This portion of the three-part panel presentation focuses on successes and challenges in implementing the National Diabetes Prevention Program (NDPP). The National Kidney Foundation of Michigan began implementing NDPP in various Michigan communities starting in 2012. We have been awarded full recognition status from the CDC. Our program has grown not only in the number of participants we support but also in the variety of communities we engage in NDPP. Understanding the key building blocks for program implementation, aligning resources, and addressing barriers will set the stage for a successful program. In this presentation, we will identify key areas to address when rolling out NDPP, what it means to engage participants, and examine the challenges for program sustainability.

References


Real World Implementation of the National Diabetes Prevention Program

Arlene Guindon
Senior Program Manager
The National Kidney Foundation of Michigan

February 9, 2018

Why are we interested in it?

It aligns with our mission:
Mission to prevent kidney disease and improve the quality of life of those living with it.

Chronic kidney disease is a serious issue and one way to reduce the burden – focus on prevention.

Diabetes Prevention Program Results

- Served over 1,550 participants since 2012
- 5.98% average participant weight loss
- Average of 187 minutes of physical activity per week
- Nearly 90% of participants are very confident in their ability to eat healthier and to be active for 150 minutes per week

Connecting the Dots

- Community of focus
- Finding a host site
- Available resources
- Culturaly appropriate
- Show me the money
- Recruit participants
- Find a host site
- Recruit participants
- Culturally appropriate
- Data-driven actions through a network of partners and local organizations.
- Understand your communities
- Increase coverage of evidence-based supports for lifestyle change by working with network partners.

Engaging Participants

Promote, recruit, register, engage, and support!

What amazing things did you learn
More active, great food detective
At my age, I could still lose weight and feel better
The exercise improved my mental outlook
New friends with same goals become a community
I gained new friends to help with health and nutrition
I would highly recommend the program to others

How would you change the program?
To offer an exercise program
Healthy recipes
Provide more test at end of session
Allow sessions to be beyond the classroom
More interaction, allow for meals to be shared

Sustaining the Momentum

A: Plan & execute data-driven actions through a network of partners and local organizations.
B: Understand your communities
C: Increase coverage of evidence-based supports for lifestyle change by working with network partners.

Funding
Participant Engagement
Providing Results
Community Health Works
Key Takeaways

- **Takeaway #1**: It's takes longer than you think!...really!
- **Takeaway #2**: Each community is different.
  - For workshops to succeed in certain populations (e.g., Medicaid) we need to be present.
- **Takeaway #3**: The pie is bigger than we think!
  - It's about more than one program with your potential DPP partner.
- **Takeaway #4**: Finding the host site is just the beginning.
  - To launch the workshop, you need to engage with potential participants.
  - To keep the workshop going, weekly contact, reviewing logs, tailoring activities to group is critical.