

Update & Activities: CDC National Diabetes Prevention Program

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Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion
Division of Diabetes Translation



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

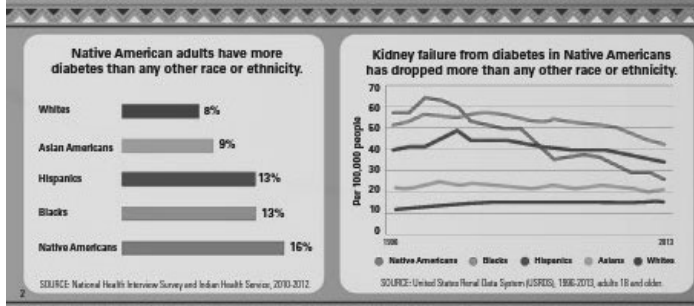
Results from the Special Diabetes Program for Indians Diabetes Prevention demonstration project

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THE SPECIAL DIABETES PROGRAM FOR INDIANS DIABETES PREVENTION DEMONSTRATION PROJECT

...that 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 (2-5). In addition, DPP

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



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.

- Diabetes Prevalence:** Diabetes decreased from 15.4% in 2013 to 14.6% in 2017 in adults. **↓ 14.6%**
- Diabetes-Related Deaths:** Decreased 37% from 1999 to 2017. **↓ 37%**
- Diabetes-Related Kidney Failure:** New cases decreased by 54% from 1996 to 2013 in adults. **↓ 54%**
- Diabetic Eye Disease:** Decreased by >50% since 1990s in adults. **↓ 50%**
- Hospitalizations for Uncontrolled Diabetes:** Decreased 84% between 2000 and 2015 in adults. **↓ 84%**

301 Special Diabetes Program for Indians sites in 35 states

“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 (Qjwve)

Indian Health Service
Division of Diabetes Treatment and Prevention

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




Charting a Path for Preventing Type 2 Diabetes



National Diabetes Prevention Program


The CDC 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 evidence-based, cost effective interventions in communities across the United States to prevent type 2 diabetes

It brings together:

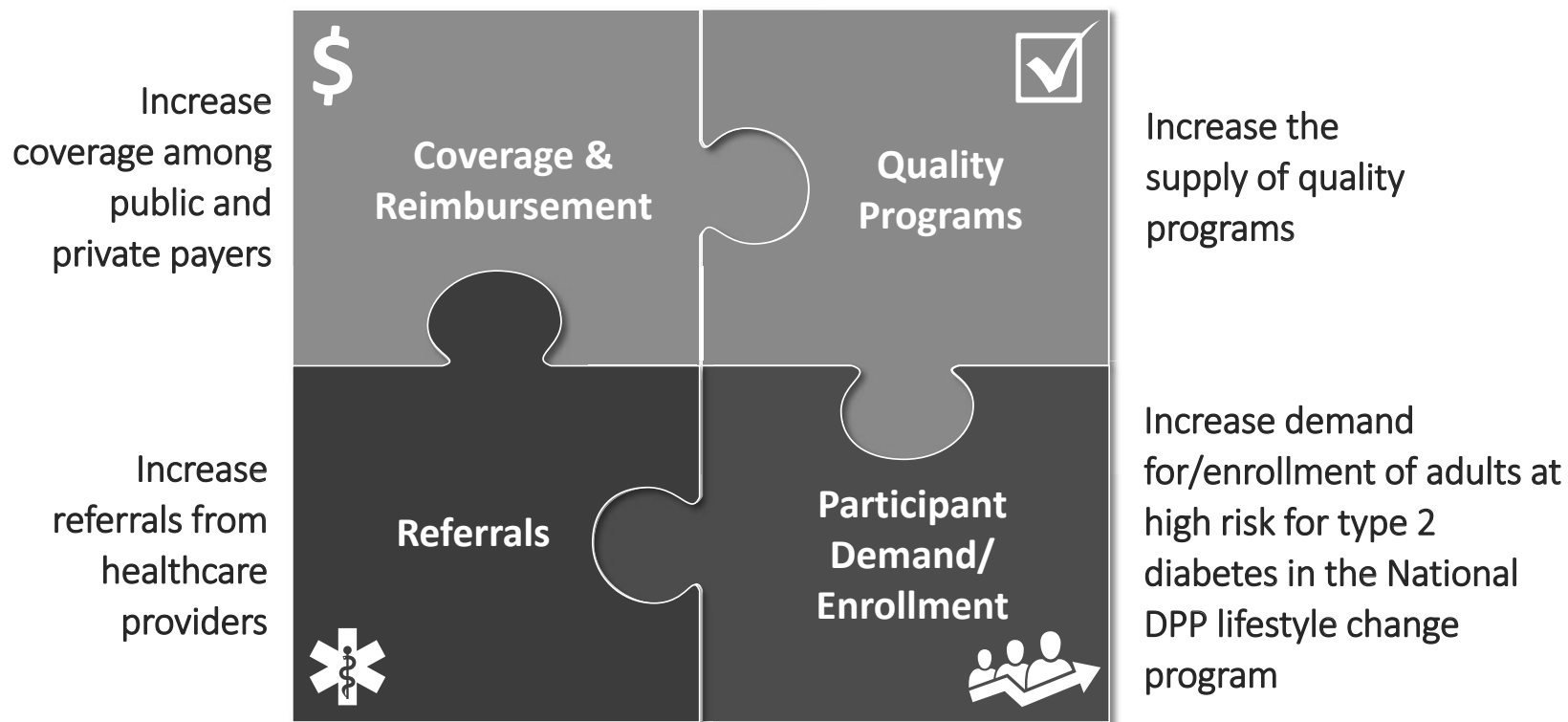


COMMUNITY ORGANIZATIONS
PRIVATE INSURERS
EMPLOYERS
HEALTH CARE ORGANIZATIONS
FAITH-BASED ORGANIZATIONS
GOVERNMENT AGENCIES

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

to achieve a greater impact on reducing type 2 diabetes

National DPP Strategic Goals



CDC Recognition Overview

Recognition involves assuring quality by developing and maintaining a registry of organizations that are recognized by CDC's **Diabetes Prevention Recognition Program (DPRP)** for their ability to achieve outcomes proven to prevent or delay onset of type 2 diabetes.

Key Activities



Quality Standards

- DPRP Standards and Operating Procedures (updated every 3 years)



Registry of Organizations

- Online registry and program locator map
- Includes organizations with pending, preliminary, full, and full plus recognition



Data Systems

- Data analysis and reporting
- Feedback/technical assistance for CDC-recognized organizations


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**—many 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.”)



Diabetes Prevention Recognition Program Standards and Operating Procedures (DPRP Standards) 2024 Revisions

- DPRP Standards are revised every three years.
 - Informed by the latest evidence regarding the science of diabetes prevention, DPRP data, and feedback from partners.
 - Must go through formal Office of Management and Budget (OMB) posting to allow for public comment.
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DPRP Standards: Highlights of 2024 Proposed Revisions

Additional Data Collection

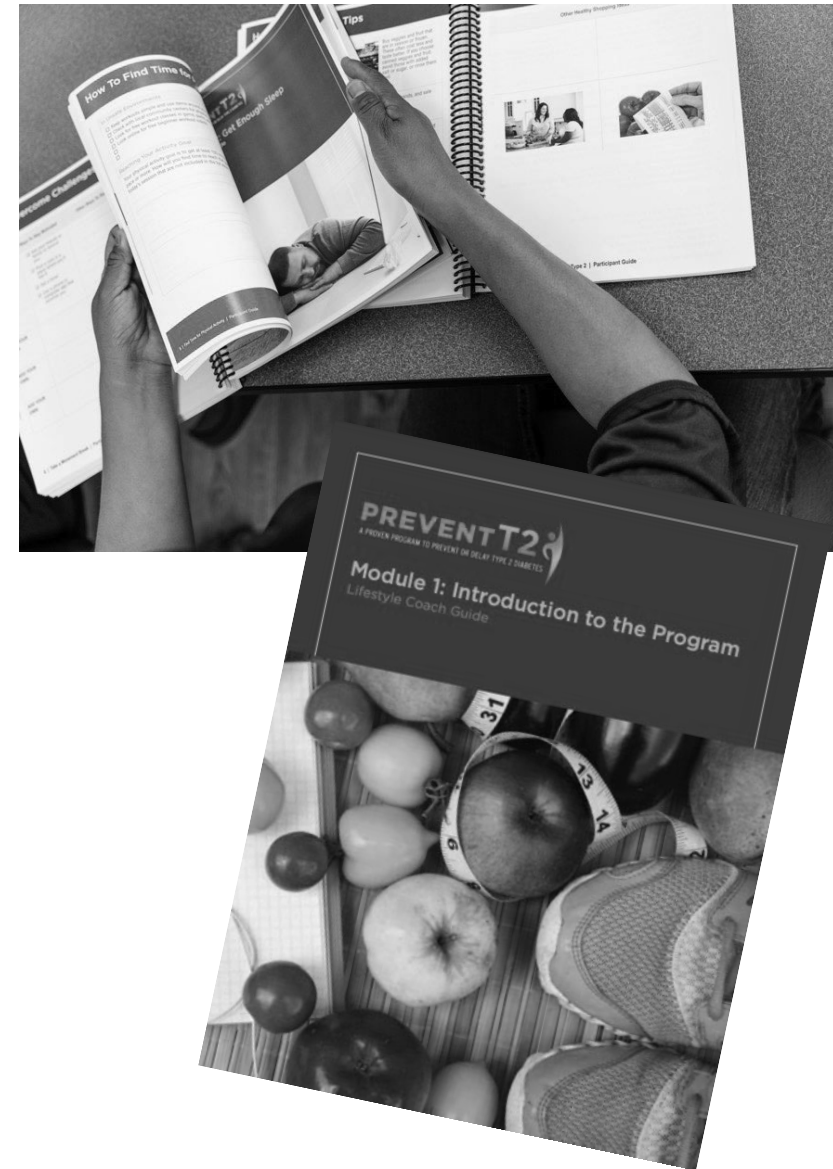
- From Organizations
 - In-Person Organization Zip Code
- From Participants
 - Zip Code
 - Disability Status
 - Race/Ethnicity

Delivery Mode

- Distinguish between live delivery and online delivery
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PreventT2 Curriculum Overview

- 16 Core Modules
 - Examples:
 - Track your activity
 - Eating to support your health goals
 - Track your stress
 - Manage
- 6 Reinforcement Modules (10 available)
 - When Weight Loss Stalls
 - Keep Your Heart Healthy
 - Get Enough Sleep



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



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

AREAS OF OPPORTUNITY

Expert Insight

Region	Organization
AK	ANTHC
MN	Fond du Lac
MS	Mississippi Choctaw
MT	Confederated Salish and Kootenai Tribes Health
NM	Albuquerque Area Southwest Tribal Epi Center
OK	Choctaw
OK	Chickasaw Nation Health Center
OK	OSU (formerly worked for Cherokee Nation of OK)
OR	NARA
PNW	Coquille Tribe
SD	Rosebud Sioux Tribe
SD	Pine Ridge IHS

Expert Panelists


Composed of **SDPI Diabetes Prevention Demonstration Project** implementers and diabetes advocates representing multiple regions and program settings (IHS / Tribal / Urban)

We also heard...


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



Instructional Design Plan (IDP) Recommendations

- Adapt photos, names, and stories.
 - Give the option to add community-specific cultural foods, physical activities, and stories to modules.
 - Adapt physical activities to be more relevant to Native communities.
 - e.g. Safety; rural areas with limited access to gyms
 - Adapt nutrition-centered lessons to be mindful of barriers to accessing nutritious foods.
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IDP Recommendations

- Focus on strengths. Adapt examples to meet people where they are and use judgment-free language.
 - Adapt lessons to be mindful of 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.
 - Differentiate between commercial tobacco and sacred tobacco.
 - Change the layout to be printer friendly.
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Authentic Design and Photos




New Beginnings
New Beginnings

Headline : Native Stories
Sub Header : Roboto Regular
Body Copy : Roboto Light

Expanding Access

- Support Area Health Boards to establish sustainable diabetes prevention networks.
 - Support culturally relevant training of Lifestyle Coaches and Master Trainers in regions across the country.
 - Assess technical assistance and support needs to build the capacity of programs to establish and sustain the National DPP lifestyle intervention.
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Summary

- Shared history and valued contributions of the Special Diabetes Program for Indians (IHS) and the National Diabetes Prevention Program (CDC)
 - Overview of the National Diabetes Prevention Program and Diabetes Prevention Recognition Program
 - Updates to the 2024 Diabetes Prevention Recognition Program Standards and Operating Procedures
 - Overview of cultural tailoring of the PreventT2 curriculum
 - Activities to support Area Health Boards, tribal programs, and Lifestyle Coaches
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Guidance from CDC Tribal Advisory Committee

- Recommendations on directly soliciting input from National DPP delivery organizations serving tribes about their needs, challenges, and successes
- Recommendations to strengthen partnerships or other efforts to increase access to the National Diabetes Prevention Program

Thank You

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The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.