

LOS ANGELES COUNTY DEVELOPS A FRAMEWORK TO IMPLEMENT THE NATIONAL DIABETES PREVENTION PROGRAM

Preventing Chronic Disease Special Collection Brief:
STATE AND LOCAL PUBLIC HEALTH ACTIONS TO PREVENT AND CONTROL CHRONIC DISEASES

Reaching Underserved Populations



PROGRAM OVERVIEW

More than 34 million Americans have diabetes, and about 88 million American adults have prediabetes.¹ The National Diabetes Prevention Program (National DPP) is a partnership of public and private organizations working to build a nationwide delivery system for a proven lifestyle change program (LCP) to prevent or delay the onset of type 2 diabetes in adults with prediabetes or at risk of developing type 2 diabetes.²

PURPOSE OF THE STUDY

The Centers for Disease Control and Prevention funded state and local program to translate and grow the National DPP in community settings.³ This study was conducted to develop a framework of core activities to carry out the National DPP LCP in Los Angeles County.

CREATING THE FRAMEWORK

A **three-stage formative assessment** featured:

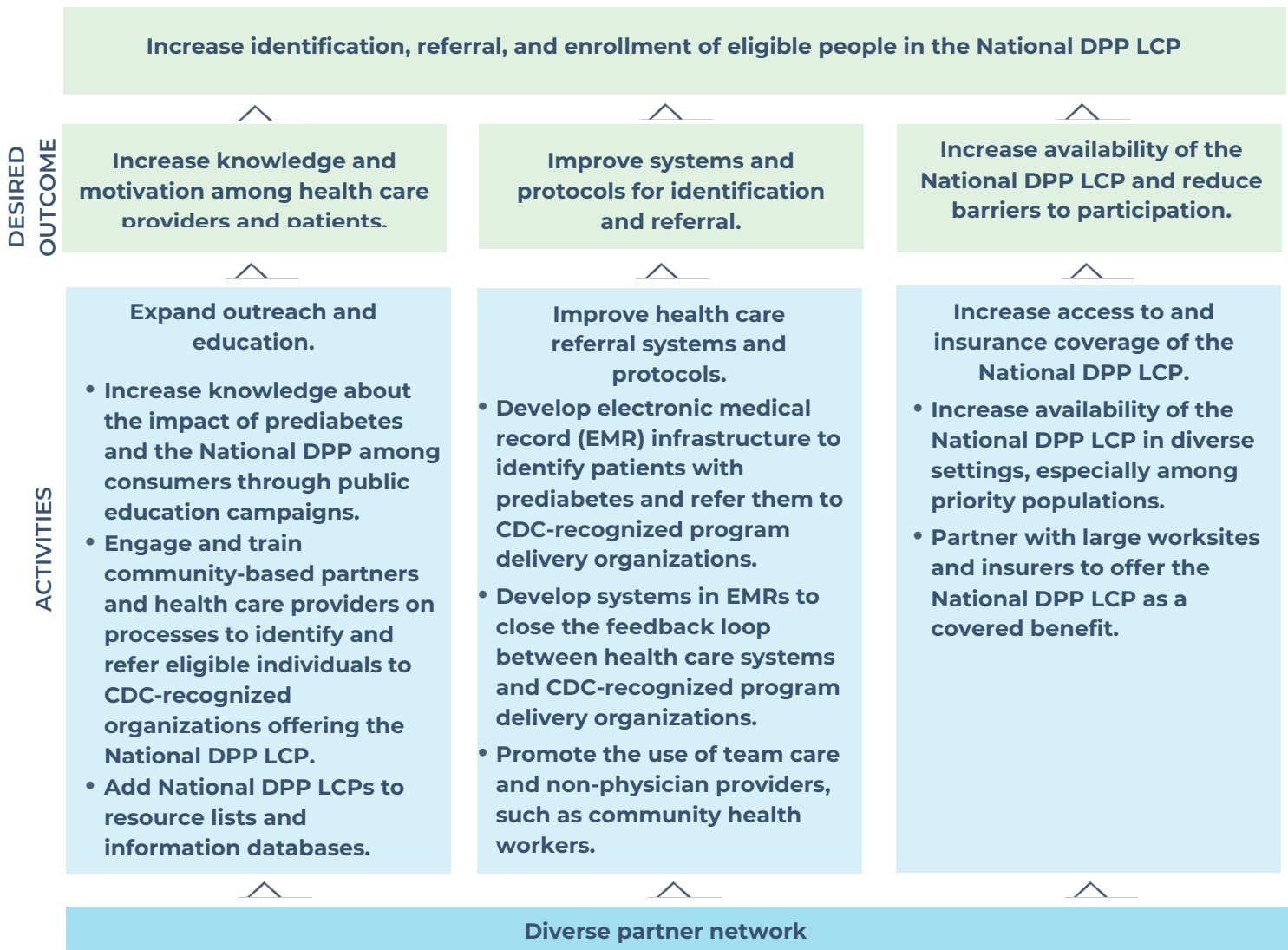
1. **Qualitative interviews** with representatives from community-based organizations.
2. **Strategic planning** sessions to gain insight from the Los Angeles County Diabetes Prevention Coalition.
3. **Holistic analysis** of the data generated through the interviews and planning sessions.

The assessment addressed the core activities needed to identify, refer, and enroll eligible participants in the National DPP LCP including establishing payment options to offset costs. It also identified the key partners necessary for carrying out the program.



Centers for Disease Control
and Prevention
National Center for Chronic Disease
Prevention and Health Promotion

FRAMEWORK FOR IMPLEMENTING THE NATIONAL DPP LCP IN LOS ANGELES COUNTY⁴



LESSONS LEARNED

The three-pronged framework (expand outreach and education, improve health care referral systems and protocols, and increase access to and insurance coverage of the National DPP LCP) has the potential to identify people with prediabetes and to expand access to the National DPP LCP among priority populations in Los Angeles County and other large jurisdictions. A key component of the framework is the reliance on a diverse partner network (e.g., health care organizations, nonprofit organizations, payers) to increase participation in this important evidence-based program.

References:

- ¹Centers for Disease Control and Prevention. *National Diabetes Statistics Report, 2020*. Atlanta, GA: Centers for Disease Control and Prevention, U.S. Department of Health and Human Services; 2020.
- ²Centers for Disease Control and Prevention. The National Diabetes Prevention Program website. <https://www.cdc.gov/diabetes/prevention/index.html>. Accessed June 22, 2020.
- ³Mosst J, DeFosset A, Gase L, Baetscher L, Kuo T. A framework for implementing the National Diabetes Prevention Program in Los Angeles County. *Prev Chronic Dis*. 2017;14:160433. DOI: <http://dx.doi.org/10.5888/pcd14.160433>. Accessed June 23, 2020.