



# CHOICE...HEALTH.

Diabetes Prevention Program

Are We There Yet?

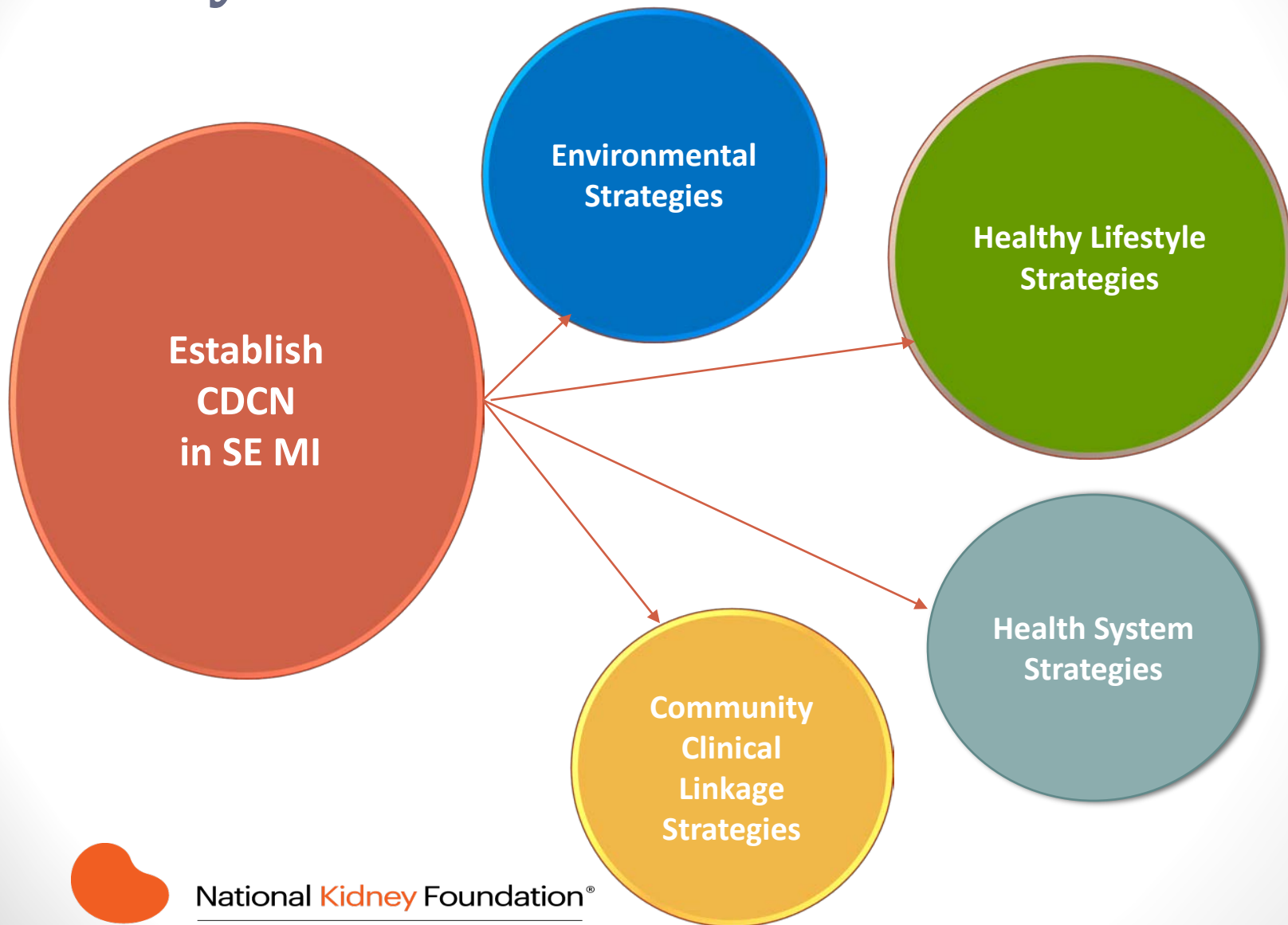
July 14, 2015



National **Kidney** Foundation®

of Michigan

# What are we discussing today?



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## Healthy Lifestyle Strategies

**1B.1:** Plan & execute data-driven actions through a network of partners and local organizations.

**1B.2:** Implement evidence-based engagement strategies.

**1B.3:** Increase coverage of evidence-based supports for lifestyle change by working with network partners.

### **1B.1.1**

Convene Oakland/Wayne County DPRPs and referral partners to build support for lifestyle change and coordinate activities in the region.

### **1B.1.4**

Hold 10 workshops with at least 120 participants in the target region.

### **1B.2.6**

Develop & implement a system to track source of participant referrals.

**Intended outcomes:** Creating a sustainable healthy lifestyle network.



# Convene DPRPs & Referral Partners



**September 21, 2015**, NKFM will be facilitating a meeting of regional Diabetes Prevention Network leaders.

- **Where:** Oakwood Hospital – Dearborn
- **Anything else:**
  - Two hour meeting
  - Features: **Jennifer Edsall** will be sharing lessons learned in developing a network  
**Lindsay West & Carla Schneider** will provide an overview of their DPP efforts at Oakwood.



# Where do we start?



## Strategically (1B.1),

- Current partners
- Previous partners
- New partnerships and opportunities

....in Oakland & Wayne counties

....Huh? 1B.1.4...???



Image courtesy of Bing.com -2015.



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# Who are our partners?

## Sample view of DPP Potential Partners log (1B.1.4):

Potential Partners	Primary Contact	Role	Phone	Address (county)	E-Mail	Date of Contact	NKFM Point Person	Notes	Move to workshop?

### To date:

- Connected with 36 potential partners and host sites
- These potential partners can be categorized into the following types of organizations:
  - Churches, Community Organizations, Employers, FQHCs, Hospitals, and Other.

Churches	Comm. Org.	ERS	FQHCs	Hospitals	Other
19%	25%	6%	14%	14%	22%



# We connected...now what?

## County: Oakland (n=6)

Workshop Location	Scheduled Start	Scheduled Info Session	Ready for Next Steps	In Discussions
All Saints				12

## County: Wayne (n=11)

Workshop Location	Scheduled Start	Scheduled Info Session	Ready for Next Steps	In Discussions
DMC – SG	9/15/2015			



# How did you hear about us?



**My CHOICE. My HEALTH.**  
Diabetes Prevention Program

**Location**  
DMC Sinai-Grace Hospital  
4001 W. Outer Drive  
Detroit, MI 48202  
First Floor Conference Room

**Date**  
Information session on  
Tuesday, September 10, 2013  
Weekly sessions start on  
Tuesday, September 22, 2013

**Time**  
1:00-2:00 p.m.

**Small steps can prevent diabetes**  
Becoming more active and losing a moderate amount of weight can help you change your family history. The My Choice... My Health Diabetes Prevention Program will help you take steps to prevent type 2 diabetes.

**Move those muscles**  
Control your portions  
Pile up your healthy weight  
Be part of a group  
Adopt a stress  
Stay motivated

**To register**  
Visit the National Kidney Foundation of Michigan at [www.nkf.org](http://www.nkf.org) or sign up online or call the NKF at 800-485-4653. Questions? Email [prevention@nkfmi.org](mailto:prevention@nkfmi.org).

**Cost**  
This class is supported by grant funding and is offered at no cost to qualified participants.

The program is for people who have not been diagnosed with diabetes.  
[www.nkf.org/foundation-of-michigan](http://www.nkf.org/foundation-of-michigan) [www.nkf.org](http://www.nkf.org)



**My CHOICE. My HEALTH.** National Kidney Foundation of Michigan

**Baseline Survey**

Please only provide one answer per question. (Please circle a number between 1 and 5)

1. Rate your level of knowledge about health weight loss.  
Not knowledgeable: 1 2 3 4 5 Very knowledgeable

2. I know at least ten ways to lower my risk of developing Type 2 diabetes.  
Strongly disagree: 1 2 3 4 5 Strongly agree

3. How confident are you about making lifestyle changes to eat healthier?  
Not confident: 1 2 3 4 5 Confident

4. How confident are you about making lifestyle changes to increase physical activity?  
Not confident: 1 2 3 4 5 Confident

5. Would you like to get a general physical health test?  
 Excellent  
 Very Good  
 Good  
 Fair  
 Poor

6. How did you hear about the program? Please check all that apply.  
 None  
 Friend/Family Member  
 Health Teller  
 Insurance Company (name): \_\_\_\_\_  
 Newspaper  
 Newsletter  
 Physician/Healthcare Provider (name): \_\_\_\_\_  
 School (name): \_\_\_\_\_  
 Website  
 Other: \_\_\_\_\_

\_\_\_\_\_ NKFMI



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1B.2.6



# Key Takeaways



- **Takeaway #1:** It's takes longer than you think!...really!
- **Takeaway #2:** Each community is different.
  - For workshops to succeed in certain populations (e.g., Medicaid) we need to be present.
- **Takeaway #3:** The pie is bigger than we think!
  - It's about more than one program with your potential DPP partner.
- **Takeaway #4:** Finding the host site is just the beginning.
  - To launch the workshop, you need to engage with potential participants.
  - To keep the workshop going, weekly contact, reviewing logs, tailoring activities to group is critical.

