



Michigan DPP Community of Practice Call

3/13/2025



Welcome!



Community of Practice (COP) Purpose

The COP is meant for lifestyle coaches, program coordinators, and others interested in the Diabetes Prevention Program (DPP) offerings in Michigan.

Monthly calls will begin with a presentation and then offer an open Q&A session. Barring unforeseen circumstances, at least one representative from the MDHHS-Diabetes & Kidney Unit will attend to help answer questions and/or work to get them answered after the meeting.



About the Community of Practice

- Optional.
- Direction guided by Planning Committee (open to all).
- Format:
 - Similar to national CDC DPRP Office Hours (3rd Th of the month at 2p).
<https://cdc.zoomgov.com/j/1610691757?pwd=L0VGS0dnTEZ3am5obndYdGNyTUfVUT09>
 - Starts with presentation and then opens for Q&A.
 - Informal.

An aerial photograph of a river flowing through a dense forest with vibrant autumn foliage in shades of orange, yellow, and red. The river features a small waterfall with white water cascading over a rocky ledge. The sky is not visible, focusing the view on the natural landscape.

Community of Practice Call Schedule

- Calls held monthly and alternate between:
 - 2nd Monday of the month at 3p.
 - 2nd Thursday of the month at 1p.
- Zoom or call-in.
- 50 minutes long.
- Presentation part of the call can be recorded but discussion will not be.
- Quarterly Medicare + Medicaid calls offer in-depth discussion specific to these topics; next call 12/5 @ 2p (email DavenportA1@Michigan.gov).

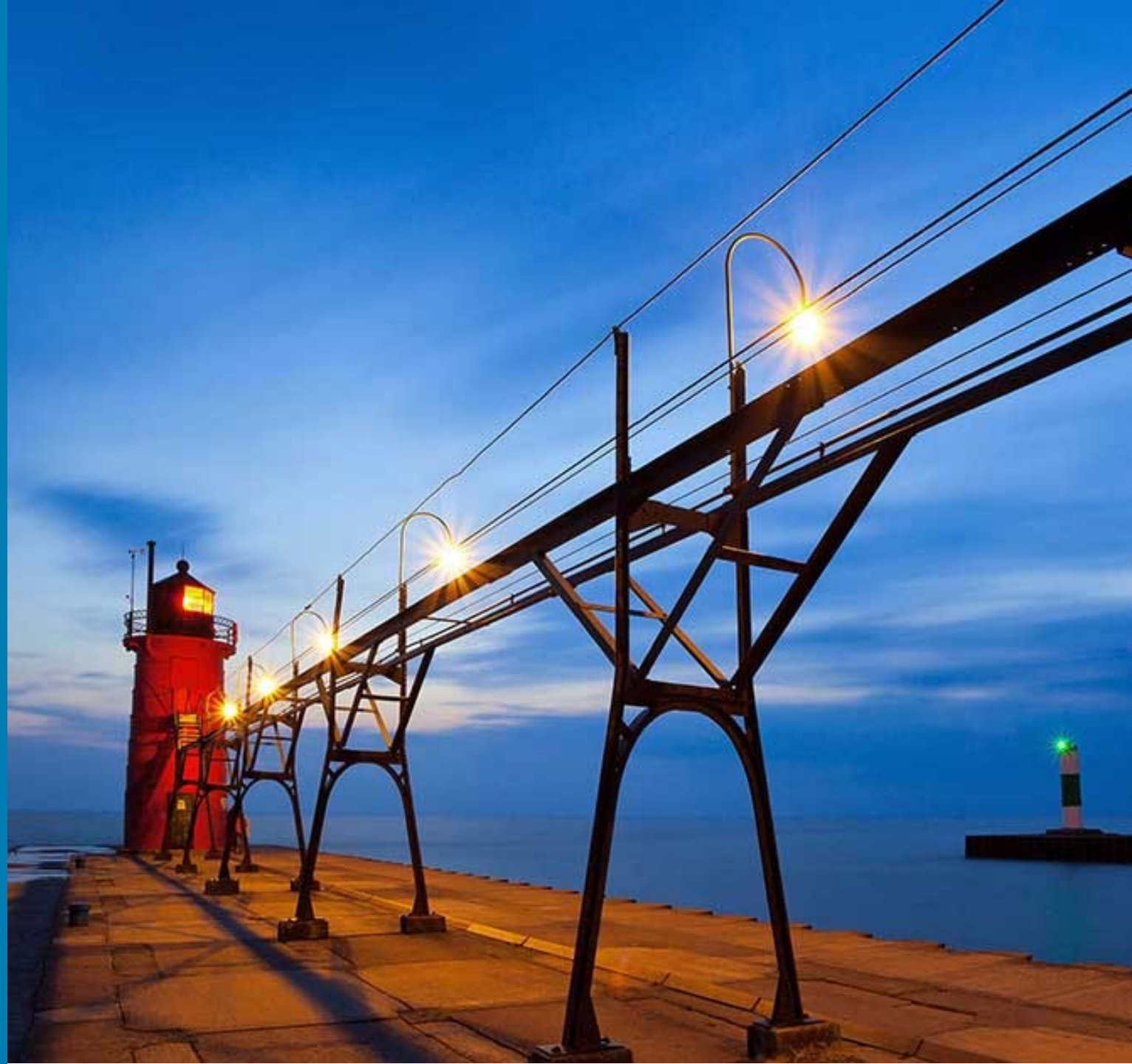
Contact Sheet



- After each call, Adrienne will circulate a contact sheet (if new participants join).
- If you wish to be added to the contact sheet or edit your information, email Adrienne (DavenportA1@Michigan.gov).
- You can use to call on each other without the State getting involved!

Icebreaker

What is a favorite spring activity?



An aerial photograph of a river flowing through a dense forest with vibrant autumn foliage in shades of orange, yellow, and red. The river features a small waterfall with white water cascading over a rocky ledge. The sky is not visible, and the overall scene is bright and scenic.

What We'll Cover

- Spring training updates
- QR code and link to register – 4/22 DPN meeting
- Open Q&A



Federal Updates

- General update
- SAMS back up –
Any luck logging in, entering data (if it's your time to enter)?

Upcoming
Trainings⁽¹⁾

Advanced Lifestyle Coach Training

- Release TBD – Likely by May
- On-Demand online
- 1 hour each – count towards CDC 2h/year requirement for continuing education
 - *Lifestyle Change and Weight Loss Medications: Friend, Foe, or Something Else?*
 - *Culture and Curriculum: Delivering DPP with Cultural Humility and Appropriate Adaptation*



Upcoming
Trainings⁽²⁾



Lifestyle Coach Certification Training

- 15 spaces open
- Virtual 2.5-day training
- Trains people as lifestyle coaches ready to lead DPP
- Timing TBD – Likely June
- If you know of a person in need of this training, email GustafsonT2@Michigan.gov or use QR code



Employer/
Business
Connections ⁽³⁾

- Any have relationships with chambers of commerce or employers who might be open to bigger DPP/wellness discussion?
- Any success with DPP in K-12 school systems? Colleges?

4/22 DPN Mtg ⁽¹⁾

- Registration open for 4/22 virtual DPN meeting from 1-2:30p.



- First time using Eventbrite – Please let us know if you have access issues.
- QR code or this link:
<https://www.eventbrite.com/e/michigan-diabetes-prevention-network-spring-meeting-tickets-1270619590399>

March = National
Kidney Month



- Resources:
<https://nkfm.org/kidneymonth/#resources>
- Facts about kidney disease:
<https://nkfm.org/kidneymonth/#facts>
 - Including:
 - 1 in 3 Americans is at risk for kidney disease
 - Type 2 diabetes is the leading cause of kidney failure
- Kidney disease risk quiz:
<https://www.kidney.org/kidney-quiz/>

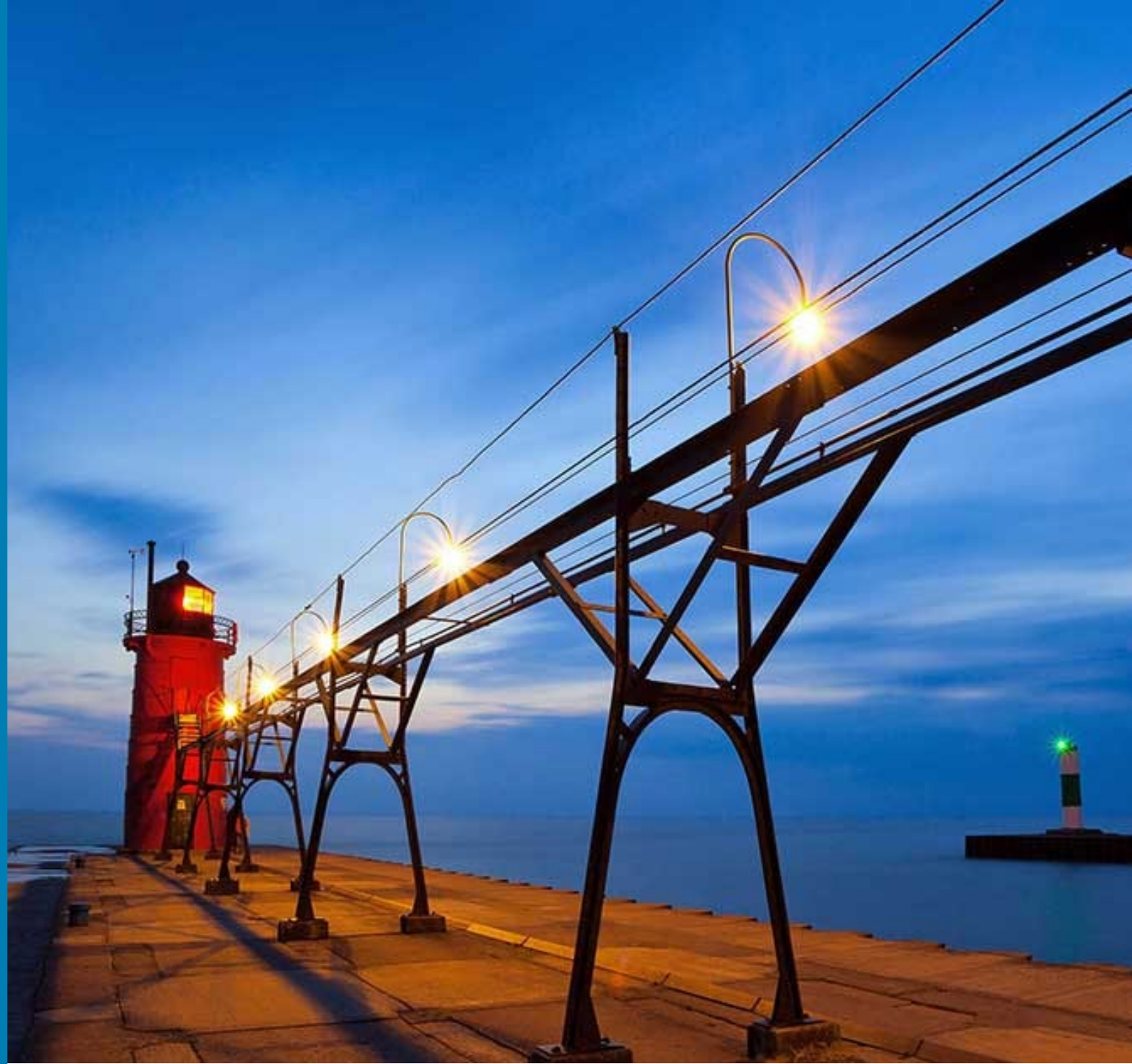
March = National
Nutrition Month



- Activities and Tip Sheets:
<https://www.eatright.org/national-nutrition-month/resources>
- Health tips from “20 Health Tips” sheet include:
 - Eat breakfast
 - Make half your plate fruits and vegetables
 - Watch portion sizes
 - Be active
 - Get to know food labels
 - More!



Open Q&A



Thank you!

www.Michigan.gov/Diabetes

GustafsonT2@Michigan.gov

DavenportA1@Michigan.gov

