



Healthy Together

Transforming Diabetes Prevention & Control

April 20, 2022

THE NACHC MISSION

America's Voice for Community Health Care

The National Association of Community Health Centers (NACHC) was founded in 1971 to promote efficient, high quality, comprehensive health care that is accessible, culturally and linguistically competent, community directed, and patient centered for all.





Healthy
Together

Implement



LAY THE GROUNDWORK

LAUNCH

April 2022 – March 2023

Deliver Curriculum
Support use of Patient Care Kits
Collect/Report Data
Peer Exchange



Today's Objectives:

- **CDC Guidance:** Modality Requirements and Make up Sessions
- **NDPP Requirements:** Presentation by ADCES
- **Collecting and Entering Data:** Presentation by Wellocity

CDC Guidance

Modality Requirements & Make up Sessions



Healthy Together has applied to the CDC to provide a **combination** NDPP.

This means that curriculum sessions are delivered via **distance learning** (Zoom) AND **in-person**, following a predictable pattern.

Each cohort within Healthy Together does NOT need to follow the same distance learning and in-person pattern.

If your health center would like to make changes to the pattern previously set (distance learning with in-person sessions on weeks 2, 10, 16, 18, 20, 24) work with your hubs to update the modality within Wellocity. Both distance learning AND in-person sessions must be included for each cohort!

Make up sessions can be provided via ANY modality (Zoom, in-person, phone calls) and can be completed with patients either one-on-one OR as a groups.



Micro-Presentation: CDC Standards and YOU!

Association of Diabetes Care & Education Specialists



Hello!



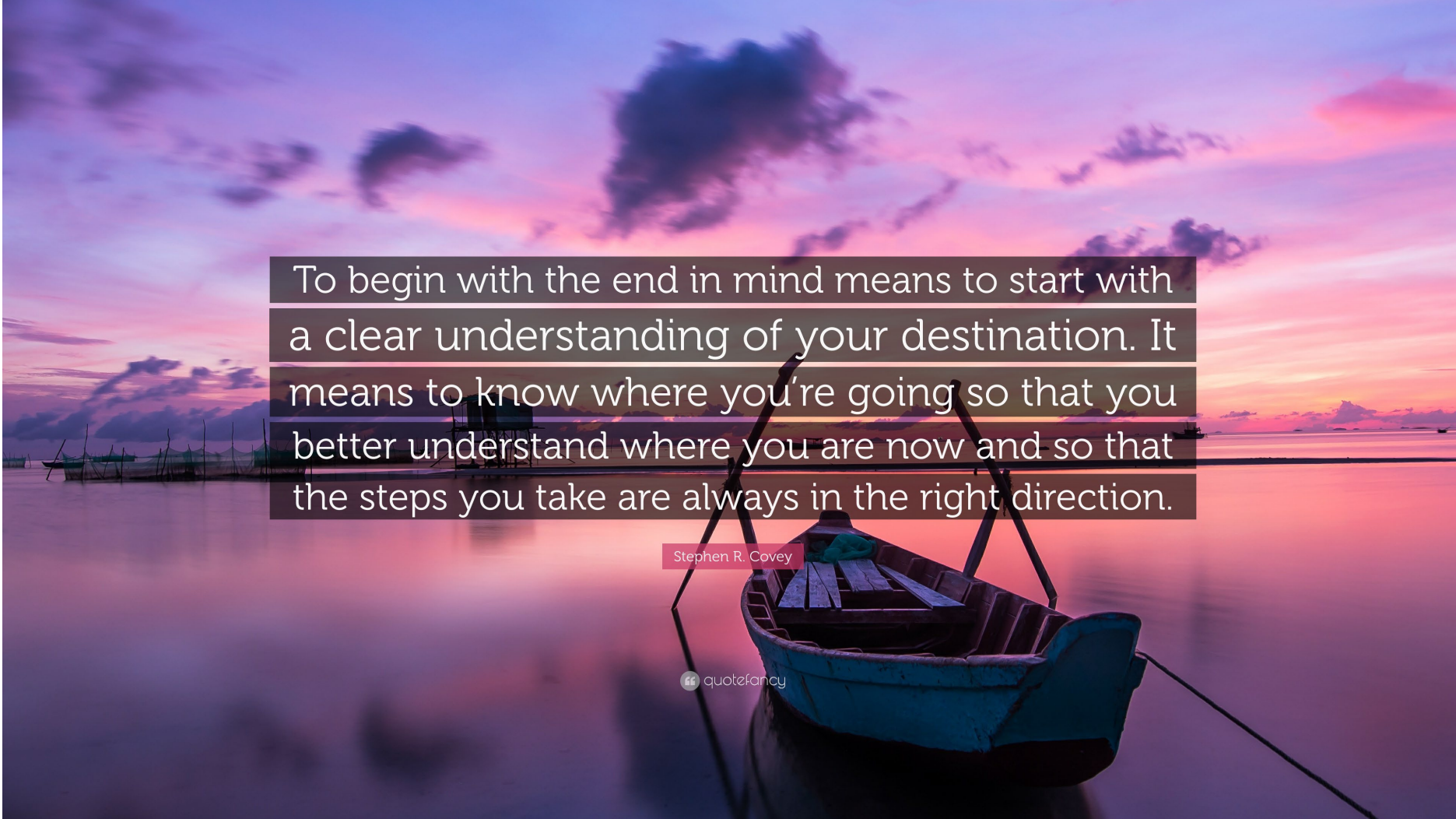
Nathan Roden

**Diabetes Prevention Program
Coordinator**

Association of Diabetes Care
& Education Specialists

Chicago, Illinois

7 Habits of Highly Effective People **LIFESTYLE** **COACHES!**

A wooden boat is positioned in the foreground on a calm body of water. The background features a vibrant sunset sky with shades of purple, pink, and orange, and some distant structures on the horizon. The quote is overlaid on a semi-transparent dark background.

To begin with the end in mind means to start with a clear understanding of your destination. It means to know where you're going so that you better understand where you are now and so that the steps you take are always in the right direction.

Stephen R. Covey

quotefancy

2021 CDC DPRP Standards!

The CDC National Diabetes Prevention Program

▶ Program Overview of the Diabetes Prevention Recognition Program (DPRP)

<https://www.cdc.gov/diabetes/prevention/pdf/dprp-standards.pdf>

CDC Standards focus on quality assurance

- A. Participant eligibility
- B. Safety of participants and participant data
- C. Location
- D. Delivery mode
- E. Staffing
- F. Training
- G. Change of ownership
- H. Required curriculum content
- I. Make-up sessions
- J. Umbrella arrangements
- K. Requirements for recognition status (Pending, Preliminary, Full, and Full Plus)
- L. Recognition extensions and exceptions

CDC evaluates your data every 6 months



CDC Recognition Status

Pending	Preliminary	Full	Full Plus
Intensity	All pending	All pending All preliminary	All pending All preliminary All full
Duration	Enrollment (1 core session)	35% blood-based values (A1c, FPG, OGTT, or past GDM)	Retention metrics 50% >4 months 40% >7 months 30% >10 months
	Attendance (8 core sessions)	60% of completers reduce T2DM risk (.2% A1c reduction, 5% weight loss, 4% + 150 minutes PA average)	
	Retention through 9 months (Core maintenance activity after 9 months)		

What can coaches focus on?

- **Enrollment/Attendance**

- Aim for 35%+ blood-based screening
- Getting participants to attend 8 Core sessions
- Holding make-up sessions to ensure 8 Core session attendance
- Aiming for 50% retention at 4 months

- **Retention**

- Strengthening connection to the program so that participants will continue to monthly sessions
- Aiming for 40% retention at 7 months
- Getting participants to attend at least 1 Core Maintenance session after 9 months in the program—also may require make-up sessions to prevent attrition
- Aiming for 30% retention at 10 months

- **Diabetes risk reduction metrics**

- Collect baseline A1c for all participants
- Collect baseline weight and height (BMI)
- Measure/collect weight weekly
- Collect minutes of physical activity weekly (after Module 3)
- Collect a final A1c in months 10-12

Rules of Threes

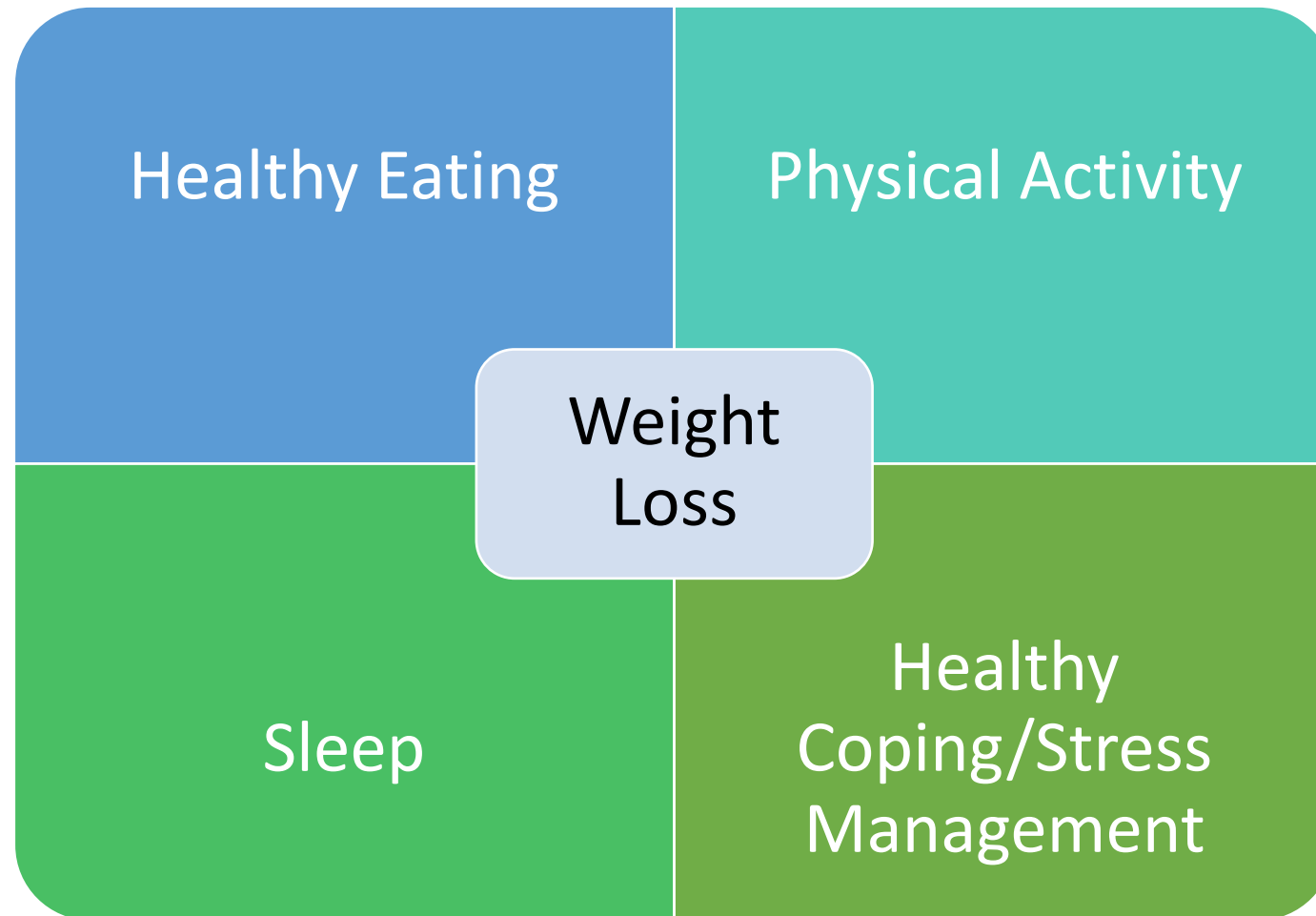


Created by Alice Design
from Noun Project



Created by Daniel Levine
from Noun Project

Pillars of weight loss





Final questions?

THANK YOU!



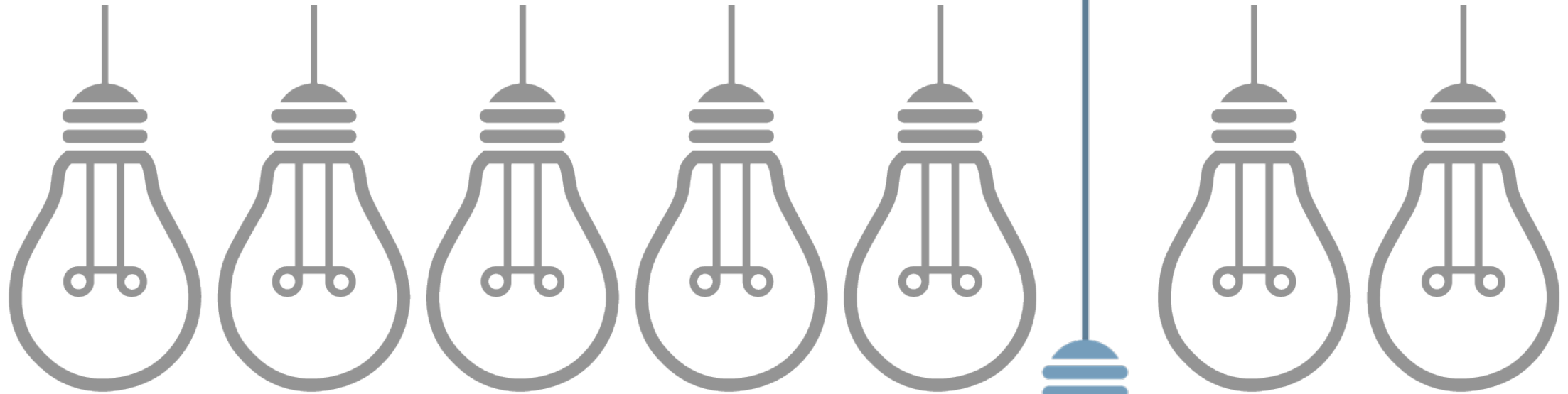
Contact us!
We're here to help!

Nathan Roden
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**Associate Director of
Diabetes Education and
Prevention Programs**

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Questions?





Diabetes Prevention and Management Program
Data Entry Training for Lifestyle Coaches



KEY ELEMENTS OF THE CDC DPRP REPORT

Demographic Data

- Demographic Data
- Enrollment Motivation
- Enrollment Source
- Payer Source

Prediabetes Determination

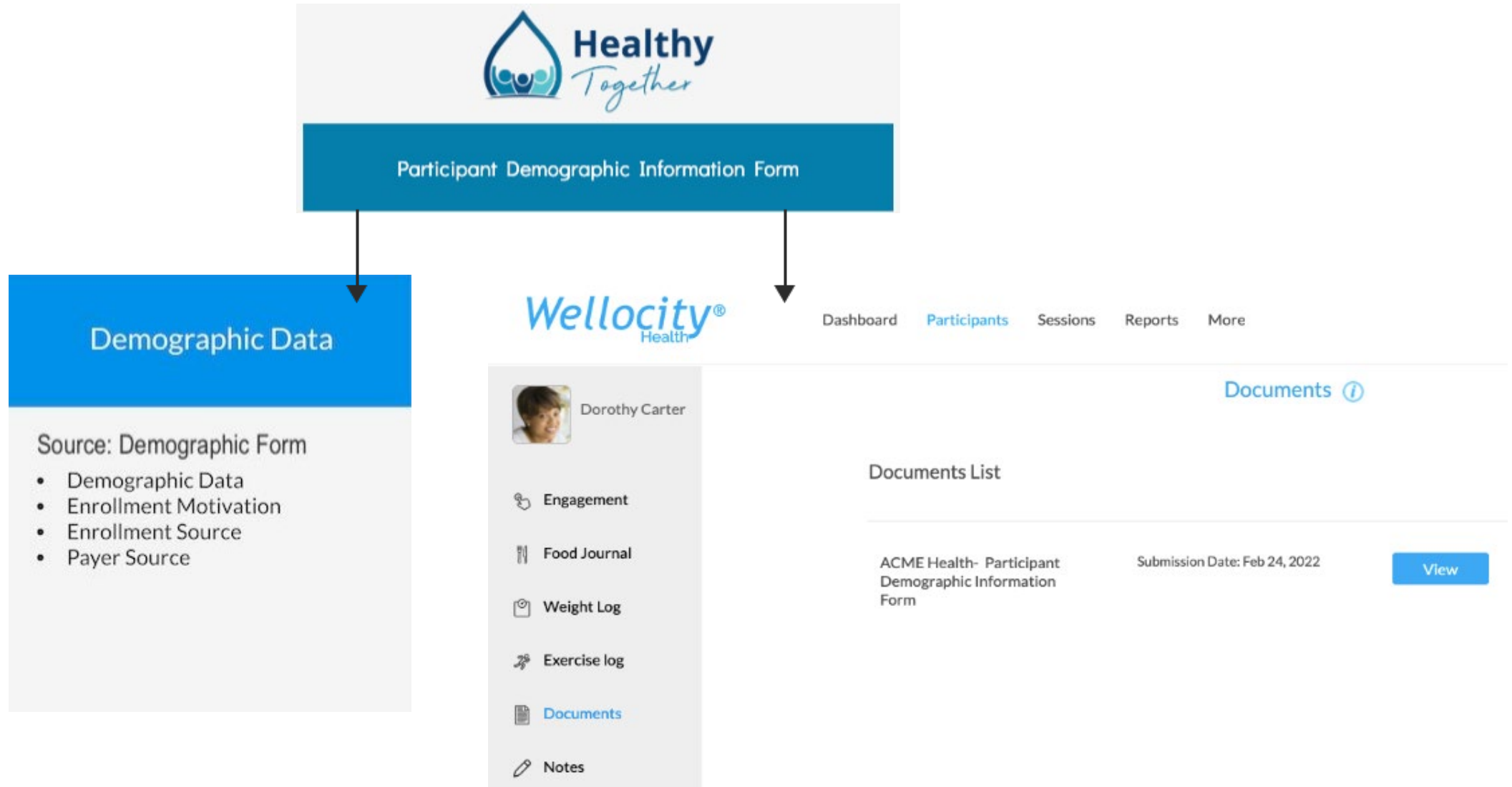
- A1C or glucose test
- History of GDM
- Risk test

Cohort & Session Data

- ORGCODE
- Cohort ID
- Coach ID
- Participant ID
- Session Type
- Delivery Mode
- Session Date
- Weight
- Physical Activity Minutes



KEY ELEMENTS OF THE CDC DPRP REPORT





KEY ELEMENTS OF THE CDC DPRP REPORT

Prediabetes Determination

Source: Participant List

- A1C or glucose test
- History of GDM
- Risk test



Dashboard **Participants** Sessions Reports More

Help icon | Profile icon | Suzanne L. ▾

Acme Health 2022 ⓘ

1 participant

Select Cohort

Acme Health 2022 ▾

Photo	Name	Email	Phone Number	Participant ID	Join Date	Status	PDD	Timeline	Last Login
	Sharon Wells	sharon.wells@wellocity.us	408-543-2586 Edit	1103787 Edit	Mar 5, 2022	Active Drop Out	<div style="border: 1px solid #ccc; padding: 5px; width: fit-content;"><input checked="" type="checkbox"/> Select <input checked="" type="checkbox"/> A1C or glucose test <input type="checkbox"/> History of GDM <input type="checkbox"/> Risk test</div>	Timeline	

Showing 1 to 1 of 1 entries



ENTER WEIGHT AND EXERCISE DATA

Selected the [Invited](#) link for a session to see its participants' data

Session Type	Participants	Delivery Mode	Date	Time	Module Name	PDFs	Action
Core	Invited Missed	Distance Learning	01/11/2022	12:00pm	Introduction to the Program	For Coach For Participant	Cancel



Dashboard Participants **Sessions** Reports More



[< Manage Sessions](#)

Invited Participants

Save

Session Detail

Session Date: 01/11/2022 12:00PM
 Module Name: Introduction to the Program
 Cohort Name: Acme Health 2022
 Last Modified Date: April 17, 2022 10:55 PM

Name	Email	Weight (lbs)	Activity Minutes	Attended
Dorothy Carter	dorothy.2022@wellocity.us	<input type="text" value="999"/> User's Entry: 999	<input type="text" value="0"/> User's Entry: 0	<input checked="" type="checkbox"/>

Cohort & Session Data

Source: Wellocity Platform

- ORGCODE
- Cohort ID
- Coach ID
- Participant ID
- Session Type
- Delivery Mode
- Session Date
- Weight
- Physical Activity Minutes



VIEW EXTENDED DPRP REPORT



DPRP Report ⓘ

Select Cohort

Acme Health 2022 ▾

Export

Show Compact View

ORGCODE	NAME ▲	PARTICIP	COHORTID	COACHID	ENROLLMOT	ENROLLHC	PAYERSOURCE	STATE	GLUCTEST	A1C	GDM	RISKTEST	AGE	ETHNIC	AIM
1040837	James Norton	1103320	108066	0	2	1	1	GA	2	999	2	1	65	2	2
1040837	James Norton	1103320	108066	0	2	1	1	GA	2	999	2	1	65	2	2
1040837	James Norton	1103320	108066	0	2	1	1	GA	2	999	2	1	65	2	2
1040837	James Norton	1103320	108066	0	2	1	1	GA	2	999	2	1	65	2	2

NOTE: Please don't export the report if your computer doesn't have the safeguards to protect PHI.



VIEW COMPACT DPRP REPORT



DPRP Report

Select Cohort

Acme Health 2022

Export

If a participant's Weight for a session is 999 or Activity Minutes are 0, the coach can override the values as shown in slide 5.

Show Extended View

NAME	EDU	DMODE	SESSTYPE	DATE	WEIGHT	PA
James Norton	3	2	C	07/19/2021	999	0
James Norton	3	2	MU-C	08/09/2021	182	0
James Norton	3	2	C	08/10/2021	999	241
James Norton	3	2	MU-C	08/11/2021	183	254

NOTE: Please don't export the report if your computer doesn't have the safeguards to protect PHI.



VIEW PARTICIPANT'S WEIGHT DATA

Wellocity Health

Dashboard Participants Sessions Reports More

Wellocity S. v

Sharon Wells

- Engagement
- Food Journal
- Weight Log**
- Exercise log
- Documents
- Notes

Weight ?

< Today, March 05, 2022 📅 >

Last Weigh-In 165.3 lbs (03-05-2022)	Time Left 56 Weeks	Current Goal 155.4 lbs
--	------------------------------	----------------------------------

Progress

Start Weight 165.3 lbs	Total Lost 0 lbs	Left to Lose 9.9 lbs
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Trends

Weight Report Timeline:

Weight Chart

Weight Log

Date	Weight lbs
Mar 05 2022	165.3



VIEW PARTICIPANT'S EXERCISE DATA

Wellocity[®] Health

Dashboard **Participants** Sessions Reports More

Wellocity S. v

Sharon Wells

- Engagement
- Food Journal
- Weight Log
- Exercise log**
- Documents
- Notes

Exercise ⓘ

< Today, March 05, 2022 >

Total Activity Minutes	Daily Goal
15 mins	30 mins
Steps Taken	Daily Goal
1765	3500 Steps

Trends

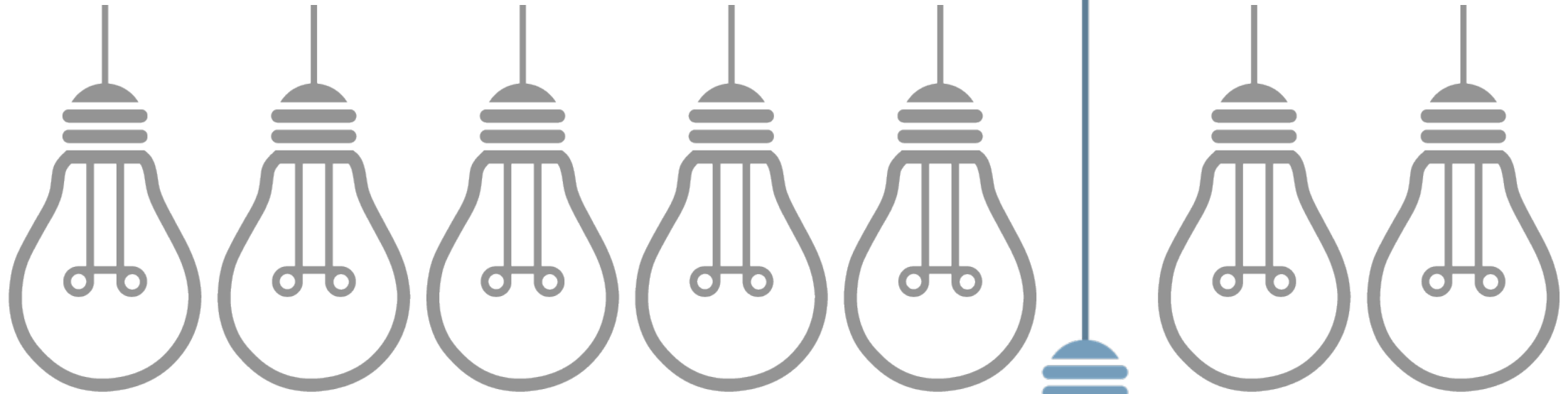
Exercise Report Timeline: 3 Months

Duration Chart

Exercise Log

Walking

Date	Calories Burnt	Duration Minutes
Mar 05 2022	56	15



Questions?





Extra Evaluation Question Today!

To what extent has anyone in your organization implemented any strategies from Healthy Together?

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Next Project Meeting:

May 18th, 2022
1 -2 pm ET



HRSA Funding Acknowledgment

This project was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$6,625,000 with 0 percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit [HRSA.gov](https://www.hrsa.gov).