

Healthy Spin on Lifestyle Change Participants

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CANCER & CHRONIC DISEASE PREVENTION

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Disclosures to Participants

Notice of Requirements for Successful Completion:

Learners must participate in the full activity and complete the evaluation in order to claim continuing education credit/hours.

Presenter has No - Conflicts of Interest/Financial Relationships Disclosures:

Amber Nolte, MPH and Denyse Ute BS.N

Disclosure of Relevant Financial Relationships and Mechanism to Identify and Mitigate

Conflicts of Interest: No conflicts of interest

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Off-label Use: None

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Objectives

- Identify federally funded diabetes prevention and management initiatives in the state.
- Describe what the diabetes prevention program (DPP) is and its effectiveness.
- Identify the DPPs in the state and how to refer participants to them.
- Identify the barriers to DPP sustainability and access in the state.

CDC Strategies

Chronic Disease Prevention Program



1. Improve access to and participation in ADA-recognized/AADE-accredited DSMES programs in underserved areas.
2. Collaborate with payers and relevant public and private sector organizations within the state to expand availability of the National DPP as a covered benefit.
3. Assist health care organizations in implementing systems to identify people with prediabetes and refer them to CDC-recognized lifestyle change programs for type 2 diabetes prevention.
4. Implement strategies to increase enrollment in CDC-recognized lifestyle change programs.

What is the Diabetes Prevention Program?



- Research-based program focusing on healthy eating and physical activity
- One year long
- Specific standards & milestones
- Reduced risk of developing type 2 diabetes by 58% (71% for people over 60 years old).

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Diabetes Prevention Initiatives in Wyoming

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Free online DPP platform through incentaHEALTH

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Value based payment options for Wyoming DPP providers

3

Statewide prediabetes media campaign

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Diabetes Prevention Initiatives in Wyoming Cont.

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DPP Peer
Learning
Network

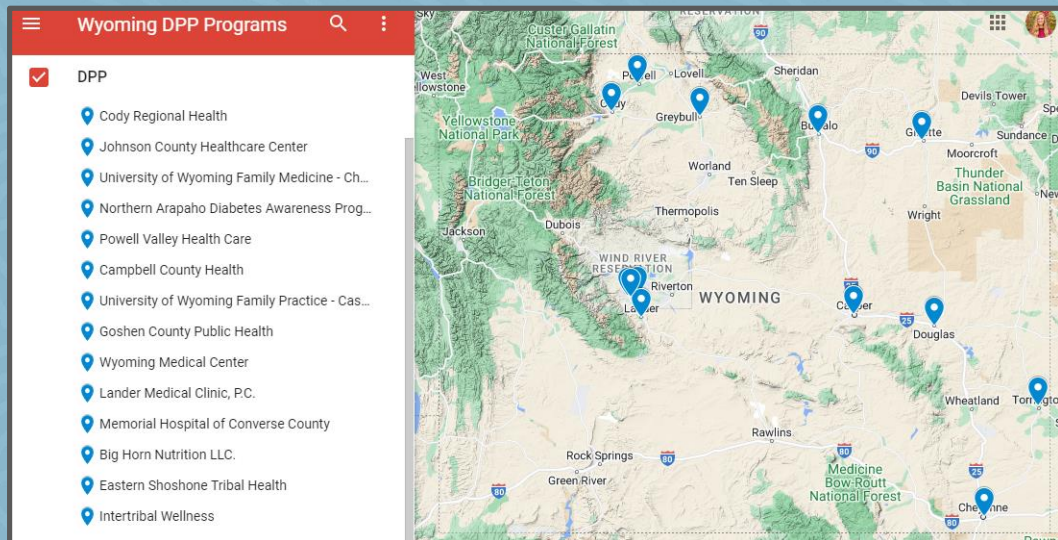
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Medicaid
Coverage Pilot

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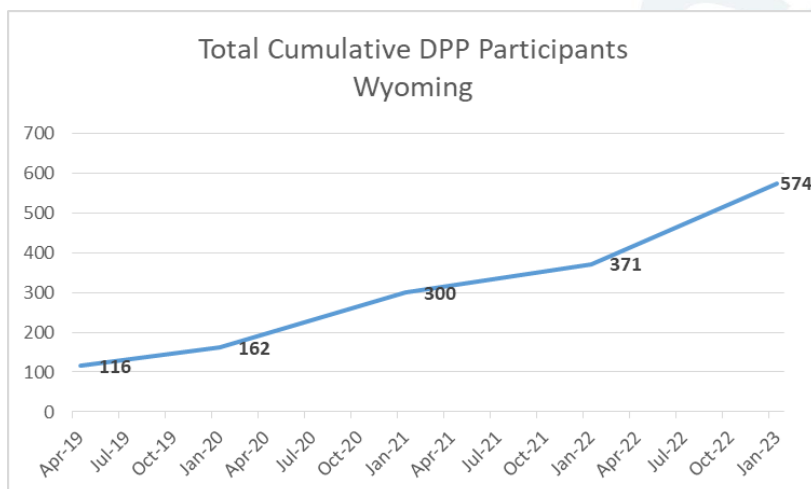
Funding for new
community based
DPPs

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DPP Cumulative Participation




How to Refer to the DPP



How to Refer Your Patients to This Free Weight Loss + Prevention Program

Learn more about the program and enroll for free at PreventDiabetesWyoming.incentaHEALTH.com.

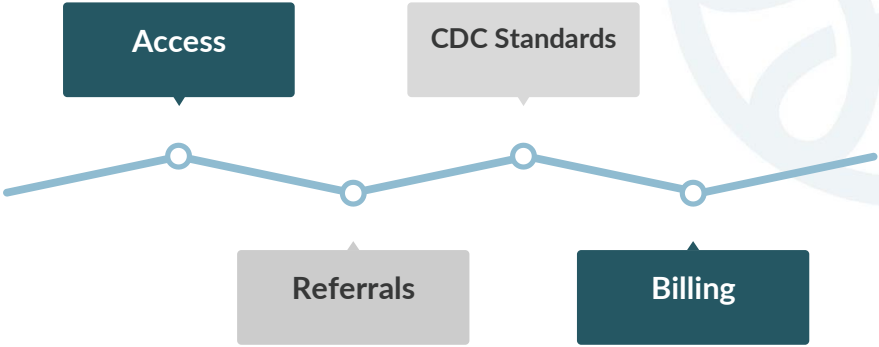
Download our free marketing toolkit to promote to your patients.



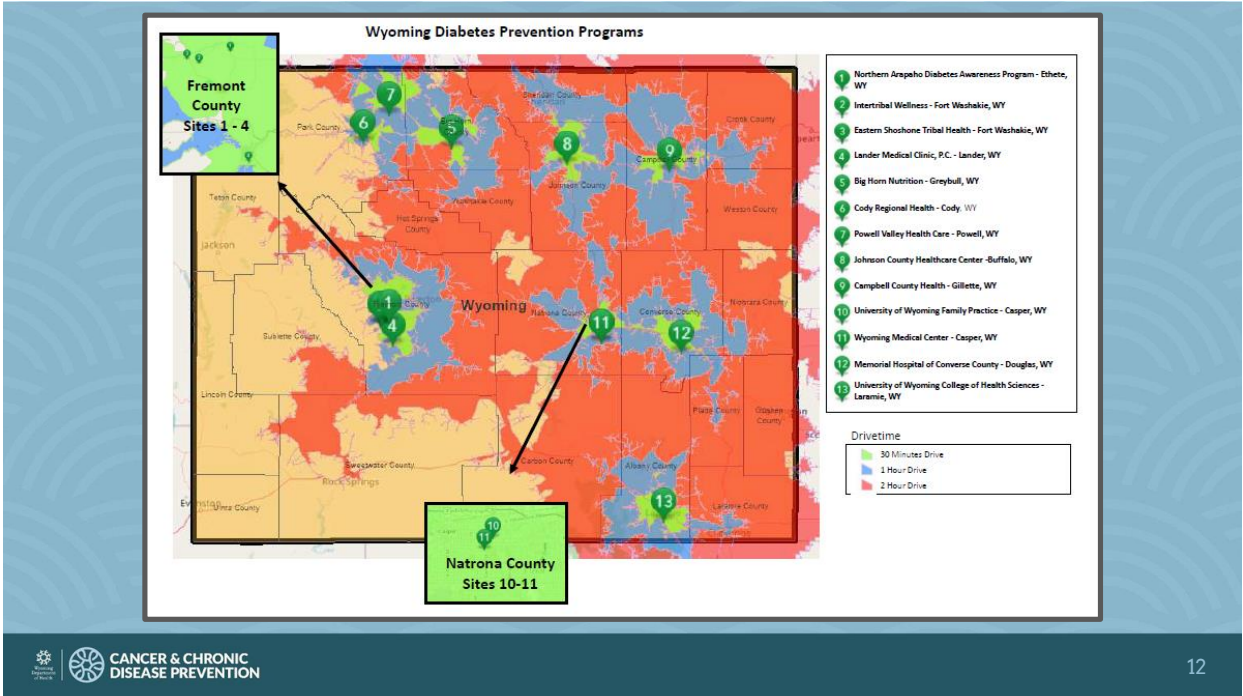
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Questions? Info@incentaHEALTH.com, 800-694-0395

Barriers to Sustainability & Retention



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What's Next?



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participants.

DENYSE UTE

BACHELORS OF NUTRITION SCIENCE

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Diabetes Prevention Program Overview:

- ▶ The National Diabetes Prevention Program (National DPP) is a partnership of public and private organizations working to prevent or delay type 2 diabetes. Partners make it easier for people at risk for type 2 diabetes to participate in evidence-based lifestyle change programs to reduce their risk of type 2 diabetes.
- ▶ A CDC-recognized diabetes prevention lifestyle change program can help you build healthy new habits that last a lifetime. When you join a lifestyle change program, you'll learn, laugh, share stories, try new things, and build new habits—all while lowering your risk of type 2 diabetes and improving your health.

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Lifestyle Change Program:



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Overcoming challenges and barriers in participant retention:

- ▶ Identify the barriers:
 - ▶ Attendance
 - ▶ Lack of interest
 - ▶ No response
 - ▶ Excuses
 - ▶ Lack of means to attend class (transportation, no internet, no phone)
 - ▶ Coach and Participant readiness
 - ▶ Any others?

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Lifestyle Coaching

- ▶ Take the mission seriously
- ▶ Empower vision of change and their potential to make change
- ▶ Show up
- ▶ Take the lead
- ▶ Basics are best
- ▶ Look for the awesome!
- ▶ Use technology (mobile phone applications, social media)

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Trainerize

- ▶ Coaching application:
 - ▶ Tracks:
 - ▶ Nutrition
 - ▶ Sleep
 - ▶ BMI
 - ▶ Physical activity – can create workouts
 - ▶ Community chat
 - ▶ Private message
 - ▶ Progress photos

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Identifying places to practice what is taught

- ▶ Physical Activity Centers
- ▶ Do participants have access to a gym and fitness coaches?
- ▶ Creating partnerships in local recreation centers or gyms
- ▶ Lifestyle coach + fitness coach credentials
- ▶ Gyms can be scary and intimidating
- ▶ Bring fitness to participants

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Program partnerships:

- ▶ What existing programs support Lifestyle Change in your area?

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Meeting participants where they are at.

- ▶ Patience
- ▶ Flexibility
- ▶ Variety of office hours available
- ▶ Using virtual avenues

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Participant retention

► Engagement through challenges

- Weekly
- Bi-weekly
- Monthly



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New Avenues to Participant Recruitment



Social Media



Fitness Centers



Flyers within community



Word of mouth

Success stories and progress photos
Results talk



Clinical

Primary Care Providers
Dieticians

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Marketing

- ▶ Canva
 - ▶ Creating material unique to your program
- ▶ Shirts
 - ▶ Eye catching
- ▶ Swag
 - ▶ Small incentives with logo



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Questions?

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