You Had Me at My Best Life: New Resources to Foster Meaningful Conversations in National DPP Session Zero

February 15, 2022
Moderator

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Have a Question for our Speakers?

Submit your question by clicking the Q&A icon located below. We’ll do our best to answer all questions during the Q&A portion at the end of this webinar.
Division of Diabetes Translation

Dr. Christopher Holliday, Director
Over 37 million US adults have diabetes.

96 million US adults have prediabetes.

84% of adults with prediabetes don’t know they have it.
Learning Objectives

- Describe what Session Zero is and the evidence behind it.
- Understand how National DPP orgs are using Session Zero.
- Understand what resources are included in the Discovery Session and their theoretical basis.
- Describe lessons learned from a Lifestyle Coach.
- Understand how the Discovery Session resources may be adapted for Diabetes Self-Management and Education Support (DSMES) services.
Presenters

Krista Proia, MPH
• Senior Health Scientist
• DDT/CDC

Matt Jackson, PhD, MPH
• Evaluation Specialist
• CyberData Technologies

Yvonne Mensa-Wilmot, PhD, MPH
• Health Scientist
• Lifestyle Coach
• DDT/CDC

Betsy Rodriguez, BSN, MSN, DCES
• Senior Public Health Advisor
• DDT/CDC
WHAT DO WE KNOW ABOUT SESSION ZERO?
What is Session Zero?

» Information session that introduces the National DPP lifestyle change program to potential participants

» Used to recruit, engage, and enroll participants into their lifestyle change program

» Occurs before Session One of the lifestyle change program

» Also called:
  • Pre-Session
  • "Taster" session
  • Discovery Session
  • Class 0
Current Evidence on Session Zero

Pre-Session for National DPP¹

» Pre-Session participants:
  • Stayed in lifestyle change program longer and attended more sessions
  • Lost 2.0% more weight
  • 3.5 times more likely to reach 5.0% weight loss goal

Taster Session for Smoking Cessation²

» Taster session participants:
  • 2 times more likely to attend first smoking cessation session

Session Zero for Chronic Disease Management³

» Participants attending a chronic disease management workshop with a Session Zero:
  • Had higher workshop completion

Poll Question 1
HOW ARE ORGANIZATIONS OFFERING THE NATIONAL DPP USING SESSION ZERO?
Overview of Landscape Assessment Methods

» Conducted July 2020 – October 2020

» Sent to all CDC-recognized National DPP organizations and their affiliated class locations

» Information gathered:
  • Whether programs offered a Session Zero
  • Session Zero implementation such as delivery methods, staffing, and content

» 2,082 lifestyle change programs received the survey and 870 completed the survey (response rate: 41.8%)

» 826 lifestyle change programs were included in this analysis
## Session Zero Characteristics

<table>
<thead>
<tr>
<th>Main reason for offering Session Zero:</th>
<th>Average # of Session Zero offered in the past year:</th>
<th>Average # of participants attending a Session Zero</th>
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<tbody>
<tr>
<td>as a recruitment strategy: 81.1%</td>
<td>4.1 (range: 1.0 – 60.0)</td>
<td>17.6 (range: 1.0 – 202.0)</td>
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<tr>
<td>as an orientation session: 72.8%</td>
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80% of respondents reported offering a Session Zero (657 lifestyle change programs)
Delivery Methods

**DELIVERY LOCATION**
Each Session Zero delivered at the same location (60.7%)

**FREQUENCY OF OFFERINGS**
Most offered one Session Zero prior to the start of each lifestyle change program (66.7%)

**SESSION TIMING**
Day/time of the week Session Zero was offered varied (63.6%)

**Typical Duration of Session Zero (n=657)**
- 45–59 minutes: 43%
- 31–44 minutes: 19%
- 60 minutes or more: 8%
- 30 minutes or less: 5%
- Varies: 25%
Staffing

Type of Staff (n=657)

- Average of 1.9 staff (1.0-30.0) delivering Session Zero
- Average of 1.6 (range 0.0-36.0) full-time equivalent staff to organize and deliver Session Zero
Main Concepts Covered During Session Zero

Other topics:

- Activities to show participants can be successful
- Sharing testimonials
- Assessing program readiness
- Offering refreshments
- Resources for participants who are not eligible
INTRODUCING THE DISCOVERY SESSION (CDC SESSION ZERO)
Primary Barriers for Enrollment

- Lack of urgency
- Misperception of risk
- Present bias
- Lack of social influence
- Lack of self-efficacy
Intervention/Discovery Session Development

- **Lack of Urgency**
  - Description of prediabetes, type 2 diabetes, and the National DPP
  - Administer prediabetes risk test

- **Misperception of Risk**
  - Description of prediabetes, type 2 diabetes, and the National DPP
  - Administer prediabetes risk test
  - Current or previous LCP testimonial

- **Present Bias**
  - Description of prediabetes, type 2 diabetes, and the National DPP
  - Current or previous LCP testimonial
  - Values Affirmation Activity
  - Session Wrap-up/enrollment

- **Lack of Social influence**
  - Ice Breaker Activity
  - Current or previous LCP testimonial
  - Values Affirmation Activity
  - Movement Activity

- **Lack of Self-Efficacy**
  - Session Introduction
  - Movement Activity
  - Collaborative Commitment Activity
Demonstration Project and Feasibility Study

- DS was tested in six sites that already offered some form of Session Zero
- Participants who attended DS had 9% higher enrollment into Session One of the LCP than the standard session
- Most sites were able to implement the DS with fidelity and feasibility outcomes were positive
Discovery Session: Next Steps

» **Easy access** to the guide, the script, and all related appendices

» **Facilitator’s Guide** will be your starting point
  • Provides a brief rundown of the session and what you’ll need to conduct

» **The Script** takes you through the session
  • Word for word and suggestions
GETTING STARTED
Discovery Session Resources

- Facilitator’s Guide
- Facilitator’s Script
- Informational Email Template
- PowerPoint Presentation
- Checklist of Tasks
- Values Affirmation Worksheet
- Follow-up Email Template
- Lifestyle Change Program Enrollment Form
- Lifestyle Change Program Enrollment Checklist for Attendees
- Lifestyle Change Program Session One Reminders and Notifications
INPUT

Word Cloud
IMPLEMENTING THE DISCOVERY SESSION FOR NATIONAL DPP AND DSMES SERVICES
Lessons Learned from a Lifestyle Coach

Yvonne Mensa-Wilmot, PhD, MPH
Health Scientist
Lifestyle Coach
Division of Diabetes Translation (DDT)
Centers for Disease Control and Prevention (CDC)
Perspectives from a DSMES Subject Matter Expert

Betsy Rodriguez, BSN, MSN, DCES
Senior Public Health Advisor
Division of Diabetes Translation (DDT)
Centers for Disease Control and Prevention (CDC)
Poll Question 3
Diabetes Self-Management Education and Support (DSMES) Services

Plain Language Description

**New for 2022:**
Updated National Standards for DSMES Services

**Learn more:**
https://www.diabeteseducator.org/practice/practice-documents

Whether you are new to having diabetes or have had it for years, when you receive diabetes self-management education and support (DSMES) services you will:

- **Work with a Diabetes Care and Education Specialist** to set and track your goals
- **Learn how to use knowledge, skills, and tools** to build confidence and emotional strength to manage diabetes
- **Practice how to fit diabetes care into all parts of life**—like eating and problem solving
- **Find ways to get support** (in person and online) from your family, friends, community, and health care team
Questions?

Send questions after the webinar to:
DDT_DiabetesWebinar@cdc.gov
National DPP Customer Service Center

https://nationaldppcsc.cdc.gov/s/
Thank you

Link for this webinar continuing education (CE) on TCEO: https://tceols.cdc.gov/Course/Detail2/8473

In order to receive CE for WC4371-021522 - Innovations in Diabetes Behavior Change - February 15, 2022 (Webcast) please visit TCEO and follow these 9 Simple Steps before March 21, 2022

The Course Access Code is Diabetes.

Send questions after the webinar to: DDT_DiabetesWebinar@cdc.gov.

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

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