CNDPP Location & Services

- Funded 2004 by IHS SDPI
- 14-county Tribal Jurisdiction Service Area in NE OK
- 6,950 area miles
- Includes 8 CN clinics, 1 CN employee clinic, 1 CN hospital, & 1 I.H.S. hospital
- 131,000 patient population
Staffing

- 5 DPP Staff
  - 1 Coordinator
    - Lifestyle Coach
    - Lead Teacher
    - Data Coordinator
  - 2 Physical Activity Specialists
    - Lifestyle Coaches
    - Lead Teachers
  - 1 Data Tech
  - 1 Admin Asst
    - Part-time

All staff may be required to participate in all facets of program activities.
How to implement?

• Gain stakeholder support
• Recruitment patients/participants
• Implement program activities
• Be an effective coach and team
• Collect Data & Evaluate
• Use successful strategies
GAINING STAKEHOLDER SUPPORT
Planning, Planning, & More Planning

• Create an advisory board
• Gain support from elected officials & clinic directors/staff
• Schedule frequent meetings
• Communicate frequently
• Host community activities
• Be visible
RECRUITMENT METHODS
Steps for Recruitment

• Develop eligibility guidelines
• Identify & recruit eligible community members/patients
• Conduct Lab Screenings if needed
• Contact eligible participants to recruit for DPP curriculum class
  – Letters, emails, etc.
Methods of Recruitment for Lab Screenings

- Community Screenings
  - Finger stick
  - Paper Risk Test (most effective)
- Referrals
- Community Events, Advertisements, & Word of Mouth
Referrals

• Request referrals from dietitians or other staff
• Develop & add patients to Master Registry
Successful Referral Activities

• Provider Challenge for Referrals
• Gaining support early
• Seek provider input
• Keep clinical staff in the loop
<table>
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<th>Year 1-6 FY05-FY 11)</th>
<th># Target Areas</th>
<th># Comm ScrngPts</th>
<th># Lab Eligible</th>
<th>#Attended Lab Scrn</th>
<th># DPP Eligible</th>
<th># Recruited</th>
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<td>(FY 12)</td>
<td>5</td>
<td>1,989</td>
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<td>(FY 13)</td>
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*Due to Referrals, Community Activities not as effective*
Recruitment Totals

![Bar chart showing recruitment totals from FY05 to FY13.]

- FY05: 51
- FY07: 21
- FY07: 23
- FY09: 40
- FY09: 41
- FY09: 36
- FY11: 51
- FY11: 49
- FY11: 48
- FY13: 79

Legend: # Recruited
PROGRAM activities
DPP Classes

• Utilize DPP curriculum
• One class/week, 16 weeks, at pts convenience
• Make participants accountable
• Use Tribal examples & modifications to DPP curriculum
• Use group facilitation techniques (try not to teach/preach)
BEING AN EFFECTIVE COACH & TEAM
Coaching

• Establish a coach/participant relationship
• Earn trust
• Never criticize, always stay positive
• Be available & help solve (resist your exquisiteness 😊)
• Meet individually & regularly
• Provide support, mainly by listening
Establish a Team

• Work together as a team, not as a boss/employee
• Develop, implement, problem solve together
• Give praise, never criticize
• Support each other
• Reduce staff turnover
COLLECT DATA & EVALUATE
Data Collection

• Decide what data you want to collect
  – What will be most effective in reporting & future funding?
  – What do you want the end result to be?

• Establish how data will be collected
  – Forms needed
  – Staff needed
SUCCESSFUL STRATEGIES
Successful Strategies

• Utilize a timeline
• Plan, then plan some more
• Communicate with team
• Develop a system
• Develop effective logs, forms, etc.
• Establish great relationships with pts
Successful Strategies

- Piggyback community events that your health program is implementing for exposure
- Be visible – utilize media
- Be an example
  - Represent your work and the goals of DPP
  - Be positive
  - Live healthy
Cherokee Nation Diabetes Prevention Program

tonya-wapskineh@cherokee.org

Wa-do!