

COLLECTING AND MONITORING DATA 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 maintaining CDC recognition.

Collecting and monitoring data provides valuable information to help participants achieve program goals, and for your type 2 diabetes prevention lifestyle change program to meet the DPRP requirements for maintaining CDC recognition. By monitoring participant progress early and often, adjustments in program delivery can be made at a stage in the program when they will have a positive effect on participant outcomes. Programs with a proven record of collecting and monitoring data to help achieve CDC recognition have shared the following tips and lessons learned from their experiences. Review each of the tips below to identify those most applicable to your program and participants.

DOCUMENT KEY PARTICIPANT INFORMATION

▮ **Document body weight for all participants at all class sessions.**

- » Track body weight to achieve and maintain weight loss.
- » Ensure that session weigh-ins are conducted in a private area, or allow participants to weigh themselves at home to improve participant comfort.

▮ **Check the participants' physical activity logs to assess the actual number of weekly physical activity minutes being recorded.**

- » Track physical activity to help meet physical activity and weight loss goals.
- » Emphasize the importance of tracking physical activity minutes throughout the 12-month program to increase the likelihood of capturing complete physical activity profiles for all participants.

Encourage participants to record food intake (e.g., type, total calories, fat calories).

- » Track food consumption to help meet weight loss goals.
- » Ask participants who achieve their weight loss goals to share their experiences with the larger group.
- » Devote extra time to discussing challenges that participants encounter to help the group problem solve and ensure that everyone regularly records their food intake.
- » Review your data to identify trends and participants who may be encountering challenges in meeting their goals.
- » Modify program implementation as needed to address issues identified and to improve outcomes.
- » Provide additional private coaching and support to individuals facing challenges to avoid singling them out in the group setting.

4

"A weekly class participant summary provides a snapshot of how the class is progressing and allows for early corrective intervention."

CLEAN AND REVIEW DATA PRIOR TO SUBMITTING

Use lifestyle coaches to monitor the accuracy and completeness of data.

- » Have coaches sign off on logs before submitting to program coordinators.
- » For more information on collecting and reporting data, refer to the [CDC DPRP Standards and Operating Procedures \(DPRP Standards\)](#).
- » Review all data prior to submitting to help ensure its completeness and accuracy.

Use dashboards and summary sheets for each class.

- » Prepare dashboards or summary sheets to provide details on how a class is progressing through the program as compared with the DPRP requirements for maintaining CDC recognition.
- » Identify and address areas for improvement where DPRP requirements are not being met.
- » Generate reports frequently, so you can implement program changes as soon as issues arise.

MONITOR DATA ON AN ONGOING BASIS

Monitor and evaluate the participants' data on a continuous basis.

- » Monitor your data between submission due dates to help you better understand your progress toward meeting the DPRP requirements for CDC recognition.
- » For more information on tracking your data, please visit [the appendices](#) in the DPRP Standards.

REQUIREMENTS FOR PRELIMINARY AND FULL RECOGNITION

PRELIMINARY RECOGNITION

Organizations may achieve preliminary recognition in several ways once pending recognition is met:

- **Option 1:** If they are serving a population that resides in a county classified as having "high" vulnerability according to the CDC/ATSDR Social Vulnerability Index (SVI*)
- **Option 2:** If an organization has Preliminary, Full, or Full Plus recognition for one delivery mode and subsequently applies to deliver the National DPP LCP through an additional delivery mode, the DPRP will consider awarding Preliminary recognition to the new delivery mode pending a review.
- **Option 3:** Organizations will move into Preliminary recognition at the time of the Sequence 1 (6-month) or Sequence 2 (12-month) data submission if records indicate that at least 10 eligible participants have attended at least 8 sessions.

If options 1, 2, or 3 do not apply, organizations will move into Preliminary recognition when **Requirement 5 (Retaining participants to completer status)** is met.

FULL RECOGNITION

Organizations may achieve Full recognition once Pending recognition and the following requirements are met:

- **Requirement 5:** Retaining participants to completer status by either:
 - Five completers in the evaluation cohort 12 - 18 months prior to data submission or
 - At least 30% of all eligible participants meet the definition of completer

Only once Requirement 5 is met, will the next two requirements be calculated:

- **Requirement 6:** Risk Reduction - Organizations must demonstrate that there has been at least a 60% reduction in risk of developing type 2 diabetes among completers. See the [DPRP Standards](#) for a full list of risk reduction measures
- **Requirement 7:** Eligibility Organizations must show that at least 35% of completers in the evaluation cohort are eligible for the yearlong National DPP LCP based on either a blood test indicating prediabetes or a history of GDM.