

Real World Implementation of the National Diabetes Prevention Program

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National
Kidney
Foundation®
of
Michigan



Diabetes Prevention Center
A DIVISION OF THE NATIONAL KIDNEY FOUNDATION OF MICHIGAN

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



Finding a host site



Culturally appropriate



Available resources



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.

