

# **Innovative Approaches to offering the National DPP in a Variety of Settings in Florida**


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**A 1705 NADD Success Story**



**NATIONAL ASSOCIATION OF  
CHRONIC DISEASE DIRECTORS**

Promoting Health. Preventing Disease.




**SUMMARY:** NACDD is one of 10 organizations awarded a five-year cooperative agreement from CDC (DP17-1705) to scale the National Diabetes Prevention Program (National DPP) in underserved areas. NACDD supported the Florida Department of Health (FDOH) Diabetes Program to increase the number of CDC-recognized organizations offering the National DPP lifestyle change program in rural counties adapted to be inclusive of persons with disabilities. NACDD accomplished this goal by partnering with Lakeshore Foundation and five county health departments in North Florida in areas with populations at high risk for type 2 diabetes where no diabetes prevention program lifestyle change programs previously existed.

**CHALLENGE:** There are several counties with high prediabetes and diabetes prevalence in Florida; however, there were no National DPP lifestyle change programs in the areas NACDD targeted. In addition, there were no closely located National DPP lifestyle change programs that offered services to persons with disabilities or that offered other culturally relevant services sensitive to the needs of persons with ambulatory or sensory disabilities. As a result, enrollment rates for persons with disabilities in the targeted areas were low.

**SOLUTION:** The FDOH partnered with Lakeshore Foundation and county health departments in north Florida that serve populations with high prediabetes and diabetes prevalence: Baker, Gadsden, Putnam, Union and Washington counties as well as Bay County Health Department. To expand the capacity of these county health departments to meet the needs of the targeted populations, NACDD funded a Master Lifestyle Coach from Bay County Health Department to train Certified Lifestyle Change Coaches to implement the “Prevent T2 for All” curriculum. The Lakeshore Foundation developed this curriculum that is inclusive of persons with disabilities, and these trainings help ensure lifestyle change coaches are prepared to meet the diverse needs of clients with ambulatory and sensory disabilities.

**“In conjunction with the Bay county health department, NACDD has trained 16 staff members as lifestyle change coaches who reside in the communities targeted to represent the diverse populations served.”**

**RESULTS:** The FDOH developed internal agreements with five county health departments serving populations in rural counties with high prediabetes and diabetes prevalence to become CDC-recognized organizations and to increase access to National DPP lifestyle change programs. Each county health department is in a county that did not have a National DPP lifestyle change program. All of the county health departments submitted applications to become CDC-recognized organizations and have received “pending” recognition status by the CDC Diabetes Prevention Recognition Program. In addition, these CDC-recognized organizations, in conjunction with the Bay county health department have trained 16 staff members as lifestyle change coaches who reside in the communities targeted to represent the diverse populations served. Populations served include the inmate population at the Baker County Sheriff’s Office where classes were offered in English and Spanish. Classes also were conducted at the local library and hospital in Washington county. View a personal success story: [https://youtu.be/g\\_gsBu9Ywv0](https://youtu.be/g_gsBu9Ywv0).



**SUSTAINING SUCCESS:** The FDOH plans to partner with the National Recreation and Park Association to develop a National DPP lifestyle change program in Palm Beach County via the Palm Beach County Parks & Recreation Department. Palm Beach County has the only therapeutic recreational center in the Southeastern part of Florida serving the needs of persons with disabilities and a high diabetes prevalence. This will facilitate FDOH in achieving and maintaining its annual enrollment goal of 150 participants. NACDD currently is looking to partner with additional county health departments in the state with populations that have high prediabetes and diabetes prevalence and either only a few or no National DPP lifestyle change programs that cater specifically to the needs of persons with disabilities.