



FOR IMMEDIATE RELEASE

American College of Preventive Medicine Awarded Funds from the CDC to Work with ICHWC to Develop a National Diabetes Prevention Program Group Coaching Certificate

January 22, 2019 (Washington, D.C.) – With funding from the Centers for Disease Control and Prevention (CDC), the American College of Preventive Medicine (ACPM) is partnering with the International Consortium for Health & Wellness Coaching (ICHWC), a nonprofit controlled affiliate of the National Board of Medical Examiners (NBME), to develop group coaching competencies, a training program and a certificate examination that supports wide dissemination of the National Diabetes Prevention Program (National DPP) lifestyle change program.

NBME representatives will also participate and lend their expertise in producing high quality certification examinations. This collaboration marks the beginning of a multi-year concerted effort to improve the skills and outcomes of National DPP lifestyle coaches.

The CDC-led National DPP is a scientifically proven program to help prevent or delay type 2 diabetes among at-risk adults. The lifestyle change program is a critical component that helps participants develop lasting healthy lifestyle changes.

“The CDC funding allows ICHWC to combine our passion and leadership in developing a coaching workforce skilled in helping people engage in healthy lifestyles to prevent type 2 diabetes and other chronic diseases, at scale,” lauded Margaret Moore, co-founder and board member of ICHWC.

1 in 3 American adults are living with prediabetes and 90% of them don't know they have it. Prediabetes is a condition in which blood sugar is higher than normal but not high enough yet to be diagnosed as diabetes. In response, CDC developed the evidence-based National DPP lifestyle change program, now a covered benefit of Medicare and many private insurers. The [National DPP](#) lifestyle change program is a year-long lifestyle coaching program for people with prediabetes designed to improve eating habits, increase physical activity, and lose 5 percent or more of body weight. This program is founded on the science of the [Diabetes Prevention Program research study](#), and subsequent translation studies, which showed that making realistic behavior changes helped people with prediabetes lose 5% to 7% of their body weight and reduce their risk of developing type 2 diabetes by 58% (71% for people over 60 years old).

“In order to elevate NDPP lifestyle coaching skills nationwide, the collaboration has gathered together the top master coaches in group coaching, including National DPP coach trainers and coaches, and National Board Certified Health and Wellness Coaches” shared ICHWC board member and subject matter expert Tim Cline who is developing the group coaching curriculum with National DPP master trainer Greg Hottinger.

ACPM collaborates with CDC on several capacity-building projects to support healthcare providers in helping their patients live healthier lifestyles.

“Group coaching skills are in high demand by healthcare providers interested in delivering group medical visits and/or referring their patients with prediabetes to the National DPP lifestyle change program offered by coaches who are credentialed and have acquired advanced skills training. We are excited to support the creation of the program and wide dissemination of these valuable skills in clinical and community settings to stem the epidemic of type 2 diabetes and other chronic diseases related to unhealthy lifestyles,” exclaimed Danielle Pere, Vice President of Programs and Education at ACPM.

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About the International Consortium for Health & Wellness Coaching (ICHWC)

ICHWC and the National Board of Medical Examiners (NBME) launched national standards and national board certification of health and wellness coaches in 2017. There are currently 1,800 National Board Certified Health & Wellness Coaches (NBC-HWC), practicing across health care, employee wellness programs and in the private and public sector.

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About the American College of Preventive Medicine (ACPM)

The American College of Preventive Medicine is a medical society for physicians with expertise in both clinical care and population health. The College is a national leader in increasing physician awareness of prediabetes and improving their capacity to screen and refer their patients to a National DPP lifestyle change program. ACPM offers the [Lifestyle Medicine Core Competencies Program](#), a comprehensive, evidence-based curriculum for providers with an interest in offering lifestyle medicine as frontline therapy to reverse, treat and prevent lifestyle-related chronic conditions and hosts a premier [prediabetes resource center](#).

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