

# ACHIEVING PARTICIPANT GOALS AND CDC FULL RECOGNITION FOR YOUR TYPE 2 DIABETES PREVENTION LIFESTYLE CHANGE PROGRAM



## Keys to Success

The **Keys to Success** tip sheet series provides lessons learned and insights from others implementing the National Diabetes Prevention Program (National DPP) lifestyle change program on the topics of

- Enrolling and recruiting participants.
- Improving participant retention.
- Collecting and monitoring data.
- Achieving program goals and meeting Diabetes Prevention Recognition Program (DPRP) requirements for CDC full recognition.

CDC-recognized organizations can achieve three categories of recognition from the DPRP: pending, preliminary, and full recognition. Participant achievement of program goals (e.g., weight loss, physical activity) and meeting DPRP requirements for CDC full recognition are closely linked. Meeting participant goals is critical for improving participant outcomes as well as the sustainability of your type 2 diabetes prevention lifestyle change program. Programs with a proven record of meeting these goals and requirements have shared the following tips and lessons learned from their experience. Review each of the tips below to identify those that are most applicable to your program and participants.

### EMPHASIZE STRATEGIES TO ASSIST PARTICIPANTS IN OBTAINING BLOOD GLUCOSE TESTS

- ▼ **Participate in screening events.**
  - » Collaborate with other organizations who run screening events.
- ▼ **Follow up early with participants who did not enroll based on a qualifying blood value.**
  - » Identify all participants who did not qualify for enrollment with a recorded blood value.
  - » Recommend participants talk to their health care provider to or a blood test or suggest that participants

go to a local pharmacy or upcoming public health fair events to obtain qualifying blood values.

*See the appendix of the [CDC DPRP Standards and Operating Procedures \(DPRP Standards\)](#) for examples of using data for evaluation.*

**“Collaborating with local health screening organizations to provide A1C testing at employer sites as a strategy for recruiting and enrolling new participants helped increase awareness of the program and allowed us to test this process for meeting the minimum requirement in the standards related to eligibility.”**

## PROMOTE ONGOING DEVELOPMENT AND CAPACITY BUILDING FOR LIFESTYLE COACHES

### ▼ Implement mentoring processes.

- » Use experienced coaches or master trainers to serve as mentors for new lifestyle coaches.
- » Facilitate communication and mentorship among lifestyle coaches to encourage problem solving and to share successful strategies.



### ▼ Use class session observations.

- » Have a program coordinator or more experienced lifestyle coach observe sessions to provide advice and guidance, and to monitor adherence to program guidelines.

### ▼ Identify and provide additional training and skill-building opportunities for lifestyle coaches on an ongoing basis.

- » Provide additional training opportunities to contribute to participant achievement of weight loss and physical activity goals.

CDC [offers materials](#) to assist programs in staffing their lifestyle change programs and training the lifestyle coaches.



**“Participant positive outcomes appear to be highly associated with the intensity of coaching, as well as the number of sessions attended. By “intensity” we mean the population we target requires “high touch”—with the coach building credibility and a trusting relationship with each participant... How coaches engage participants between sessions is just as important as how they engage them during the sessions.”**



## INCREASE COACHING INTENSITY

### ▼ Build trusting relationships with each participant.

- » Work one-on-one with participants (e.g., periodic phone calls or texts to check in on progress or grocery shopping together) outside of class sessions to help build and maintain trusting relationships.



**“Identify individuals who are struggling to lose weight or exercise, meet privately with those individuals, devise a personalized plan for meeting goals, and conduct follow-up to ensure progress toward the criteria.”**



## STRUCTURE CLASSES TO BEST HELP PARTICIPANTS ACHIEVE GOALS

- ▼ Promote goal achievement as a group.
  - » Frame class and individual goals as a team effort to help individual participants "do their part" to achieve the team goals and DPRP requirements for CDC full recognition.
- ▼ Make physical activity a part of class sessions.
  - » Integrate physical activity into each session to help participants achieve their weekly physical activity goal.
  - » Use lifestyle coaches who are also fitness trainers to help participants achieve their physical activity goals.



- ▼ Include healthy food preparation and recipe sharing at class sessions.
  - » Prepare healthy foods during class sessions to help participants identify ways they can incorporate healthier foods in their meal plans.

▲  
“Using a visual tool (dry-erase thermometer) to report on the weekly overall class weight loss results has increased motivation toward achieving the common goal.”  
▼



- ▼ Have lifestyle coaches encourage participants to incorporate lifestyle change behaviors in their everyday routines.
  - » Encourage participants to "get up and move" during commercials while watching their favorite TV shows, take the stairs instead of the elevator, or park their car farther away from a store or job entrance.

- ▼ Offer make-up classes in any mode.
  - » Offer sessions in any delivery mode for missed or canceled classes to help your program meet its attendance requirements.

*CDC provides information on curriculum standards and materials that meet CDC requirements for recognition.*

CDC offers additional resources and materials for [training lifestyle coaches](#) and [meeting DPRP](#) requirements for CDC full recognition on their website.



NATIONAL  
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