



Development of a Diabetes Prevention Program Tool-Kit

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Abstract

Indian Health Center (IHC) has been providing its Diabetes Prevention Program (DPP) to the American Indian/Alaska Native population since 2004. The curriculum is based on a study sponsored by National Institute of Health (NIH) which found that an intensive lifestyle intervention with 7% weight loss and 150 minutes of physical activity can lower the risk of diabetes by 58%. These startling results were published in 2002. Because American Indians have the highest rates of diabetes of any group in the world, in 2004 the Federal Indian Health Service funded 30+ DPP pilot programs in Indian communities across the country to translate the NIH study from research to community settings. After seven years of translation, the program is now an IHS best practice. Because of its tremendous success in preventing diabetes in the Native community, in 2007 the IHC started pursuing additional funding to enhance the program to reach other at-risk populations. After achieving this goal, in 2010, IHC's DPP began developing a tool-kit to disseminate its innovative 17-week multigenerational lifestyle change program. IHC's DPP is grounded in American Indian healing traditions addressing body, heart, mind and spirit; DPP is taught by a multidisciplinary team of professionals including a Registered Dietitian, Certified Diabetes Educator, Mental Health Counselor, Kinesiologist, Fitness Trainers and Health Educators. The evidence-based curriculum includes topics on healthy eating, exercise, stress management, and building support for lifestyle changes. The goal of the DPP tool kit is to provide a framework to launch a DPP in underserved communities.

Target

The tool-kit targets organizations such as community clinics, neighborhood associations and faith based organizations who serve low access, low income, low education, underrepresented populations.

The cultural component and additional support provided by the holistic tool-kit model sets this tool-kit apart from other models .

Goals of Tool Kit

Develop a Diabetes Prevention tool-kit that can be implemented in multi-ethnic , underserved populations.

Holistic Tool kit Contents

The DPP toolkit is a compilation of IHC's award winning strategies and formatted using American Indian healing traditions to help make lifestyle changes. The updated curriculum is structured into four components to address all parts of a person, Mind, Body, Heart, and Spirit. It is set up in a Train-the-Trainer model and includes strategies for creating and starting a DPP including:



Recruitment and Qualification guidelines

- Establish program team and assign positions based on availability, resources and funding. Possible team members include: MD, RN, RD, DPP Coordinator, Diabetes Educators, Mental Health Counselor, Health Educator, Data Coordinator, Lifestyle Coach, Fitness Trainer, Recruiter and Transportation.
- Set up data registry using excel spreadsheet
- Screening - ADA risk test/score 10+ qualifies to obtain lab test
- Baseline assessments / metrics include :
 - Fasting Blood Glucose 100-125
 - HbA1c > 5.7- 6.4
 - Weight, Height, Waist, Hip
 - Depression screening
 - Food and Vegetable intake
 - Physical Activity per week

Health Education

- Orientation meeting to explain program, distribute participant handbook and set overall program goals for weight, physical activity and lifestyle changes.
- Lesson Planning
- Set personal goals and appointments for 1:1 consultation with fitness trainer for personalized fitness plan and 1:1 consultation with RD for personalized nutrition counseling .
- Updated 16 week curriculum 16 -1 hour- group sessions
- Incentives- walking shoes, pedometer, t-shirt, calorie counter and weekly raffle prizes
- Graduation luncheon, award ceremony

Retention

- Quarterly reunions and lifestyle coaching (case management)
- Data collected at Baseline, Follow up and annually depending on needs
- Data analysis

Appendix

- Forms and handouts
- Resources
- Teaching Tips
- Terminology
- Evaluation

Updated Curriculum

The original NIH/NIDDK DPP curriculum from 1996 is now in need of updating. The updated IHC curriculum now includes a cardiovascular curriculum, a smoking cessation component , is reformatted for visual simplicity and re-illustrated with current photos. American Indian holistic healing principles are incorporated by featuring sessions that identify with the mind, body, heart and spirit of wellness.

Tool-kit includes a training facilitator guide, a PowerPoint overview, 16 sessions of printed material, handouts that support weekly topics, and additional resources and recommendations to tailor a program to a local community, organization, and age groups.

Curriculum

1	Journal your Journey	Spirit	9	Calories Count	Heart
2	Breakfast Basics	Mind	10	You Make the Choice	Mind
3	Be a Fat Detective	Body	11	Fast Food Facts	Heart
4	Reflection	Spirit	12	You are What you Eat	Mind
5	Pedometer Power	Body	13	Move Those Muscles	Body
6	Portion Distortion	Heart	14	Courage to Encourage	Spirit
7	Label Logic	Heart	15	Stress and Harmony	Spirit
8	Re-Think your Drink	Body	16	You Can Do It	Mind

Physical Activity

Resources to integrate physical activity before or after each intensive curriculum class such as a walking group or Arthritis Foundation Chair Exercise Program and an individualized fitness plan .

Nutrition

Resources to provide Healthy recipes, cooking demonstrations, individualized nutrition counseling. Farmers Markets and CSA box distribution program,

Conclusion

Provide a toolkit based on the IHC DPP for dissemination in other healthcare systems or community based settings.



2011 American Public Health Association
 Archstone Foundation Award for Excellence in Program Innovation (Hon. mention)

2011 Urban Indian Health Institute
 Leadership in Data Use Award

2010 Center for Disease Control and Prevention
 Frank Vinicor Award of Excellence

2009 American Diabetes Association/SDPI
 Awakening the Spirit/Voices for Change Award

2009 National Indian Health Board
 Local Impact Award

2008 YMCA
 Activate America Award

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