Emory University School of Medicine in partnership with the Diabetes Prevention and Control Program from the Georgia Department of Public Health

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#What’s Up with the Lifestyle Change Program

An overview of the National Diabetes Prevention Program - Lifestyle Change Program

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who do you work for and what do you do?

**Diabetes Training and Technical Assistance Center:** Established at Emory University in 2009 with funding from the Centers for Disease Control and Prevention (CDC), Division of Diabetes Translation (DDT)

- **Curriculum:**
  - Created curriculum for National Diabetes Prevention Program (National DPP) Lifestyle Change Program

- **Training:**
  - Developed the training program for Master Trainers and Lifestyle Coaches

- **Ongoing support:**
  - Developed and manage, Common Ground, an online learning community for Lifestyle Coaches
  - Provide web based learning for Lifestyle Coaches and organizations
  - Technical assistance
objectives: by the end of the webinar you should be able to

- Name the eligibility criteria for participation in the lifestyle change program
- Describe the structure of the Lifestyle Change Program
- Describe how the role of the Lifestyle Coach in the Lifestyle Change Program is different from the role of a health/diabetes educator
- List two steps and organization should take to prepare for implementation of the Lifestyle Change Program
what the lifestyle change program is NOT:

- Not an HGTV show
- Not a class
- Not a quick fix
- Not a diet
So what is the lifestyle change program?

Evidence-based lifestyle intervention to reduce the risk for developing type 2 diabetes
the big picture

- Launched by the CDC and other National Partners in 2008.
- Based upon the DPP research that demonstrated type 2 diabetes can be delayed or prevented through lifestyle change by up to 58%.
- The CDC Diabetes Prevention Program Recognition Program (DPRP) standards outline eligibility, fidelity, and data reporting requirements.
so who can participate in the program?

A. Anyone who needs to lose some weight
B. People with prediabetes and diabetes controlled through lifestyle
C. People with a diagnosis of prediabetes and/or at high risk for developing diabetes
D. All of the above

Answer: C
so who can participate in the program?

- Overweight Adults:
  - Persons 18 yrs. and older
  - Persons with a BMI of 24 or greater (22 for Asian Americans)

- Persons who have a diagnosis of prediabetes
- Women who had gestational diabetes
- Persons who score 9 or higher on the CDC prediabetes screening test
what is the structure of the lifestyle change program?

- Group based delivery
- 16 core sessions that occur weekly followed by monthly post-core sessions for up to a year
- Participants pursue two program goals
  - Lose 5-7% body weight
  - Increase physical activity to 150 minutes per week
- Lifestyle coach tracks weight loss, physical activity minutes, and attendance
- Data submitted to CDC at every six months to monitor program outcomes
How long is the Lifestyle Change Program?

One year
what happens in the lifestyle change program?

- Participants meet weekly and discuss a weekly lifestyle change topic from the core session curriculum.
- Participants learn to identify and address barriers to healthy eating and physical activity.
- Strategies used: group and individual problem solving, self monitoring of food intake, weight and physical activity.
tell me about the lifestyle change program curriculum

- Based upon curriculum materials used in the DPP study
- 16 core sessions
- 15 post core topics
- Available on CDC website for download
Core Curriculum: 3 Sections

Skill-building
Self-Monitoring and Physical Activity
1. Welcome
2. Be a Fat and Calorie Detective
3. Three Ways to Eat Less Fat and Fewer Calories
4. Healthy Eating
5. Move Those Muscles
6. Being Active: A Way of Life
7. Tip the Calorie Balance

Responding to the external environment
8. Take Charge of What’s Around You
9. Problem Solving
10. Four Keys to Healthy Eating Out

Psychological and emotional aspects of lifestyle change
11. Talk Back to Negative Thoughts
12. The Slippery Slope of Lifestyle Change
13. Jump Start Your Activity Plan
14. Make Social Cues Work for You
15. You Can Manage Stress
16. Ways to Stay Motivated
So what about the post-core curriculum?

Lifestyle Coach selects topics from the curriculum based upon the interests of group:

• 15 sessions, organized by topic area:
  • Introduction
  • Healthy Eating and Nutrition
  • Physical Activity
  • Managing Stress and Preventing Relapse
  • Chronic Disease
  • Program Conclusion
What do you think is the purpose of the post core monthly sessions?
the lifestyle change program is flexible and sustainable

Vs.

“IT’S NOT A DIET
IT’S NOT A PHASE
IT’S A PERMANENT LIFESTYLE CHANGE

“I was on the low-carbohydrate diet for a week and lost three inches off my smile.”
what is the difference between DSME and the lifestyle change program?

**DSME**
- Purpose is to optimize a person’s self-management of diabetes
- For people diagnosed with diabetes
- Typically taught by a certified diabetes educator, RD, or RN.
- Educator is the expert
- Accreditation available through ADA and AADE-reimbursable

**National DPP Lifestyle Change Program**
- Purpose is to prevent or delay type 2 diabetes
- For people with prediabetes or at high risk for type 2 diabetes
- Led by a trained lifestyle coach (may or may not be a clinician)
- Lifestyle Coach not in role of the expert
- CDC diabetes prevention recognition program for quality assurance
What is the difference between an educator and a coach?
what is the role of the lifestyle coach?

- Lead core and post core sessions
- Facilitate rather than teach
- Ask questions
- Draw out group members
- Synthesize ideas
- Celebrate successes
- Help group and individuals work through challenges
question:

- What do you think the group members offer each other in the lifestyle change program
role of the group in the lifestyle change program

- Share life experiences
- Offer support
- Group problem solving
- Accountability
what do participants have to say?

- "I join the Lifestyle Change Program because I wanted to have a healthier lifestyle and to prevent diabetes. In the past, I have successfully lost and regain weight on many weight loss plans, i.e. Optifast (lost 65lbs gain 130+ back), Slim fast, Medifast and Atkins. The difference that I immediately recognized in the Lifestyle program is that it’s a realistic way to change the way you eat for the rest of your life. I’ve learned so much about what I have done for years that causes the weight to return. Once I began tracking my intake, I began making healthier food choices and better managing my caloric intake."

- “The group meetings offer me support from peers who share the same struggles. We share successes and suggestions while motivating one another with a can do, positive spirit. The knowledge I’ve gain from the program allows me to continue to be successful as well as share what I’ve learn with family members and friends.”
tell me about DTTAC lifestyle coach training

What DTTAC lifestyle coach training is not:

- [ ]

- [ ]

- [ ]

- [ ]
tell me about DTTAC lifestyle coach training

- DTTAC lifestyle coach training is a two day training
- Highly interactive
- 8-16 lifestyle coaches
- Led by an expert Master Trainer
- Role modeling of group facilitation skills
- Practice with facilitation
- Exposure to content
how many people has DTTAC trained?

Since January 2012:
- over 1300 lifestyle coaches trained
- representing 500 organizations
- over 30 states
“DTTAC Lifestyle Coach Training was great. I came thinking I knew what I needed to know to teach the National Diabetes Prevention Program and left with a new wealth of knowledge on group facilitation, a new respect for the strength of the research base of the program, and a renewed enthusiasm for getting a program going at home.”

-Lifestyle Coach from Colorado
what is the CDC diabetes prevention recognition program?

• Assure program quality and fidelity to scientific evidence (DPP research study)

• May facilitate reimbursement by private and public payers

• Establish program registry on CDC website
what is the CDC Recognition Process?

- Apply for recognition (agree to curriculum, duration, intensity)
- Granted “pending recognition” by CDC
- Organization begins lifestyle change program
- Organization submits evaluation data (every 6 months)
- Recognition status assessed (granted full or remain pending)
what are the next steps for organizations interested in delivering the lifestyle change program?

- Review the CDC DPRP standards
- Complete the organizational capacity assessment included in the DPRP standards
- Identify staff person appropriate for Lifestyle Coach role
- Consider Lifestyle Coach training
where can I learn more?
questions?

“The handle on your recliner does not qualify as an exercise machine.”
Thank you for attending the Webinar! Please fill out the survey to obtain the 1 hour credit. You will receive the certificate via e-mail within 2 weeks.

https://www.surveymonkey.com/s/TrendingDPP

Contact: diabetescourse@emory.edu for questions

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