FOND DU LAC HUMAN SERVICES DIVISION
Diabetes Prevention Program

2006 - 2017
SDPI-DPP
- 16 Week program
- 217 Participants
- 115 continued in aftercare through 2017
- 4.4% Average weight loss
- Success based on trust & relationship developed between participant/coach

2016 - 2017
Started NDPP CDC DPRP
- Attended conference outlining NDPP and CDC Recognition
- CDC DPRP
  - Completed organizational capacity assessment
  - Gained support from Reservation Business Committee
  - Started first NDPP classes using CDC approved curriculum

Resources/Support
- Funding from SDPI (Special Diabetes Program for Indians)
- Other activities
- CDC DPRP/CDC website
- State: MN Dept. Health (MDH)
- Interactive website
- Local Grant: MDH/SHIP/CDC
  - Collaboration and support among counties
  - Lifestyle coach training
  - Motivational Interviewing training
  - Recruitment support

2017 - 2018
Challenges and Lessons Learned: NDPP CDC DPRP
- Challenge: 5% Weight Loss
  - History with 4.4% loss in SDPI DPP
  - Completed four (4) cohorts
  - 5.5% average weight loss
- Challenge: Recruitment
  - Recruit past participants
  - Introduce time commitment early and often
- Challenge: Retention
  - Keep participants engaged
    - Incorporate MI/Health Coach approach
    - Immediate make-up sessions > use this time to individualize program
    - No judgment > life happens
    - Make-up: gather weight and physical activity minutes for data purposes
- Challenge: Data
  - One person to oversee all of it
  - Intake form

2019 and beyond...
Keys to Success: NDPP CDC DPRP
- Consistency
- Same DPP team members since 2006
- Same Message since 2006 - "We can prevent/delay diabetes."
- Creating awareness in the community
- Support from
  - Tribal
  - SDPI Grant Funds
  - Clinic + referral system
  - Community

2019 and Beyond
- Started cohort 7
- February 2019 Data Submission
- Continued with Full Recognition
- Consider billing in the future > MDPP

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~ A Healthy Life ~