



# Appalachian Diabetes Consultation

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## PROMISING PRACTICES

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**Project Title:** Diabetes Prevention Program

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**Purpose/Description:** To prevent the development of DM in high risk patients.

### **Key Components:**

- Training of the devastation of DM in a life.
- Introduction of lifestyle changes that can alter that trajectory.
- One year follow through to demonstrate personal sustainability.

### **Performance Metrics:**

- Sustained physical activity
- Maintain weight loss
- Improve better dietary choices

### **Lessons Learned:**

- This model already has been proven to work and has CDC support for continued data collection.
- The Kentucky Employee Health Plan (all state workers) conducted their first DPP pilot in Ashland, Kentucky and determined its success spurred them to make DPP a covered service.