

Lake County Tribal Health Consortium (LCTHC)

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



LCTHC is dedicated to improving the physical, spiritual, emotional, and social well-being of American Indian and Alaska Native people. Its culturally appropriate diabetes prevention services are tailored to the unique needs of the community. LCTHC has delivered the National DPP lifestyle change program* since 2016.



Location: **Lakeport, CA**
Enrollment: **93 Participants**





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

LCTHC AT A GLANCE





280 Lifestyle Change Program Sessions Delivered to Participants	7.2% Average Weight Loss	110 Average Minutes of Weekly Physical Activity
---	------------------------------------	---

Building Blocks for a Successful Journey




Recruitment

-  **Collaborated with medical directors, primary care providers, and dietitians** to identify eligible patients and refer them to the lifestyle change program.
-  **Participated in monthly provider meetings** to remind primary care providers to complete their referrals.
-  Encouraged primary care providers to **administer the [Prediabetes Risk Test](#)** as part of routine patient screening. Urged them to refer patients scoring 5 or higher into the lifestyle change program.
-  Focused **recruiting efforts where people live, work, and play**. Hosted informational tables at events, conducted blood sugar screenings, distributed flyers, and sent email announcements to tribal offices.

Program Delivery

-  **Partnered with a cooking class** (e.g., Cooking Matters Curriculum) to teach participants how to cook healthy meals, focusing on Native recipes and ingredients.
-  **Offered hands-on gardening classes** where participants learn to grow traditional Native foods, harvest acorns, and engaged in other culturally relevant activities in the community garden.
-  **Partnered with a food subscription program to deliver veggie boxes** to participants who complete at least four classes.
-  **Hosted interactive challenges** to keep participants engaged in the program. Example: Held a grocery store contest where they compete to buy ingredients for a healthy meal for \$10 or less.

Retention & Support

-  **Mitigated transportation barriers for participants** by offering smaller classes at multiple locations, rather than requiring travel to a central venue.
-  **Provided incentives to support and motivate participants** throughout the program, such as:
 - Pedometers to encourage increased physical activity.
 - Health journals to help them track food and water intake.
 - Measuring cups to help with portion control and calorie tracking.
 - Grocery store gift cards awarded upon completion of program evaluations.
 - Program completion gifts such as cooking tools, exercise weights, or other items to promote healthy living.
-  **Used social media to regularly engage with participants** and posted photos from community outings.

*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.

