

Oklahoma City Indian Clinic (OKCIC)

OKCIC is successfully delivering the National Diabetes Prevention Program (National DPP) lifestyle change program to tribal communities.



OKCIC, an Urban Indian Organization, provides federal, tribal, and urban public health services for the Indian Health Service. Recognizing the disproportionally high prevalence of diabetes among American Indian and Alaska Native (AI/AN) populations, OKCIC’s Steps to Achieve Results (STAR) program is dedicated to enhancing the well-being of Native communities affected by prediabetes. OKCIC has delivered the National DPP lifestyle change program* since 2015.



Location: **Oklahoma City, OK**
Enrollment: **455 Total Participants**

Delivery Mode: **In Person**
Recognition Status: **Full Plus**

OKCIC AT A GLANCE

1,043
Lifestyle Change Program
Sessions Delivered to
Participants

4.7%
Average Weight
Loss

164
Average Minutes of
Weekly Physical
Activity

Learn From OKCIC’s Best Practices

Recruit Qualified Staff and a Cultural Advisor

OKCIC is deeply committed to building a team with diverse skill sets—individuals who can serve as true advocates for their participants. OKCIC also hired a cultural advisor to bridge language and cultural barriers, ensuring the program's messaging and support are accessible and relevant to all participants.

Lessons Learned:

- Work with a cultural advisor to identify the support participants may need to help them make lasting lifestyle changes.
- Provide 1:1 support tailored to participants’ diverse social needs in addition to group classes.

Engage Often and Strategically With Partners

OKCIC works closely with its medical director to conduct monthly meetings with providers. During these sessions, OKCIC lifestyle change program staff share "cheat cards" tailored for each department. These effectively educate providers about services and strategies to increase referrals to their program. Program staff also place prompts in electronic health records for medical providers to review patient charts, proactively boosting referrals to the program.

Furthermore, OKCIC collaborates with insurance companies in setting up community booths to raise awareness and promote diabetes prevention services. This comprehensive approach has significantly enhanced community engagement and improved access to vital health resources.

Lessons Learned:

- Build strong relationships with community partners to enhance collaboration and support.
- Provide educational materials to health care providers to facilitate and encourage referrals.
- Collaborate with partners and clinical navigators to effectively promote the National DPP lifestyle change program to patients.

Provide a Full-Service Stop for Diabetes Prevention Services

OKCIC provides a “full-service stop” for patients, supporting them at every stage of their clinical journey—from their initial provider visit to ongoing care at the Wellness Center**. Lifestyle Coaches offer flexible hours, provide individualized 1:1 coaching alongside group classes, and continue to support participants after program completion. Participants who complete the program can enroll in the Preventing American Indian Negative Trends (PAINT) program, which provides diabetes education and helps participants to maintain healthy habits. Before beginning PAINT, participants consult with a registered dietitian or trainer to set personalized health and wellness goals.

Lessons Learned:

- Provide support to participants before, during, and after the lifestyle change program.
- Offer flexible hours to ensure participants can attend classes.
- Allow participants to choose between different programs and activities to see what works best for them.

“Our goal is for 100% of patients with prediabetes or high A1C to be sent to us from their provider. This supports our recruitment and successes for the program.” – Carla Neal

*The National DPP lifestyle change program is a yearlong, structured program that uses a CDC-approved curriculum and Lifestyle Coach to help participants make healthy changes and lower their risk of type 2 diabetes.

**The OKCIC Wellness Center provides one-on-one and group training sessions to help participants address their individual fitness goals.

