



# Appalachian Diabetes Consultation

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## PROMISING PRACTICES

**Project Title:** Scaling Up the National Diabetes Prevention Program (NDPP)

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**Purpose/Description:** Reduce the onset of type 2 diabetes in people with prediabetes through an evidence-based lifestyle change program that can reduce risk of developing diabetes by 50% in individuals who lose 5 -7% of their body weight.

### **Key Components:**

- Development of organizational infrastructure to deliver the program and of a network of providers collaborating regionally.
- Awareness about prediabetes as a condition that can be addressed by both primary care practitioners and people with prediabetes.
- A robust referral network (by self, employer or clinician) that continuously drives traffic of people with prediabetes to NDPP providers.
- Widespread reimbursement for delivery in both clinical and non-clinical settings at a rate that takes into account full cost of program delivery (i.e. outreach, classes, follow up)

### **Performance Metrics:**

- Class and follow up attendance
- Weight loss
- Reduction in A1c level

### **Lessons Learned:**

- Low population density, challenging weather part of the year and long travel times makes offering class and secure attendance difficult for face to face meetings. Online or phone version may help.
- Securing reimbursement or embedding program delivery in the existing scope of work of available staff in certain settings may help drive program offering and economic development.