

Healthy Spin on Lifestyle Change Participants

Amber Nolte, MPH, CPM

Denyse Ute, BS, DPP Coordinator, Precision L1 Nutrition Coach



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.

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CDC Strategies

Chronic Disease Prevention Program



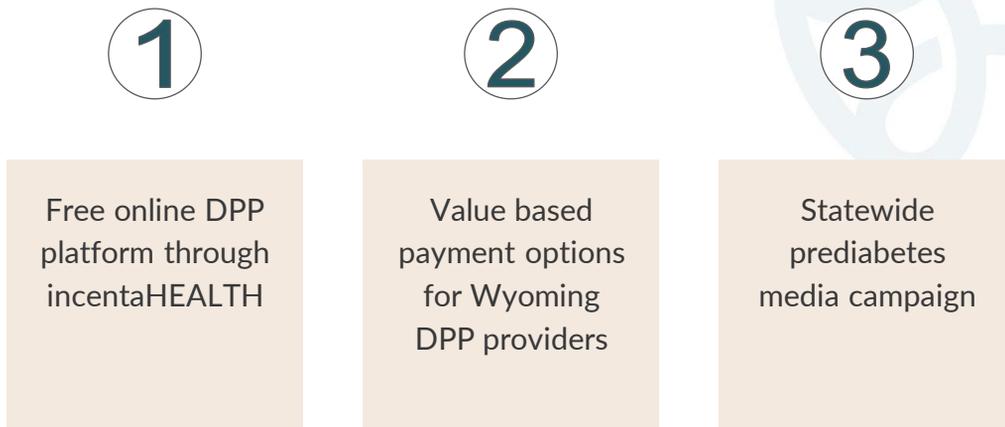
1. Improve access to and participation in ADA-recognized/AADE-accredited DSMES programs in underserved areas.
2. Collaborate with payers and relevant public and private sector organizations within the state to expand availability of the National DPP as a covered benefit.
3. Assist health care organizations 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.

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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).

Diabetes Prevention Initiatives in Wyoming



Diabetes Prevention Initiatives in Wyoming Cont.

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DPP Peer Learning Network

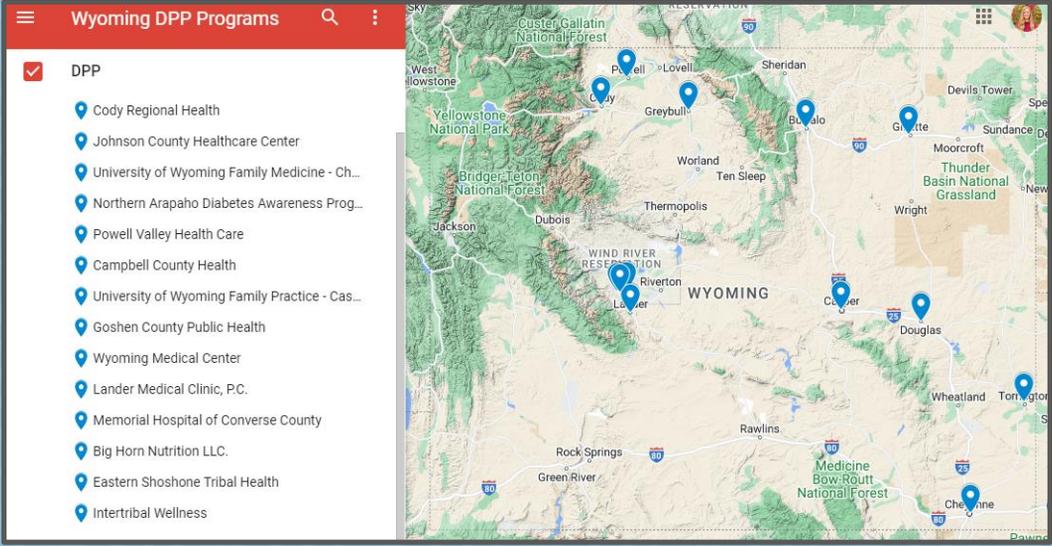
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Medicaid Coverage Pilot

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Funding for new community based DPPs

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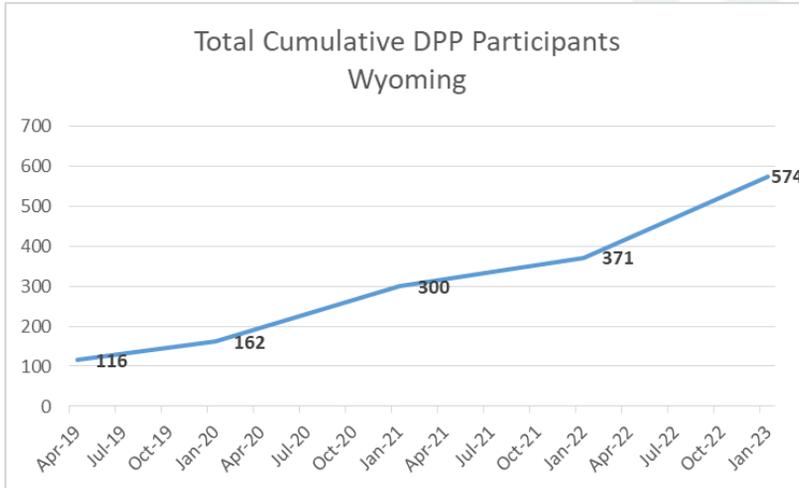
Wyoming DPP Programs

- DPP
 - Cody Regional Health
 - Johnson County Healthcare Center
 - University of Wyoming Family Medicine - Ch...
 - Northern Arapaho Diabetes Awareness Prog...
 - Powell Valley Health Care
 - Campbell County Health
 - University of Wyoming Family Practice - Cas...
 - Goshen County Public Health
 - Wyoming Medical Center
 - Lander Medical Clinic, P.C.
 - Memorial Hospital of Converse County
 - Big Horn Nutrition LLC.
 - Eastern Shoshone Tribal Health
 - Intertribal Wellness

The map shows various locations in Wyoming with blue location pins, including: West Yellowstone, Yellowstone National Park, Bridger-Teton National Forest, Jackson, Dubois, WIND RIVER RESERVATION, Riverton, Laramie, Greybull, Lovell, Sheridan, Worland, Ten Sleep, Thermopolis, Buffalo, Moorcroft, Sundance, Devils Tower, Thunder Basin National Grassland, Wright, Douglas, Wheatland, Torrington, Rawlins, Medicine Bow-Routt National Forest, Cheyenne, Rock Springs, Green River, and Pawnee.

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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.

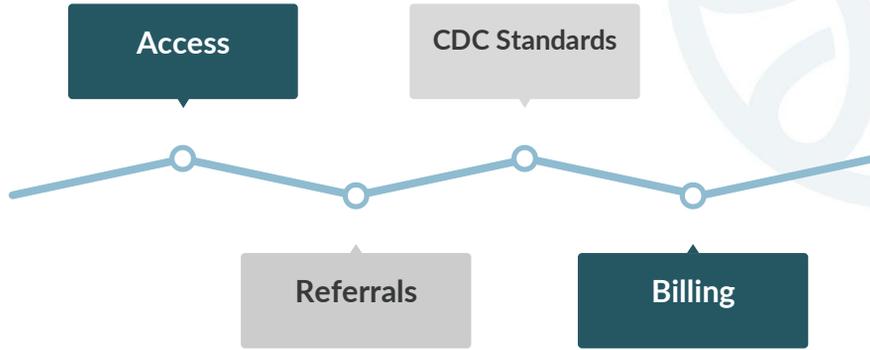
Download our free marketing toolkit to promote to your patients.



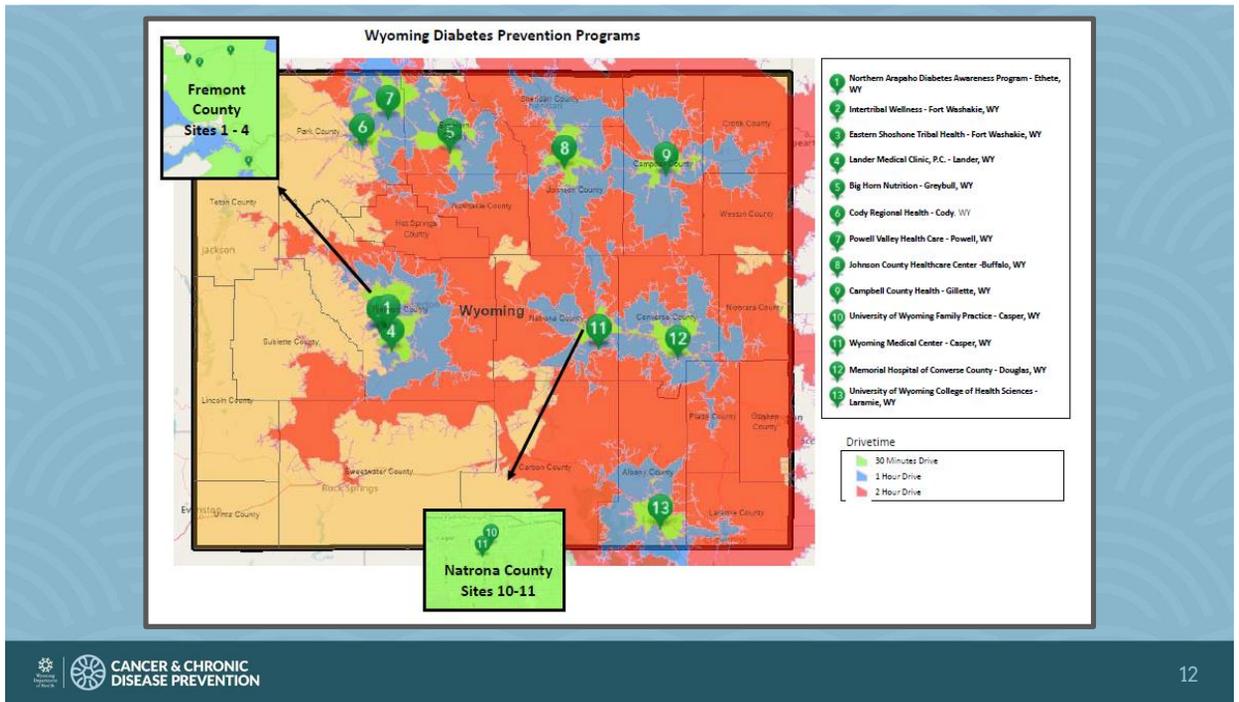
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Questions? Info@incentaHEALTH.com, 800-694-038

Barriers to Sustainability & Retention



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What's Next?

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Healthy spin on lifestyle change participants.



DENYSE UTE
BACHELORS OF NUTRITION SCIENCE
PRECISION L1 NUTRITION COACH



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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.

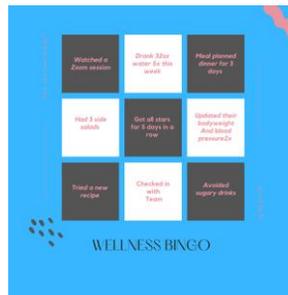
- ▶ Patience
- ▶ Flexibility
- ▶ Variety of office hours available
- ▶ Using virtual avenues

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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?

Amber Nolte
Chronic Disease Prevention
Program Manager
amber.nolte@wyo.gov

Denyse Ute
Intertribal Fitness
denyse@intertribalwellness.com



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