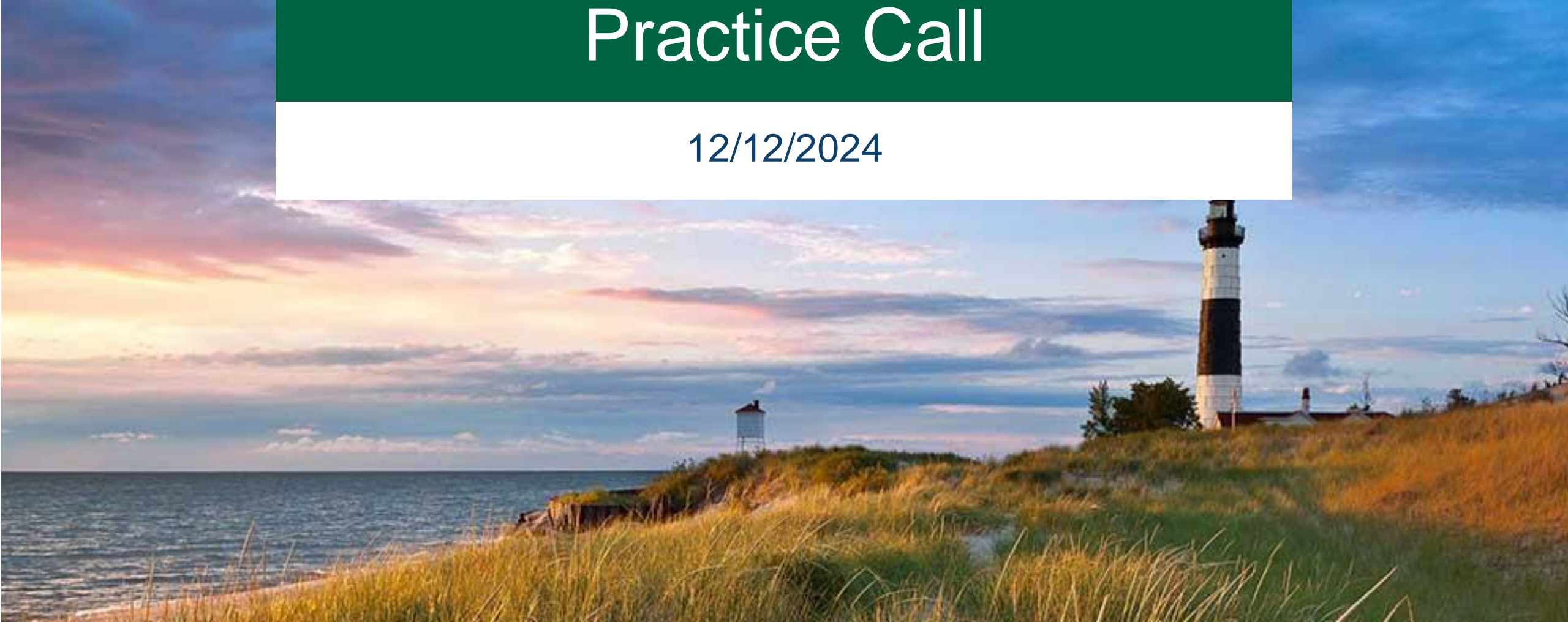




# Michigan DPP Community of Practice Call

12/12/2024



# 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 (3<sup>rd</sup> Th of the month at 2p).  
<https://cdc.zoomgov.com/j/1610691757?pwd=L0VGS0dnTEZ3am5obndYdGNyTUUFvUT09>
  - 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 a clear, bright blue.

## 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](mailto:DavenportA1@Michigan.gov)).

# Contact Sheet



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

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 scene is captured from a high angle, showing the surrounding forest and the path of the river.

## What We'll Cover

- Asking your opinion:
  - Statewide support starting July 2025
  - Most interesting training topics
  - And more!
  
- Open Q&A

Year 3 Planning  
Starting July 2025

## MDHHS Diabetes Prevention & Control Program

- We're sending initial plans to CDC in January for Year 3, which starts July 1, 2025.
- We're open to top requests for DPP-related support, resources, training, etc.
- Anything come to mind?







Survey Soon!

- In Q1 of 2025, MDHHS-Diabetes will be sending out a survey to gauge what you're most interested in for lifestyle coach training topics, tools, and communications campaigns.
- You get a sneak peek of some of the questions, and you get a chance today to make your voice heard!

## Fidelity

If fidelity is a top choice, please vote for which of these topics you're most interested in:

1. Using data to serve participants and improve outcomes.
2. Using and reporting on the new data fields from the 2024 DPRP Standards.
3. Keeping participants engaged in DPP all year.

## Supporting Behavior Change

If this is a top choice, please pick the top 3 topics that look most interesting to you:

1. Lifestyle Change and Weight Loss Medications: Friend, Foe, or Something Else?
2. Tools and strategies to support behavior change.
3. Empowering participants to build sustainable habits for lifestyle change.
4. Understanding, assessing readiness to change of potential participants.
5. Strategies for success with food tracking.
6. All Foods Can Fit: Understanding the Nutrition Approach of DPP.
7. Balancing the Scales: Inspiring a Healthy View of Weight in DPP.
8. Reducing Stress and Reducing Risk: Understanding the Role of Stress in Diabetes Prevention and How to Support Participants.

## Facilitation

If facilitation was as top interest, please pick the top 2 you'd like to see:

1. Building Skills with Reflections to Inspire and Insight Change.
2. Coaching with Cameras: Best Practices for Distance Learning.
3. Powerful Questions: The Lifestyle Coach's Superpower.
4. Facilitation Refresher (overall support).

## What Else?

- Are there other topics you can think of that we haven't touched on? What are they?

## Call for Nominations



- CDC is calling for DPP nominations for “evaluability assessments” and \$5,000 awards.
- Informational webinar tomorrow @ 1p
- Looking for DPPs who are working to improve enrollment, retention, feasibility, awareness, adoption, and/or sustainability of DPP or other lifestyle change interventions.
- Adrienne will forward detailed email after call.

# Open Q&A



# Thank you!

[www.Michigan.gov/Diabetes](http://www.Michigan.gov/Diabetes)

[GustafsonT2@Michigan.gov](mailto:GustafsonT2@Michigan.gov)

[DavenportA1@Michigan.gov](mailto:DavenportA1@Michigan.gov)

