Dissemination of the National Diabetes Prevention Program in Community Settings
Role of the Cooperative Extension Service

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What if you had affordable resources in your community that could help your clients live a healthy lifestyle right now?

Cooperative Extension Service

Smith-Lever Act of 1914
Research Translation
"To bring the University to the people"
50 States, 5 Territories, Over 3000 Counties

"To aid in diffusing among the people of the United States useful and practical information on subjects relating to agriculture and home economics, and to encourage the application of same."
Subject matter experts develop written materials for distribution at the county level. Written Extension Materials can be printed or digital, and reach people where they are, including media, websites, and social media. Technology.

Extension staff routinely host workshops, demonstrations, and participate in field days. One-time Events allow for in-person interactions.

Individuals may consult with Extension staff at the office, at home, or on their farms. One-on-one Interactions provide personalized advice.

Programs addressing community needs are delivered in a public setting and open to everyone. In-Depth Educational Programs can be delivered in a variety of settings.

What does Extension Education look like?

In-Depth Educational Programs
- Established Trust & Reliability
- Community Buy-in

One-on-one Interactions

Written Extension Materials

Technology

One-time Events

Effective Dissemination of Evidence-based Information and Programming

Traditional Strengths of the Cooperative Extension Service

- University Resources & Assets
- Data Analysis & Reporting
- Subject Matter Experts
Cooperative Extension is built upon partnerships at all levels.

Expanding Role in Health Programming

"Extension can do for the nation's health what it did for American agriculture."

Cooperative Extension National Framework for Health and Wellness, 2014

Development of Partnerships with Public Health and Healthcare Agencies

- Increased recognition of Extension as vital partner by healthcare professionals
- Increase integration of programming with healthcare on relevant, overlapping areas of interest
- Aligns partners with Extension priorities and outcomes within socio-ecological model
- Healthy & Safe Choices
- Healthy & Safe Environments

Expanding the NDPP through Extension

National Diabetes Prevention Program

Cooperative Extension Service

Lifestyle Coach
Trained facilitator with basic knowledge about healthy eating and physical activity

CDC-Approved Curriculum
Evidence-based program offered in English and Spanish

Priority Populations
Specific populations at increased risk of diabetes

Reach
County presence increases access to health information to priority populations

Evidence-Based Programming
Extension programs are evidence-based and impactful
NDPP Real-World Implementation Challenges

- Reach
- Attendance
- Sustainability

Have you heard of the Cooperative Extension Service?

Have you worked with the Cooperative Extension Service in the past?
Benefits of Extension Model as a NDPP Supplier

**Infrastructure and Reach**
- Offices in most counties, townships
- Extension goes to the people
- In-person and virtual
- Leveraged by grants and funders
- Free or very low cost

**Locality**
- Offices in most counties, townships

**Accessibility**
- Extension goes to the people
- In-person and virtual

**Affordability**
- Leveraged by grants and funders
- Free or very low cost

**Financial Sustainability**

**National Funding**
- National Grants
- Land-Grant Funds
- Healthcare Reimbursements

**State Funding**
- State Partner Funding
- Healthcare Reimbursements

**Local Funding**
- Service Agreements
- Worksite Wellness
Technical Support

Subject matter expertise, technological support, and other resources academic institutions may provide

University Support

Based on scientifically-supported and evidence-based knowledge

Current Research

On-going trainings, professional development opportunities for Extension personnel.

Training

Critical for reporting impact, sharing with diverse groups (e.g. stakeholders, legislators)

Evaluation

Earned trust with partners and clients that was built slowly over time

Funding

Great connector of organizations, programs, and people with needed resources

University of Arizona Cooperative Extension

Partnerships

Build Programs

Perfect partner for outreach and ability to create win-win partnerships

Ability to connect with underserved audiences and meet people where they are

Flexibility

Earned trust with partners and clients that was built slowly over time

Linker

Earned trust with partners and clients that was built slowly over time

Trust

Great connector of organizations, programs, and people with needed resources

Community

Partnership for outreach and ability to create win-win partnerships

Partners with dietitian from local VA hospital

Identified women with history of gestational diabetes from local WIC partner

Local health department screened our participants for prediabetes (HbA1c)

Partnered with dietitian from local VA hospital

Identified women with history of gestational diabetes from local WIC partner

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University of Kentucky Cooperative Extension
Partnered with UK Healthcare Barnstable Brown Diabetes Center
Counties that have connections to UK Healthcare Network
Obtained external grant funds to develop community-clinical linkage

Michigan State University Cooperative Extension
Partnered with CDE at North Ottawa Community Hospital
CDE sought Extension to provide programming
Created win-win and strengthened diabetes programs

University of Arkansas Cooperative Extension
Partnered with Health Department in Medicaid DPP Pilot
Partnered with Local University Wellness Director
Strengthened program through partnering lifestyle coach + exercise specialist
Cooperative Extension is Well-Positioned to Address these Challenges

- **Reach**: Priority populations (underserved areas

- **Attendance**: Recruitment, retention, attendance

- **Sustainability**: Financial viability, CDC recognition, sustainability

- **Offices in most counties**: Educator comes to participant

- **Local partnerships**: Strong community presence, long history of informal education, complementary programs

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American Association of Diabetes Educators