Real World Implementation of the National Diabetes Prevention Program

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Why are we interested in it?

It aligns with our mission:

*To prevent kidney disease and improve the quality of life of those living with it.*

DPP helps people with prediabetes to take control of their health and make impactful, life-long changes.
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

Adapt a healthy, balanced diet  Lose 5-7% of your body weight  Be physically active for 150 minutes per week
Connecting the Dots

- Community of focus
- Available resources
- Culturally appropriate
- Finding a host site
- Recruit participants
- Funding
Engaging Participants

Promote, recruit, register, engage, and support!

WHAT AMAZING THINGS DID YOU LEARN?

- At my age, I could still lose weight and feel better
- My doctor took me off blood pressure meds
- New friends with the same goals became a community
- I gained new friends to help with accountability
- Food we buy, the way we cook, meal planning
- I’ve learned more about self-acceptance and forgiveness

HOW WOULD YOU CHANGE THE PROGRAM?

- To offer an exercise program
- Healthy recipes
- Provide A1C test at end of session
- Allow sessions to be beyond the classroom
- More interactive, allow for meals to be shared.
- I would try and get the same information to more people that don’t have money to pay for the class
Sustaining the Momentum

What has made us successful to date?
- Participant engagement
- Provider & community support
- Commitment
- Grants
- Partners
- Insurers
- Results

What successes and challenges are down the road?
- Continued Commitment
- Funding
- Competition
- Growing pains
Key Takeaways

1. DPP takes commitment...whether you’re providing it, supporting a person in it, or participating in it.

2. For people and workshops to have success, things including cultural appropriateness, convenient locations, and trained coaches are all vital.

3. Overcoming challenges including funding, patient commitment, results and data manage is crucial to the success of the program.

4. Keep in mind your purpose.