Tips for CDC-recognized Organizations Implementing the National Diabetes Prevention Program (National DPP) Lifestyle Change Program

The CDC-led National Diabetes Prevention Program (National DPP) is a partnership of public and private organizations working together to build the infrastructure for nationwide delivery of an evidence-based lifestyle change program for adults with prediabetes to prevent or delay onset of type 2 diabetes. The National DPP lifestyle change program is founded on the science of the Diabetes Prevention Program research study, and several translation studies that followed, which showed that making modest behavior changes helped people with prediabetes lose 5% to 7% of their body weight and reduce their risk of developing type 2 diabetes by 58% (71% for people over 60 years old). CDC’s Diabetes Prevention Recognition Program (DPRP) is the quality assurance arm of the National DPP. Through the DPRP, CDC awards recognition to program delivery organizations that are able to meet national standards and achieve the outcomes proven to prevent or delay onset of type 2 diabetes.

Setting up National DPP Classes

Offer as MANY CLASS LOCATIONS as you have the resources to support

ADJUST SCHEDULES according to participant needs and availability

Monitor the adequacy of your CLASSROOM SPACE

Be sure to ALLOCATE SUFFICIENT STAFF TIME or recruit enough volunteers to deliver the National DPP lifestyle change program

Recruiting Participants

Encourage SELF-REFERRAL AND WORD OF MOUTH recruitment

Be sure to offer INFORMATION SESSIONS AND/OR A SESSION ZERO for interested individuals prior to implementing the yearlong program

ENCOURAGE REFERRALS from health care providers and PROVIDE FEEDBACK to providers on participant enrollment and progress

Consider working with COMMUNITY-BASED ORGANIZATIONS to recruit participants

Adapting the Curriculum

Encourage diverse participation by...

Using the CDC-approved PreventT2 SPANISH CURRICULUM taught by a bilingual lifestyle coach

supplementing an English curriculum with CDC-Approved Spanish handouts

OR

Discussing CULTURAL DIETARY RESTRICTIONS AND PREFERENCES and/or using cultural themes, images, or expressions

Learn more about the National Diabetes Prevention Program at https://www.cdc.gov/diabetes/prevention

Sources: DP12-1212 Program Evaluation Data, October 1, 2012-September 30, 2016; Diabetes Prevention Recognition Program (DPRP) outcome data for participants attending their first session between October 1, 2012-September 30, 2016
Selecting and Training Lifestyle Coaches

You can expect effective delivery by both CREDENTIALED AND LAY TRAINED lifestyle coaches.

Hire as MANY COACHES as your delivery site can support.

Consider providing ongoing development and capacity building for lifestyle coaches such as:

- encourage SUPPLEMENTAL TRAINING for lifestyle coaches on topics such as motivational interviewing and data monitoring
- providing LIFESTYLE COACH MENTORING through community learning from more experienced coaches or master trainers

Engaging Payers and Employers to Cover the National DPP

LEVERAGE EXISTING RELATIONSHIPS to encourage employers and insurers to include the National DPP lifestyle change program as a covered health benefit.

To calculate the health and economic benefits of coverage, USE THE DIABETES PREVENTION IMPACT TOOLKIT https://nccd.cdc.gov/Toolkit/Diabetesburden/

Assess the ECONOMIC BURDEN of diabetes in your state by using the Diabetes Burden Toolkit https://nccd.cdc.gov/Toolkit/DiabetesImpact

Use the NATIONAL DPP COVERAGE TOOLKIT to help employers and insurers learn more about program delivery options, contracting, coding and billing and data reporting www.nationaldppcoveragetoolkit.org

Keeping Participants in the Program

If resources permit, consider providing participants with one or more TOOLS TO SUCCEED, such as:

- Offer FREE OR REDUCED-PRICE CHILD CARE AND TRANSPORTATION for participants in need
- Cookbooks, Cooking, Demonstration Food Measuring Devices, Diet Tracking Books, Healthy Snacks
- Gym Memberships, Athletic Gear, Pedometers, Exercise Videos

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