Scaling the National Diabetes Prevention Program in Underserved Areas

The American Diabetes Association has been awarded a cooperative agreement with the Centers for Disease Control and Prevention’s (CDC) National Center for Chronic Disease Prevention and Health Promotion, Division of Diabetes Translation to scale the National Diabetes Prevention Program in underserved areas serving under-enrolled populations. The purpose of this funding is to increase access, especially for populations that have been under-enrolling relative to their disease burden and risk factors, to CDC-recognized lifestyle change programs in counties where few or no CDC-recognized programs exist.

Approximately 84 million American adults have prediabetes. That is more than 1 out of 3 adults. Of those with prediabetes, 9 out of 10 don’t know they have it. Prediabetes is a health condition characterized by blood glucose levels that are higher than normal but not high enough to be diagnosed with diabetes. People with prediabetes are at an increased risk of developing not only type 2 diabetes but also heart disease and stroke. Fortunately, prediabetes is treatable. The CDC-led National Diabetes Prevention Program (NDPP) is a partnership of public and private organizations working collectively to prevent or delay type 2 diabetes in adults with prediabetes. Research has shown that people who participate in a year-long structured lifestyle change program, lower their chances for developing type 2 diabetes by 58% and people age 60 and older are able to reduce their chances of developing type 2 diabetes by 71%.

Opportunity Details

The American Diabetes Association, through the CDC 17DP-1705 cooperative agreement, Scaling the National Diabetes Prevention Program in Underserved Areas, is currently providing funding to local community organizations to develop and sustain CDC-recognized lifestyle change programs across the country. In an effort to expand the reach, the Association is now looking to provide funding to one additional organization.

The American Diabetes Association will fund one organization to develop and sustain a CDC-recognized lifestyle change program and meets the following requirements:

- Is either in a county that has no CDC-recognized lifestyle change programs or a low number of existing programs relative to the total population, or no existing programs specifically serving a priority population as defined in the Eligibility section. CDC has a registry of all recognized organizations to help identify recognized organizations in your area at https://nccd.cdc.gov/DDT_DPRP/Registry.aspx
- Can identify and enroll one or more of the following priority populations as well as the general population, into the lifestyle change program. Priority populations include:
  - Medicare beneficiaries
  - Men
  - African-Americans
Asian-Americans
- Hispanics
- American Indians
- Alaska Natives
- Pacific Islanders
- People with visual impairments or physical disabilities

- Can tailor and deliver the CDC-recognized lifestyle change program to meet the unique needs and challenges of the participants.

Eligibility

To be eligible for this funding, an organization must meet the following requirements:

- Serve a county or group of contiguous counties that:
  - Has a population of at least 10,000 people
  - Has a diabetes prevalence rate of 9.5% or higher (diabetes prevalence rates can be found at: https://www.cdc.gov/diabetes/data/index.html) and
  - Is considered an underserved area, which is defined by meeting at least one of the following criteria:
    - Has no CDC-recognized lifestyle change programs in the county or
    - Is in a county with one or more existing CDC-recognized organizations but the number of existing organizations is low relative to the total population (i.e. a major metropolitan area with only a few organizations and a total population of more than 500,000) or
    - Is in a county with one or more existing CDC-recognized organizations if that county does not have an existing organization specifically serving a priority population (i.e. a county with a large Spanish-speaking population and no organization offering the Spanish version of Prevent T2 or no organization offering a program for people with disabilities)

- Has demonstrated experience in providing services to one or more of the priority populations listed in the opportunity details.

- Have the capacity to develop and sustain a CDC-recognized lifestyle change program including staffing adequate positions to run the program and have a broad enough potential participant base to fill the program.

- Have a sustainability plan to continue the CDC-recognized lifestyle change program after the funding has ended.

- Must not be on the Federal Government’s Excluded Parties List System, which can be found on https://www.sam.gov/SAM/
Affiliate Site Requirements

In addition to standing up and sustaining a CDC-recognized lifestyle change program, affiliate sites are required to do the following:

- Enroll a minimum of 20 participants into the lifestyle change program by September 29th, 2019 and enroll a minimum of 200 participants in subsequent years.
- Obtain CDC preliminary recognition or full recognition within 24 months of starting the lifestyle change program.
- The Association will pay all start-up costs for up to the first 24 months of the project, after that the affiliate site will be transitioned to a pay for performance model and funding will be based on enrollment, attendance and weight loss of participants in the lifestyle change program.
- Create a workplan that addresses the five strategies of the 1705 Cooperative Agreement.
  - These strategies include: 1) Obtaining CDC-recognition, 2) Developing referral agreements with health care providers, 3) Marketing to and enrolling both the target population and general population into the lifestyle change program, 4) Identifying cultural and linguistic adaptations used to retain participants, and 5) Developing coverage/payment agreements with employers and insurers.
  - See the attached Community Strategies & Activities document.
- Submit monthly written reports on work completed in each of the five strategies.
- Utilize DPP Express to collect and document required session data and other performance measure data, including recruitment and retention information. DPP Express will also provide the affiliate site the report that is required to be submitted for DPRP recognition.
- Track programmatic efforts including marketing and outreach efforts, lifestyle coach observations, recruitment efforts, cultural and linguistic adaptations and retention contacts.
- Submit at least one success story to the Association for each year of funding.
- Work collaboratively with the Association’s Marketing and Evaluation contractors, other affiliate sites to identify and implement best practices.
- Submit financial invoices each month.

The American Diabetes Association is committed, through this cooperative agreement, to help organizations who are new to the National Diabetes Prevention Program start lifestyle change programs that have the foundation, resources, knowledge and outcomes to continue the lifestyle change program long after the funding has expired. Our affiliate sites work collaboratively with each other and the Association to learn best practices and support each other’s success.

Funding Level

The award recipient will commit to the efforts outlined in this document though September 2022. The award recipient will be funded up to $104,000 (pending funding approval) between the time of the award and September 29th, 2019. This level of funding will be provided to cover start up and training
costs for the organization. Continued funding after September 29, 2019 will be based on the organization ability to achieve the desired outcomes.

Application Process

Organizations interested in applying for the funding should complete the online application form in its entirety. In addition to the online application form, organizations must also complete and email the Organizational Capacity Assessment to feedback@diabetes.org. The Organizational Capacity Assessment can be found by clicking on the hyperlink in the Elements of the Application section below or on the link embedded in the online application. Applications should be submitted no later than April 19, 2019. You can find the online application form at http://www.adafeedback.com/se/705E3EF27B391F23 See the below table for timeline of deadlines.

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<thead>
<tr>
<th>Date</th>
<th>Activity</th>
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<tr>
<td>4-19-19</td>
<td>Deadline to Submit Application and the Capacity Assessment</td>
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<tr>
<td>4-23-19</td>
<td>Determine Eligible Applications</td>
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<tr>
<td>4-30-19</td>
<td>Internal Review Complete</td>
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<td>5-8-19</td>
<td>External Review Complete</td>
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<td>5-13-19</td>
<td>Awardee Notified</td>
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<td>5-15-19</td>
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Organization Selection Process

Proposals will be evaluated by the Association staff. Based upon the proposals, the Association will issue a contract award. In selecting the most qualified organization for the services of the RFP, the Association shall consider the following:

1. Quality of response to the RFP package;
2. Demonstrated capacity to develop a lifestyle change program;
3. Ability to start the project quickly as there is a very short execution timeline;
4. Demonstrated experience working with the priority population identified;
5. Quality detailed sustainability plan;
6. Priority given to organizations working with priority populations other affiliate sites are working with, which include: Hispanic/Latino, Men, Medicare

Elements of the Application

Application Form & Sustainability Plan
Organizational Capacity Assessment
Resources for Reference

- CDC National Diabetes Prevention Website
- Diabetes Prevention Recognition Program Standards and Operating Procedures
- Lifestyle Change Program Cost Worksheet – This worksheet will assist organizations in budgeting for a lifestyle change program. The worksheet breaks down all the potential costs for the program and elements to consider. This worksheet is to be used as a tool to help assess capacity and viability of a program in a given organization.