



## **Individuals and Communities Acting Now to Prevent Diabetes**

### **Program Description & Partner Roles**

#### **Goal**

One way to curb the raising rates of diabetes is to identify and intervene with individuals who have prediabetes, in order to prevent or slow their progression to diabetes. I CAN Prevent Diabetes aims to establish a community-based program that provides a proven, effective, lifestyle intervention. Health care providers will be able to refer individuals with prediabetes to this program for education and support that is not practical to provide in the clinic setting. This pilot will allow us to learn what is needed to establish future sustainable community programs for underserved, high risk populations.

#### **Objectives/ Activities**

- Identify and enroll individuals diagnosed with prediabetes
  - ~ Individuals' personal health care provider will conduct needed blood glucose tests to determine if he/she has prediabetes
  - ~ Refer patients with prediabetes to I CAN Prevent Diabetes
- Set up 4 pilot sites to demonstrate that the DPP can be delivered effectively in community settings
  - ~ Offer 2-3 group sessions in each community with 10-12 participants per group
  - ~ Train 3 or more professionals/ para-professionals in each community to facilitate group sessions
  - ~ Offer standardized DPP 16 week group curriculum lead by trained health care para-professionals in non-clinical or non-traditional clinic setting
- Create additional DPP-based tools to supplement existing resources that facilitate communication between the clinic and the community site hosting the classes.
- Data will be collected and the program will be evaluated to identify outcomes, successes, opportunities and barriers in implementing the program.
- State Steps and Diabetes staff will work with Community Team Partners to provide training, establish the program and protocols and apply the lessons learned so that I Can Prevent Diabetes will be sustainable in the future.

#### **Partners/ Roles**

Community Steps Coordinator/ Local Public Health Agency

- Plan local program
- Develop relationships and Community Team of clinic-fitness center key staff
- Determine plan to cover finances or enroll community financial partners
- Promote program

## Partners/Roles Continued...

### Clinic

- Identify and screen at-risk patients
- Perform and record lab diagnostics for at-risk patients
- Referrals
  - ~ Ensure people with diabetes will get care
  - ~ Refer patients with prediabetes to I CAN Prevent Diabetes program
- Data Collection – collect and report data to State Steps Evaluator
- Track patients after 16 week program
- Send one outreach worker or educator to attend facilitator training and be available for technical assistance or back-up, as needed by facilitator

### Fitness Center (or Clinic) That Host Classes

- Provide room for I CAN 16 wk program
  - ~ Offer 1-3 groups of 10-12 participants each
  - ~ Provide room for class sessions and scale for weekly weigh in
  - ~ Register and track attendance of participants
- Designate fitness instructor or community health worker(s) to attend 2.5 day facilitator training and lead I CAN Prevent Diabetes group sessions. (Needs good group facilitation skills)
- Keep records as requested
  - ~ Keep weekly record of groups taught and communicate with lead facilitator regularly
  - ~ Review and report on participants' weekly records for goals and weight loss
- If needed, collect participant fee for class and distribute incentives to participants, as planned by local Community Team
- Provide follow-up sessions after the 16 week program (monthly 1 hr sessions for each group for 6 to 12 months)

### Minnesota Diabetes Program & Steps to a Healthier Minnesota

- Set up training content with Trainer & provide training workshop
- Coordinate programs across 4 Steps Sites & other partners
- Develop plan and materials for program
- Develop and implement evaluation plan and protocols
- Ensure participant confidentiality
  - ~ Obtain IRB approval (if needed)
  - ~ Confirm consent agreements are obtained and filed
- Provide technical assistance for all partners, local public health, clinics and fitness centers

For additional information, contact:

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