



Healthy Together

Transforming Diabetes Prevention & Control

July 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.





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:

- **Updates:**
 - ✓ New Hub SOW
 - ✓ HRSA Reporting
 - ✓ Care Kit Tool Tracking Sheet
 - ✓ Wellocity A1C Collection
 - ✓ Monthly Sessions Begin in August
- **Peer-to-Peer Discussion**



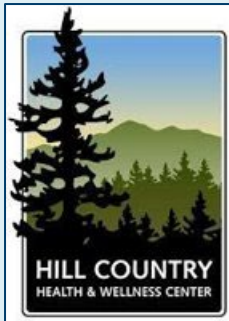
Update for the Healthy Together Hubs!



- Hubs received a new draft Scope of Work (SOW) to review for the current project year, July 2022-June 2023
- Includes continued funding!
- Please respond to cmodica@nachc.org and clindholm@nachc.org with your questions and/or proposed edits by **Monday, July 25th**.

HRSA Reporting

Please confirm the number of patients with diabetes and at-risk for diabetes that **started** the *Healthy Together* program at your health center:



Patients with Diabetes: 6

Patients at-risk: 8



Patients with Diabetes: 2

Patients at-risk: 2



Patients with Diabetes: 2

Patients at-risk: 2



Patients with Diabetes: 2

Patients at-risk: 0



Patients with Diabetes: 8

Patients at-risk: 9



Patients with Diabetes: 6

Patients at-risk: 6

Care Kit Tool Tracking Sheet



The Tracking Sheet has been revised so it is easier to keep track of:

- # of patients who started the program
- # currently in the program
- # dropped out of the program
- the tools distributed and returned throughout the program

Next Tracking Sheet is due this Friday! Copies can be emailed to clindholm@nachc.org and your Hub.

Health Center Name:						
Name of Lifestyle Coach Tracking Tools:						
			# Started the Program	# Currently in the Program	# Dropped Out	
Total # Healthy Together Participants:						<- Only enter numbers in these sections, do not include any notes
Total # Healthy Together Participants with Diabetes:						<- Only enter numbers in these sections, do not include any notes
Total # Healthy Together Participants At-Risk for Diabetes:						<- Only enter numbers in these sections, do not include any notes
Care Kit Tool	# Received	# Distributed to Participants	# Returned from Participants who Dropped out	# Provided to Patients NOT Part of Healthy Together	# Remaining	Justification for Providing Tool to a Patient with Diabetes NOT Part of Healthy Together
Participant Binder					0	
Scale					0	
Measuring Tape					0	
Pill Organizer					0	
MyPlate					0	
Tote Bag					0	
Bento Box					0	
Water Bottle					0	
Pulse Oximeter					0	
Blood Pressure Monitor					0	
Glucometer Kit*					0	
Test Strips*					0	
Lancet*					0	

*Tools to be distributed ONLY to patients with Diabetes

Wellocity A1C Collection



Coming Soon:

NACHC is working with Wellocity to build functionality in the platform to track participant A1Cs throughout the course of the program.

Draft - Participant A1c Collection Form

When to use this form?

You can use this form to update the A1c for participants in your cohort.

How to use this form?

Follow these steps to update the A1c for participants:

1. Enter your name in the Coach Name field
2. Select your Hub for the dropdown
3. Select your Health Center from the dropdown
4. Select the participant from the Participant Name dropdown
5. Enter the A1c %
6. Click the "+" sign to update A1c for more participants

Coach Name *

Hub *

Health Center *

Enter Participants' A1c *

Participant Name

A1c%

Submit

Monthly Sessions Begin in August!



- In August, we are transitioning from the **Core** curriculum sessions to the **Core Maintenance** curriculum sessions
- Curriculum sessions will occur once per month instead of once per week
- Begin to prepare your participants for this transition
- ADCES recordings will be made available in advance of the first week of each month, to allow Coaches time to prepare for sessions

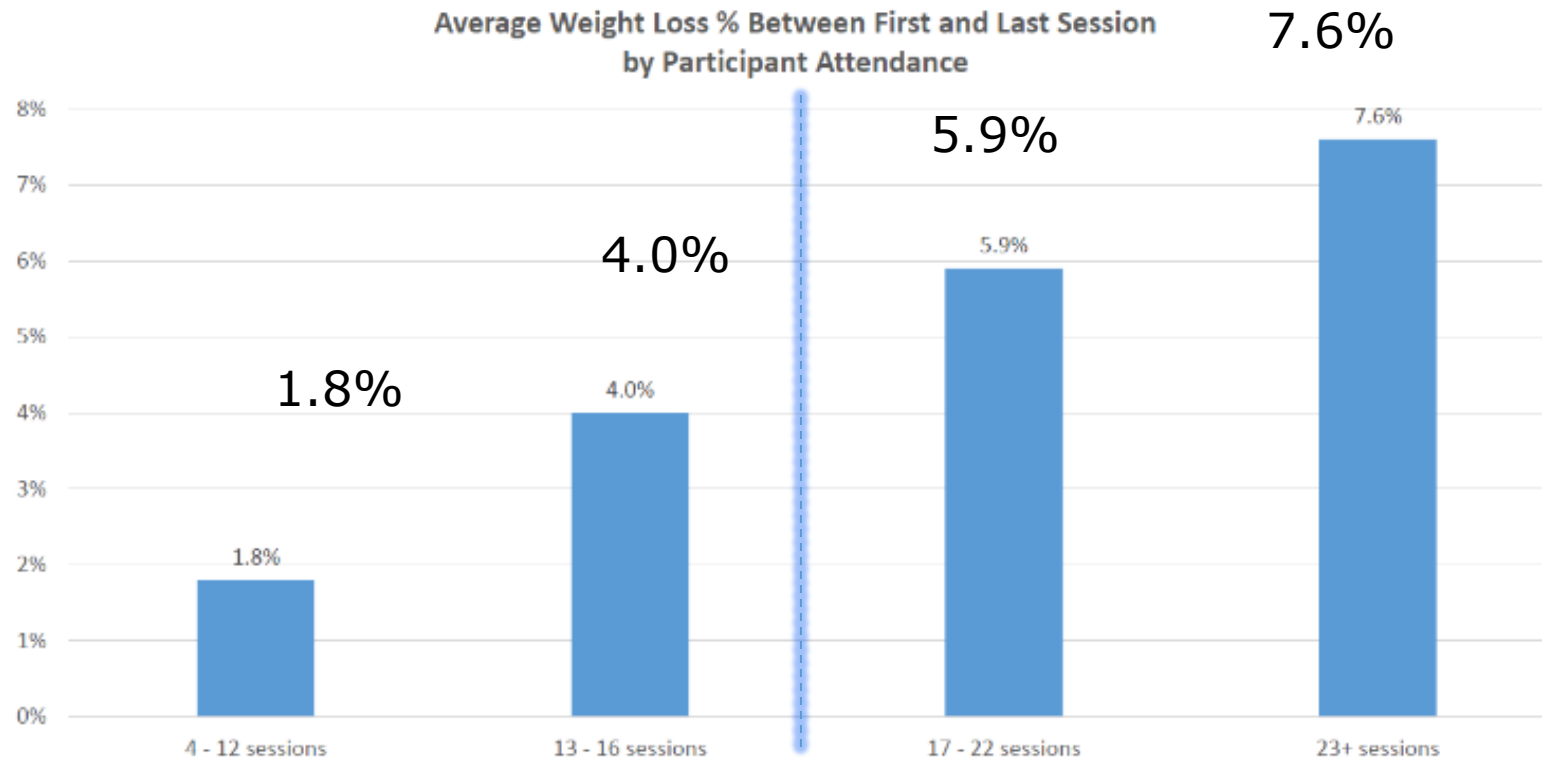
Intensity and Duration: Core and Core Maintenance

Core (Months 1-6; 16 sessions) <i>sometimes called Phase 1</i>		Core Maintenance (Months 6-12, 10 sessions) <i>sometimes called Phase 2</i>
Skill building, self-monitoring, and physical activity	Psychosocial aspects of lifestyle change	Maintaining lifestyle changes
<ul style="list-style-type: none"> • Introduction • Get Active to PreventT2 • Track Your Activity • Eat Well to PreventT2 • Track Your Food • Get More Active • Burn More Calories Than You Take In • Shop and Cook to PreventT2 	<ul style="list-style-type: none"> • Manage Stress • Find Time for Fitness • Cope with Triggers • Keep Your Heart Healthy • Take Charge of Your Thoughts • Get Support • Eat Well Away From Home • Stay Motivated to PreventT2 	<ul style="list-style-type: none"> • When Weight Loss Stalls • Take a Fitness Break • Stay Active to PreventT2 • Stay Active Away From Home • More About T2 • More About Carbs • Have Healthy Food You Enjoy • Get Enough Sleep • Get Back on Track • PreventT2—for Life!

Core Maintenance matters!

Intervention Intensity and Weight Loss Achieved

Participants who attended the most sessions lost more weight (on average) than those who attended fewer sessions.



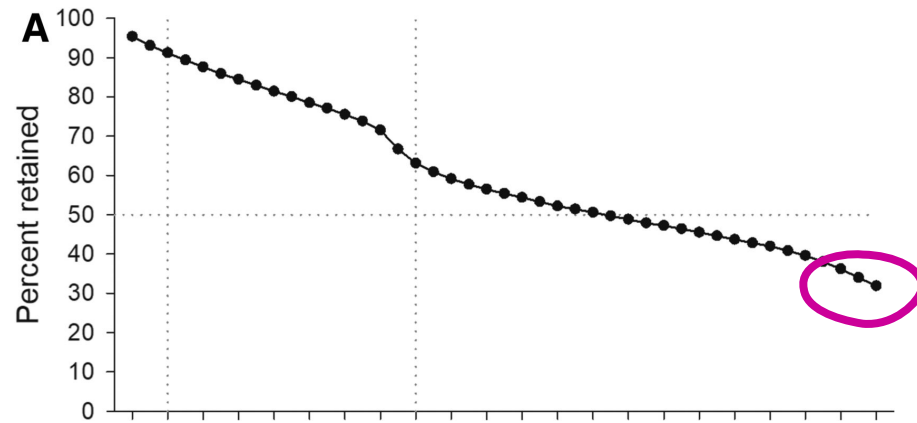
DPPR Data Set as of January 2018

Core sessions

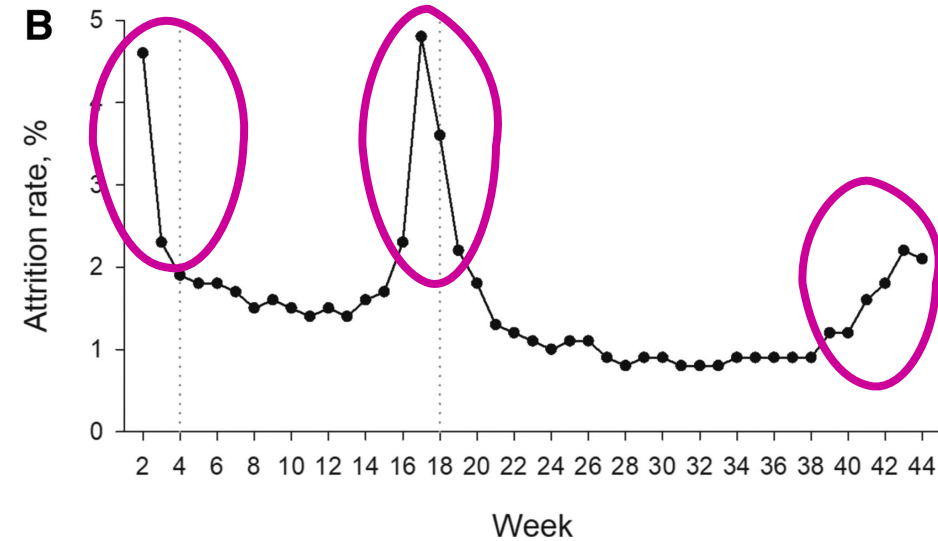
Core maintenance sessions

Setting goals

Overall retention



Overall attrition



<https://diabetesjournals.org/care/article/43/9/2042/35791/Retention-Among-Participants-in-the-National>

Peer to Peer Discussion



Participant
Engagement

ADCES
Recordings

Data
Collection

Goals &
Outcomes

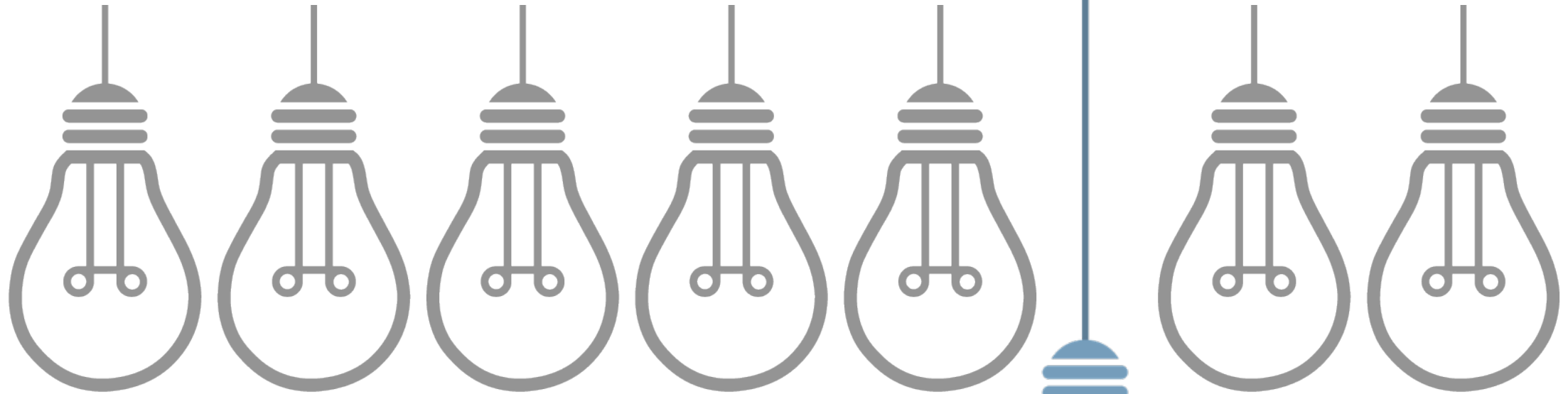
Zoom
Sessions

Wellocity

In-Person
Sessions

Curriculum
Content

Care Kit
Tools



Questions?



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Next Project Meeting:

August 17th, 2022
1 -2 pm ET



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