

# National Association of Chronic Disease Directors (NACDD) | RECIPIENT PROFILE YEAR 1



## AWARD

**\$1,425,000**

## AFFILIATE SITES

- Baker, Gadsden, Putnam, Union, and Washington County health departments
- Conemaugh Health System
- Florida Department of Health
- Hope 80/20
- Independent Living Center of the Hudson Valley

- InquisitHealth
- Putnam Independent Living Center
- Resource Center for Independent Living

## PARTNERS

- Alaska Department of Health
- Florida Department of Health
- Health Promotion Council
- New York Association of Independent Living



### Targeted States

- Alaska (1 county)
- Florida (5 counties)
- New York (4 counties)
- Pennsylvania (3 counties)



### Priority Populations

- Medicare beneficiaries
- People with visual or physical disabilities



### Targeted Setting

- Populations living in underserved areas in four states.

## Scaling and Sustaining the National Diabetes Prevention Program (National DPP)

The National DPP supports a structured, year-long lifestyle change program (LCP) that is offered in-person and online to prevent or delay the onset of type 2 diabetes among those at high risk. The DP17-1705 program is designed to build the infrastructure in underserved areas to deliver the National DPP LCP to general and priority populations, effectively closing the enrollment gap so that more participants with prediabetes in underserved areas successfully complete the program, achieve 5-7% weight loss, and significantly reduce their risk for type 2 diabetes.

## SELECTED STRATEGIES AND ACTIVITIES

### INCREASE THE AVAILABILITY OF CDC-RECOGNIZED ORGANIZATIONS

- Identify and recruit organizations with the capacity to offer the LCP.
- Engage five county health departments, three centers for independent living, and one health system to support affiliate sites in the use of an adapted curriculum for persons with disabilities.

### INCREASE CLINICIAN SCREENING, DETECTION, AND REFERRAL TO CDC-RECOGNIZED ORGANIZATIONS

- Provide support to partner and affiliate sites on the "Prevent Diabetes STAT" toolkit with training and materials.
- Leverage NACDD partner communication networks to educate participants, health systems, and employers/insurers about the LCP in target counties.

### INCREASE RETENTION RATES FOR PARTICIPANTS IN THE LCP

- Provide 4-hour advanced lifestyle coach training to all newly trained lifestyle coaches on disability inclusion.
- Facilitate monthly peer-to-peer learning opportunities focused on disability inclusion approaches in recruitment and retention.

## SUCCESS STORIES

The Florida Department of Health (FDOH) partnered with Lakeshore Foundation and County Health Departments (CHDs) in North Florida in rural counties serving populations with high prediabetes and type 2 diabetes prevalence. FDOH identified CHDs in Baker, Gadsden, Putnam, Union and Washington counties. FDOH also collaborated with Bay County Health Department.

To expand the capacity of these CHDs to meet the needs of the targeted populations, FDOH funded a Master Lifestyle Coach from Bay County Health Department to train Certified Lifestyle Change Coaches to implement the “Prevent T2 for All” curriculum developed by Lakeshore Foundation that is inclusive of persons with disabilities. These trainings ensure lifestyle change coaches are prepared to meet the diverse needs of clients with ambulatory and sensory disabilities.



**The Florida Department of Health Diabetes Program, with Bay County Health Department, has trained 16 lifestyle change coaches who reside in the communities representing diverse populations.**

Each CHD is in a county that did not have a National DPP LCP. All the CHDs submitted applications to become CDC-recognized organizations and have received “pending” recognition status by the CDC Diabetes Prevention Recognition Program (DPRP).

In addition, these CDC-recognized organizations in conjunction with Bay CHD have trained 16 staff members as lifestyle change coaches who reside in the communities representing diverse populations. Populations served include the inmate population at the Baker County Sheriff’s Office where classes were offered in English and Spanish. Classes were also conducted at the local library and hospital in Washington County. Learn about a personal success story here: [https://youtu.be/g\\_gsBu9Ywv0](https://youtu.be/g_gsBu9Ywv0).

## PERFORMANCE MEASURE HIGHLIGHTS



### Reaching Underserved Populations and Areas

- 12** new organizations added to the CDC recognition program (DPRP) and offering the National DPP in underserved areas.
- 308** people enrolled in the National DPP LCP in underserved areas.
- 1** curriculum tool tailored to the needs of underserved populations.
- 4** advanced skills trainings held for lifestyle coaches to help retain priority populations.

For more information on the DP17-1705 Scaling and Sustaining the National Diabetes Prevention Program please visit:  
<https://www.cdc.gov/diabetes/programs/stateandlocal/funded-programs/1705.html>

\*Year 1 analysis of data submitted by recipients.  
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