kavitha Muthuswamy, MPH**



## OBJECTIVES

- » Examine the National Diabetes Prevention Program (National DPP) and the Diabetes Prevention Recognition Program (DPRP)
- » Explore efforts to expand access to the National DPP lifestyle change program across Indian Country, including the development of culturally adapted program curricula and training materials
- » Identify resources that provide more information about the National DPP



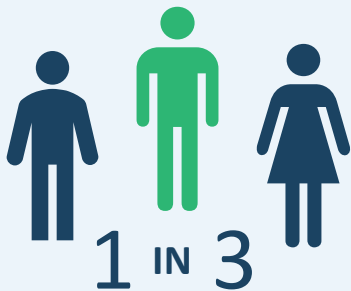
# NATIONAL DIABETES PREVENTION PROGRAM (NATIONAL DPP)



# PREDIABETES COULD IT BE YOU?

**98**  
MILLION

98 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:



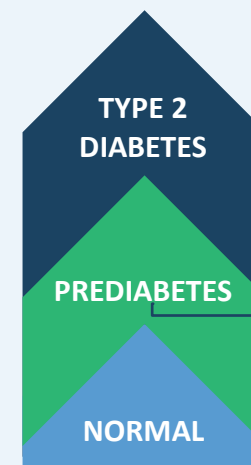
TYPE 2  
DIABETES



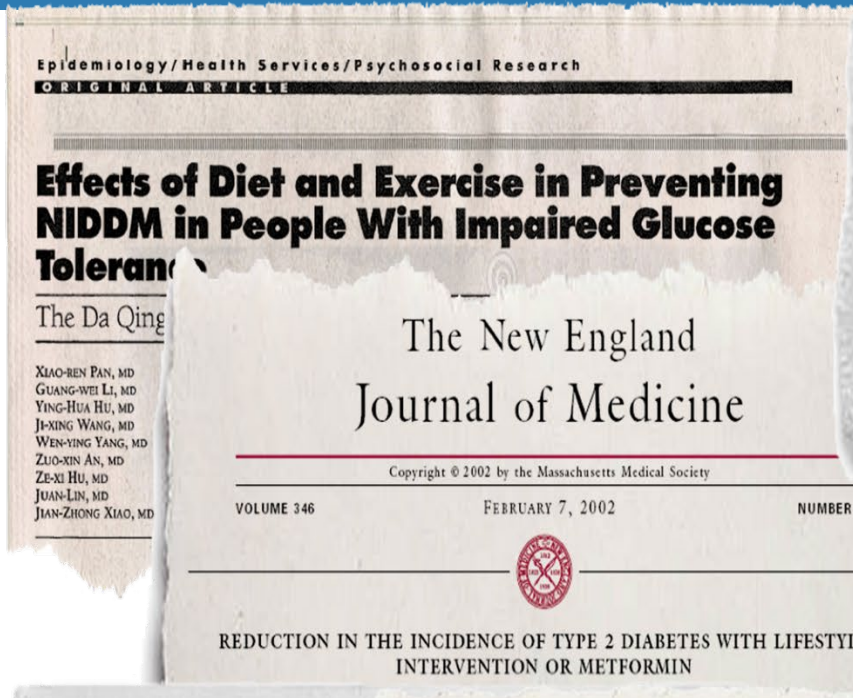
HEART  
DISEASE



STROKE



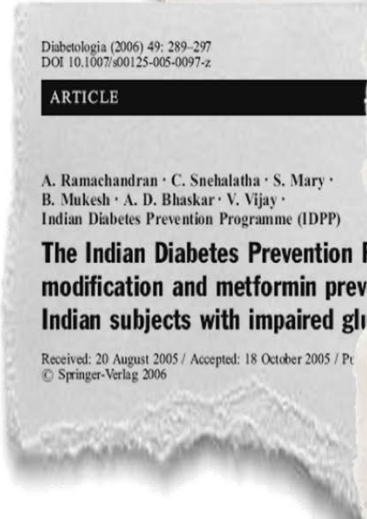
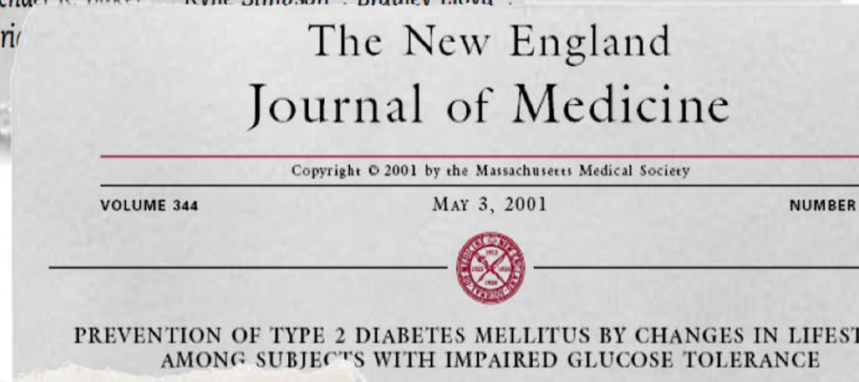
With prediabetes, your blood sugar levels are higher than normal. However, they are not high enough to be diagnosed as type 2 diabetes.



Review article

Behavioral strategies in diabetes prevention programs: A systematic review of randomized controlled trials

Michael K. Baker<sup>a,\*</sup>, Kylie Simonsen<sup>b</sup>, Bradley Lloyd<sup>b</sup>, Adrienne



Translating the Diabetes Prevention Program into the Community The DEPLOY Program

Prevention of type 2 diabetes by lifestyle intervention: a Japanese trial in IGT males

Kinori Kosaka<sup>a</sup>, Mitsuihiko Noda<sup>a,\*</sup>, Takeshi Kuzuya<sup>b</sup>

The long-term effect of lifestyle interventions to prevent diabetes in the China Da Qing Diabetes Prevention Study: a 20-year follow-up study

Guangwei Li, Ping Zhang, Jingping Wang, Edward W Gregg, Wenyang Yang, Qihong Gong, Hui Li, Hongliang Li, Yajun Jiang, Yali An, Ying Shui, Bo Zhang, Jingling Zhang, Theodore J Thompson, Robert B Gerzoff, Gajja Rajic, Yinghua Hu, Peter H Bennett

Summary


Background Intensive lifestyle interventions can reduce the incidence of type 2 diabetes in people with impaired glucose tolerance, but how long these benefits extend beyond the period of active intervention, and whether such interventions reduce the risk of cardiovascular disease (CVD) and mortality, is unclear. We aimed to assess whether intensive lifestyle interventions have a long-term effect on the risk of diabetes, diabetes-related macrovascular and microvascular complications, and mortality.

Lancet 2008; 371: 1773-89  
See Comment page 1721  
Department of Endocrinology, China-Japan Friendship Hospital, Beijing, China

# NATIONAL DIABETES PREVENTION PROGRAM


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!

REDUCING THE IMPACT OF DIABETES



Congress authorized CDC to establish the NATIONAL DIABETES PREVENTION PROGRAM (National DPP)--a public-private initiative to offer an evidence-based, cost-effective intervention in communities across the United States to prevent type 2 diabetes.


It brings together:



to achieve a greater impact on reducing type 2 diabetes

Research shows structured lifestyle interventions can cut the risk of type 2 diabetes in

**HALF**



## NATIONAL DIABETES PREVENTION PROGRAM

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



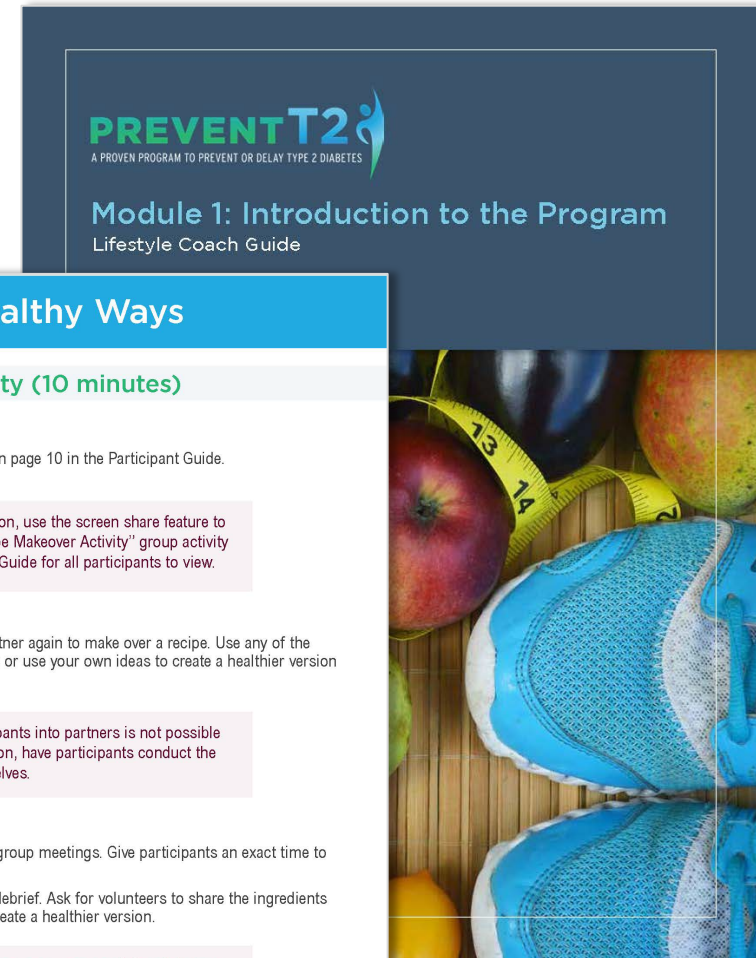
Increase referrals to and participation in the lifestyle change program

# PREVENT<sup>T2</sup> 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




### Enjoy Foods in Healthy Ways

#### Recipe Makeover Activity (10 minutes)


**SAY:**  
Please look at "Recipe Makeover Activity" on page 10 in the Participant Guide.

 For a virtual session, use the screen share feature to display the "Recipe Makeover Activity" group activity in the Participant Guide for all participants to view.

**SAY:**  
For this activity, you will work with your partner again to make over a recipe. Use any of the recipe makeover ideas on the previous page or use your own ideas to create a healthier version of this dish.

 If dividing participants into partners is not possible for a virtual session, have participants conduct the activity by themselves.

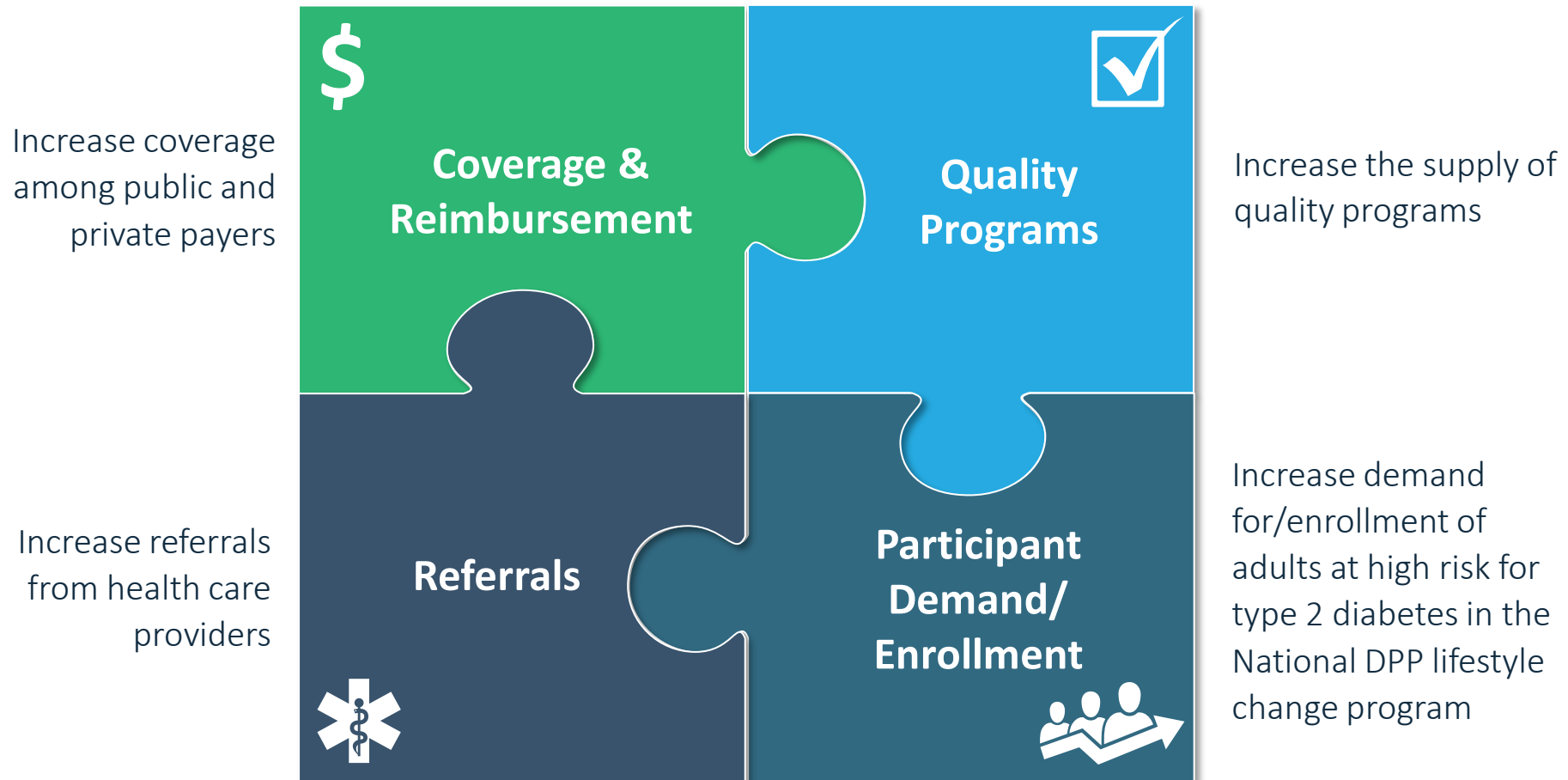
**DO:**  
Share group assignments and begin small group meetings. Give participants an exact time to meet back as a whole group.  
When participants return, conduct a short debrief. Ask for volunteers to share the ingredients they swapped and any ideas they used to create a healthier version.

 For a virtual session, encourage participants to type their responses in the chat window or "raise their hand" in the web conferencing tool.

16 | Eating To Support Your Health Goals | Lifestyle Coach Guide

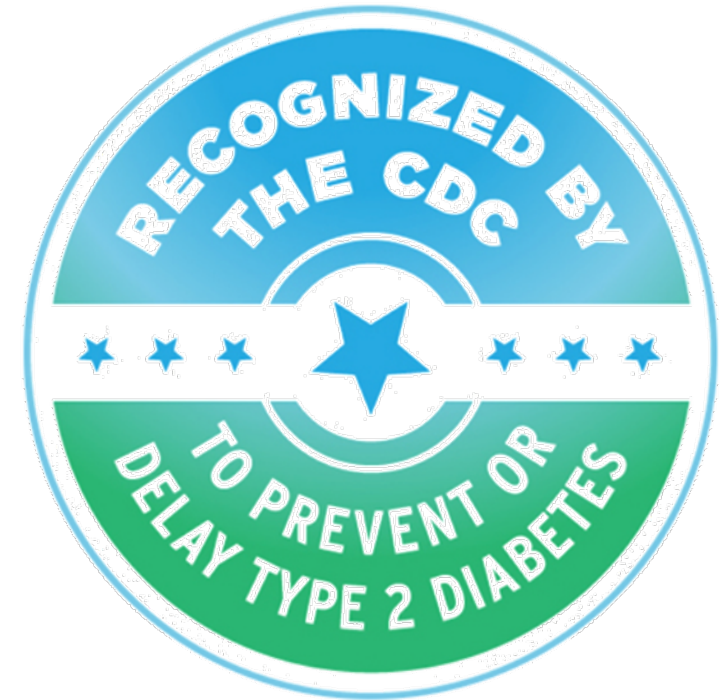


## NATIONAL DPP STRATEGIC GOALS



## DIABETES PREVENTION RECOGNITION PROGRAM

- » Recognizes organizations that successfully deliver the National DPP lifestyle change program
- » Manages the Standards and Operating Procedures
- » 2024 Changes to the Standards
  - Collecting zip code
  - Collecting disability status
  - Adding more options to race/ethnicity variables



## 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.”)



## KEY ACCOMPLISHMENTS





**EXPANDING ACCESS TO THE  
NATIONAL DIABETES PREVENTION  
PROGRAM IN INDIAN COUNTRY**

# National Diabetes Prevention Program

**They Changed the World!**  
A Tribute to the Tribal Participants of the Diabetes Prevention Program and Other Diabetes Studies  
The Traditions of Gratitude Series



Sam English

Epidemiology/Health Services Research

## Translating the Diabetes Prevention Program Into American Indian and Alaska Native Communities

Results from the Special Diabetes Program for Indians Diabetes Prevention demonstration project

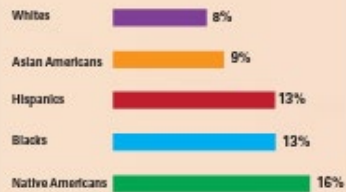
LUCINDA JANG, PhD<sup>1</sup>  
SARAH M. MORGAN, PhD<sup>2</sup>  
JANETTE BLAIR, PhD<sup>3</sup>  
WALTER G. HERRINGTON, MD<sup>4</sup>  
HAROLD WANG, MD<sup>5</sup>

KERRY J. ARON, MS, MPH<sup>1</sup>  
YVETTE BOURGEOIS, MS, MPH<sup>1</sup>  
THE SPECIAL DIABETES PROGRAM FOR INDIANS DIABETES PREVENTION DEMONSTRATION PROJECT

rate of non-Hispanic white adults (1). Landmark clinical trials, such as the Diabetes Prevention Program (DPP), have shown that lifestyle interventions can prevent or delay the onset of diabetes for those at risk (2, 3). In addition, DPP

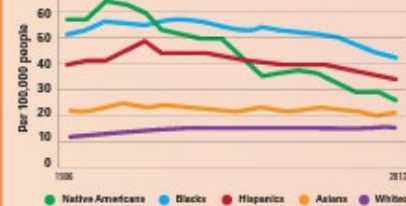
Team-based and population approaches reduce kidney failure from diabetes in Native Americans; can be a model for other groups.

Native American adults have more diabetes than any other race or ethnicity.



SOURCE: National Health Interview Survey and Indian Health Services, 2010-2012.

Kidney failure from diabetes in Native Americans has dropped more than any other race or ethnicity.



SOURCE: United States Renal Data System (USRDS), 1996-2013, adults 18 and older.

Inspirational Video, the SDPI Diabetes Prevention Program

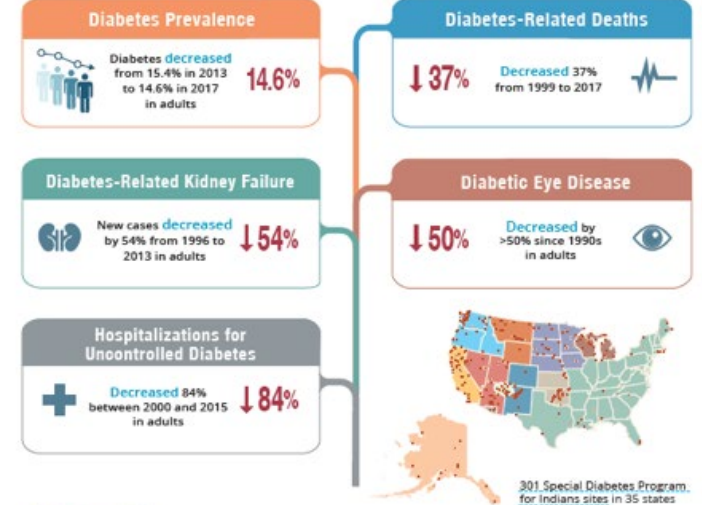


Dr. Sharon Stanphill, Health Director  
Cow Creek Band of Umpqua Tribe of Indians

## Special Diabetes Program for Indians Changing the Course of Diabetes: Charting Remarkable Progress

Tremendous improvements in diabetes outcomes are happening for American Indian and Alaska Native people.

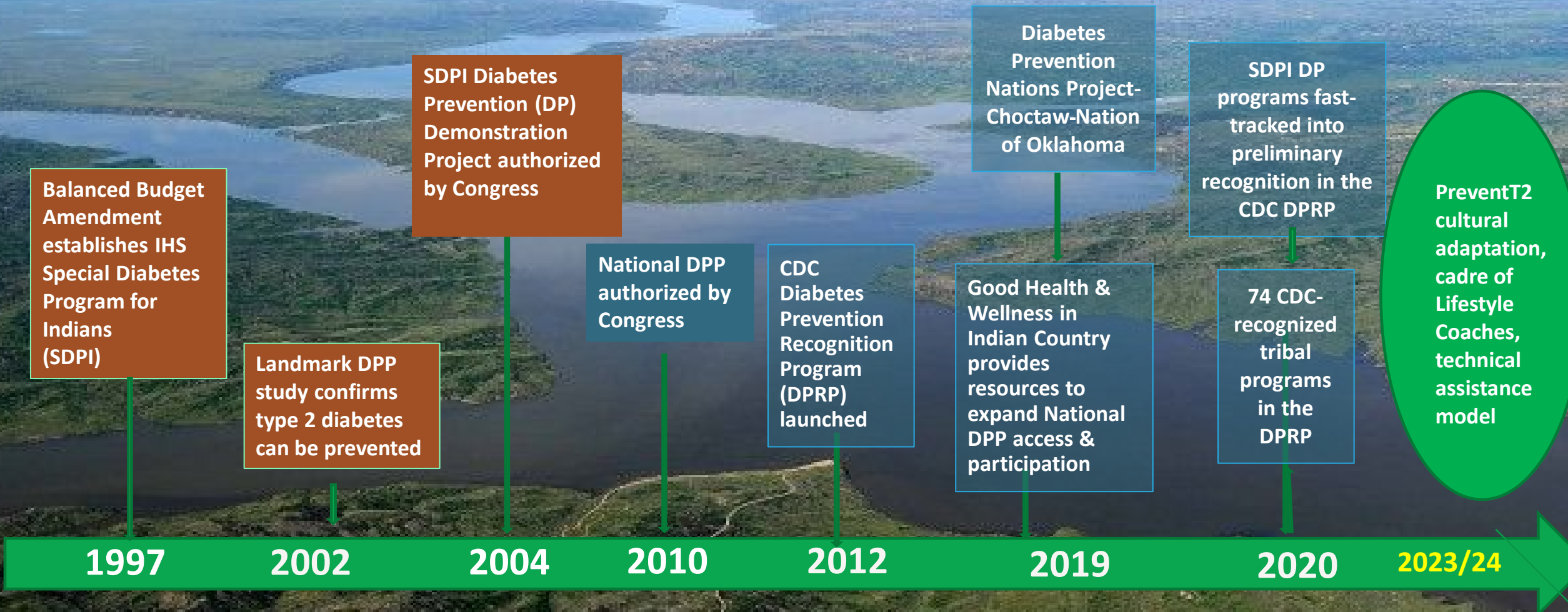
Read the [Special Diabetes Program for Indians 2020 Report to Congress](#) to learn more.



“These improvements have huge implications for quality of life and health care costs. The Special Diabetes Program for Indians has been, and continues to be, key to this remarkable progress.”  
— Ann Bullock, MD (Ojibwe)

Indian Health Service  
Division of Diabetes Treatment and Prevention

# Charting a Path for Preventing Type 2 Diabetes



## EXPANDING ACCESS TO THE NATIONAL DPP LIFESTYLE CHANGE PROGRAM

- » PSA videos and tailored Native photobank
- » Good Health and Wellness in Indian Country
- » Cultural adaptation of CDC PreventT2 curriculum
- » Native Diabetes Prevention Network
  - Area Health Board umbrella hubs
  - Master Trainer and Lifestyle Coach trainings
  - Network for technical assistance and support







# PSA VIDEO: LAKE COUNTY

# AUTHENTIC DESIGN AND PHOTOS



*New Beginnings*  
*New Beginnings*

**Headline : Native Stories**  
Sub Header : Roboto Regular

Body Copy : Roboto Light

## GOOD HEALTH AND WELLNESS IN INDIAN COUNTRY (GHWIC)

- » Five-year cooperative agreement (fiscal years 2019–2024) \$19.3 million per year with 27 direct recipients.
- » Supports healthy behaviors for AI/AN people to reduce risk factors in Native communities to attain long-term goals by:
  - *Expanding access and participation in the National DPP lifestyle change program.*
  - Supporting a coordinated and holistic approach to healthy living and chronic disease prevention.
  - Reinforcing existing work in Indian Country to make healthy choices easier for American Indian and Alaska Native persons.
  - Continuing to support culturally appropriate, effective public health approaches.
  - Working with more tribes and extending the program's reach and impact through tribal organizations, including Urban Indian Organizations.

## CULTURAL ADAPTATION OF NATIONAL DPP PREVENT T2 CURRICULUM



- » Need for tailored curriculum for American Indian and Alaska Native participants
- » Honors diversity across tribes and cultures
- » Value-based and shared cultural strengths
- » Co-created with partners and experts

## TRIBAL PARTNER CONVENING INSIGHTS

KEY THEMES



### Embed AI/AN Cultural Preferences

- Engage using personal stories
- Consider relevance and belonging to AI/AN communities
- Incorporate visual examples and experiential learning
- Highlight connections to AI/AN cultures
- Address food deserts, commodity foods, and traditional foods
- Represent urban and rural tribal environments

AREAS OF OPPORTUNITY



### Strengthen Lifestyle Coaching

- Increase AI/AN representation among Lifestyle Coaches
- Establish relationships with cohorts
- Focus on engagement techniques and best practices



### Institute a Whole Family Approach

- Include community and family
- Consider prediabetes/diabetes impact on youth
- Address stigma of prediabetes/diabetes in AI/AN communities
- Connect to tribal resources



### Incorporate Formatting & Delivery Changes

- Allow for flexibility in delivering curriculum
- Tackle challenges with virtual delivery
- Consider sustainability of weight loss
- Incorporate teachings on mental, spiritual, emotional, and physical health

## EXPERT INSIGHT

- » Time constraints
- » Peer support and discussion
- » Coach support
- » Technology barriers



## INSTRUCTIONAL DESIGN CONSIDERATIONS

- » Adapt photos, names, and stories.
- » Give options to add community-specific cultural foods, physical activities, and stories.
- » Adapt physical activities to be more relevant to Native communities (safety, rural areas with limited gym access)
- » Adapt nutrition-centered lessons to include barriers to accessing nutritious foods.
- » Focus on strengths with examples to meet people where they are; judgment-free language.
- » Adapt lessons to include the impacts of historical trauma and current lived experiences of Native people.
- » Invite coaches to supplement modules with community-specific cultural foods, physical activities, and stories.



## NATIVE DIABETES PREVENTION NETWORK (NDPN)

- » Co-created with partners, Maven Collective, and National Association of Chronic Disease Directors
- » Network to support partners in expanding access to the National DPP lifestyle change program across Indian Country
  - Network of Native Master Trainers and Lifestyle Coaches
  - Support the development of regional tribal umbrella hubs and networks
  - Technical assistance opportunities





## NDPN TECHNICAL ASSISTANCE OFFERINGS

» Assessed technical assistance and support needs to build the capacity of tribes offering (or planning to offer) the National DPP lifestyle intervention.

» Current offerings:

- *Ask the Expert: Introduction to Developing a Marketing Plan*
- *Ask the Expert: Data Collection (June 18)*
- *Coach Connection (May 23)*
- *Show Me How Series: Using Canva to Promote Your Program (May 15, May 29, June 5)*

### NATIVE DIABETES PREVENTION NETWORK

JOIN US FOR THESE UPCOMING VIRTUAL OPPORTUNITIES

**About the Native Diabetes Prevention Network**  
 The Native Diabetes Prevention Network (NDPN) is a new network created from feedback received from Tribal-serving lifestyle change programs. The NDPN is hosted by the National Association of Chronic Disease Directors (NACDD), Maven Collective Consulting (MCC), and the Centers for Disease Control and Prevention (CDC) Division of Diabetes Translation (DDT) in the effort to support and strengthen National Diabetes Prevention Program (National DPP) lifestyle change programs in Tribal communities.

Connect with peers and hone your skills -- register below!

APRIL 16

MEET & GREET

INFO SESSION

4 - 5 pm ET

Meet the NDPN hosts from NACDD, MCC, and CDC DDT and learn about upcoming technical assistance opportunities.  
 Registration not required for the info session.

ASK THE EXPERT

This session is an Introduction to Developing a Marketing Plan for your lifestyle change program.

APRIL 30

4 - 5 pm ET

Marketing Plan 101

ASK THE EXPERT

This session will focus on Data Collection for the CDC National DPP.

JUNE 18

4 - 5 pm ET

Data Collection

Register using the button below.

Learn and share helpful tips and tools with Lifestyle Coaches and lifestyle change program staff working in Native communities.

Do you have a helpful resource to share with your peers? Would you like to ask fellow Lifestyle Coaches a question or get their input on an idea you have?

MAY 23

4 - 5 pm ET

SHOW ME HOW SERIES:

Using Canva to Promote Your Program

Do you need a quick way to jazz up your recruitment flyers and social media posts? Register for this special series of classes that will show you how to use Canva!

Must register by May 1st for the "Show Me How" series.

MAY 15

4 - 5 pm ET

Part 1: *Gathering Our Tools*

MAY 29

4 - 5 pm ET

Optional Office Hour: *Guiding Development*

JUNE 5

4 - 5 pm ET

Part 2: *Showcase Our Work*

Must be able to attend both live classes in this series as content builds on each class. In preparation for this skill building series, participants who register for the "Show Me How" series will watch a brief pre-recorded session prior to the first class on May 15th.

Register by May 1st using the button below.

# THANK YOU!

National DPP Customer Service Center

[www.nationaldppcsc.cdc.gov](http://www.nationaldppcsc.cdc.gov)



Diabetes Prevention  
Recognition Program

NATIONAL  
**DIABETES**  
PREVENTION  
PROGRAM