



Announcement of Training Nov 7-9, 2011

I CAN Prevent Diabetes Certified DPP Lifestyle Coach Training For Sustainable Organizations

The I CAN Prevent Diabetes Lifestyle Coach Training Workshop helps to develop and sustain I CAN Prevent Diabetes sponsoring organizations by training lifestyle coaches on the background, materials and skills needed to deliver the Minnesota I CAN Prevent Diabetes program. This program is based on the Diabetes Prevention Program (DPP) and new materials from the Center for Disease Control and Prevention.

Sponsored by:

- Minnesota Department of Health Diabetes Program

Training Dates and Location:

Required DPP Certified Lifestyle Training

- Monday, November 7 and Tuesday, November 8, 2011
- 8:30 am – 5:00 pm, both days; homework assignment on Monday pm

Recommended Strategies for Promotion, Recruitment and Referral

- Logistics Training on Wednesday, November 9, 2011 from 8:30 – 12 noon

Location:

- Snelling Office Park, 1645 Energy Park Drive, St. Paul, MN 55108-2790

[Map and driving directions](#)

Cost:

- To be determined. Expected to be \$250 per person. If paying by credit card, there will be a \$2.50 handling fee.

*Some reduced fee registration or scholarships may be available. Contact Rita Mays.

Registration:

Registration for this event is by invitation only. Please discuss your organization's plans and target audience with Rita Mays to be placed on a waiting list.

- The on-line registration site will be open in September or October.
- Space available for Registration: 20

DPP Master Trainers:

Arlene Becker, RD, LD

Lindsey Jackson Hoeft, RD, MPH in progress

Logistics and Coordination:

Rita Mays, MS, RD, LD, Minnesota Diabetes Program, MN Dept of Health

Contact:

Rita Mays

Phone: 651-201-5433

Email: Rita.Mays@state.mn.us

Objectives:

Upon Successful completion of this workshop and homework assignment, participants will:

- Develop programs within their organization to lead authorized DPP 16 week standardized group lifestyle change programs for people with prediabetes.
- Be able to define the key elements of the DPP program, its audience, and the results of the initial and 10 year DPP follow up studies.
- Demonstrate physical activity and nutrition content information, group facilitation and weight loss motivational skills.
- Use standardized participant curriculum and I CAN PD evaluation materials.
- Understand the responsibility and roles of sustaining organization.

Who Should Attend:

Priority will be given to organizations that:

- Need to train a second or new coach to ensure the sustainability of their program
- Send a team (to establish 2 lifestyle coaches and designate one as the lead/site coordinator)
- Demonstrate the ability to recruit and start a program within 2-3 months of attending training
- Can conduct programs with $\geq 50\%$ of participants with a diagnosis of prediabetes and the remaining with 2 or more risk factors for developing diabetes
- Will offer post-core programs consisting of monthly sessions for weigh-in and support
- Can assure good data collection practices
- Reach people at highest risk for developing diabetes, including seniors and people of color
- Are located in geographic regions not currently offering DPP programs (such as I CAN Prevent Diabetes, Indian Health Services DPP or YMCA-YDPP programs)