

# 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.



For more info, visit [LCTHC](#)

Access more [National DPP Success Stories](#)