

LEARNING THE DPRP STANDARDS AND OPERATING PROCEDURES

Technical Assistance for Success – # 2



**Diabetes Prevention
Recognition Program**



DIABETES PREVENTION RECOGNITION PROGRAM (DPRP) STANDARDS AND OPERATING PROCEDURES

» Your guide to the CDC-recognized lifestyle change program (LCP):

- Quality assurance framework.
- How to apply.
- Technical assistance.
- Requirements for recognition.
- How to submit data.
- Resource documents.

DPRP Standards: cdc.gov/diabetes/prevention/requirements-recognition.htm

CDC RECOGNITION PREPARATION

- » Read and understand the DPRP Standards.
 - cdc.gov/diabetes/prevention/requirements-recognition.htm
- » Complete an Organizational Capacity Assessment.
 - Available in guidance section of the DPRP Standards.
 - Determines if your organization has the necessary resources and setup.
 - Helps identify areas you may need to develop or strengthen.
- » Watch Part 1 of the Technical Assistance for Success series, “Organizational Capacity Assessment.”

PROGRAM STAFF REQUIREMENTS

- » Program Coordinator and Lifestyle Coaches
- » Guidance section of DPRP Standards
 - Roles, responsibilities, training, and eligibility

CDC-APPROVED CURRICULUM

» PreventT2

- Available at no cost.
- Latest nutrition and physical activity science.
- Downloadable.
- Available in English and Spanish.

» Guides program to prevent or delay type 2 diabetes.

» Emphasizes

- Self-monitoring.
- Problem-solving.
- Coach feedback.
- Self-efficacy.
- Weigh-ins for tracking.
- Participant materials.

CDC-approved Curriculum: cdc.gov/diabetes/prevention/resources/curriculum.html

ALTERNATE CURRICULUM

- » Submit to CDC DPRP for review along with your application.
 - Include handouts, videos, and any other participant materials.
- » Allow 4-6 weeks for review and approval.
- » Do not use without approval.

CDC-approved Curriculum: cdc.gov/diabetes/prevention/resources/curriculum.html

PROGRAM MONITORING AND EVALUATION

- » Ongoing data submissions.
 - De-identified participant data.
 - Required through DPRP Data Portal for continued CDC recognition.

ACHIEVING FULL RECOGNITION

- » Program requirements.
- » Guidance on calculating outcome measures.

SESSION ATTENDANCE

- » Important component of the program
- » Low/periodic attendance will significantly affect overall numbers.

DIET AND PHYSICAL ACTIVITY

- » Goals focus on moderate changes to achieve one or more of the following:
 - Weight loss range of 5 to 7% of baseline body weight.
 - Combination of loss of 4% of baseline body weight and 150 minutes of physical activity per week.
 - Modest reduction in hemoglobin A1C (HbA1C) of .2%.
- » Weigh-ins are required.
- » Positive relationship between tracking food consumption and weight loss.
- » Proven relationship with weight loss.
- » Stress its importance.

PARTICIPANT ELIGIBILITY

- » At least 18 or older.
- » BMI ≥ 25 kg/m² (≥ 23 kg/m², if Asian American).
- » Not diagnosed with type 1 or type 2 diabetes.
- » Not pregnant at time of enrollment.
- » One of the following:
 - Blood-based glucose test indicating prediabetes.
 - History of gestational diabetes mellitus.
 - Positive screening for diabetes based on Prediabetes Risk Test online.
- » Medicare Diabetes Prevention Program (MDPP)
 - Requirements differ.
 - Participants enrolled in MDPP cannot self-report blood test results

IMPORTANCE OF CDC RECOGNITION

- » Highlights ability to effectively deliver a proven type 2 diabetes prevention lifestyle change program.
 - Increases the likelihood of long-lasting results in preventing type 2 diabetes.
 - May support insurance reimbursement.
- » Acknowledges that your program is designed for success.
- » Provides ongoing technical assistance.
- » Lists organizations on National Registry of Recognized Organizations and Class Location platform
 - Designates as fully recognized.
- » No charge for CDC recognition.

Class Location Platform: cdc.gov/diabetes/test/metaloc/metalocator.html

THANK YOU

Thank you for participating in the Diabetes Prevention Recognition Program (DPRP).

Visit the **National DPP Customer Service Center** at NationalDPPCSC.cdc.gov for more resources and to submit any questions you may have.



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