

Introducing



The National DPP

- The National DPP is a partnership of **public and private organizations**. — CDC
- Federal agencies
- **State and local health departments**
- Community organizations
- Employers
- Public and private insurers
- Health care professionals
- University community education programs
- **Businesses that focus on wellness**



What the National DPP really is...

- Small group in-person, educational sessions once a week for 4 months and once a month for 8 months with a trained lifestyle coach.



Results

- A 10-year follow-up study, The Diabetes Prevention Program Outcomes Study, showed that participants were still one-third less likely to develop type 2 diabetes a decade later than individuals in placebo groups.
- Those who did develop type 2 diabetes delayed the onset of the disease by about 4 years.

Affordability

- The National DPP works to make it easier for people with prediabetes or at risk of type 2 diabetes to participate in an affordable, high-quality lifestyle change program. — CDC

VIDEO INSERT: <https://youtu.be/4A4gk7Vg9Lg>

Barriers...

- Transportation
- Shift Work
- Multiple Jobs
- Child Care
- Elder Care
- Pet Care

halt. health and lifestyle training



WorkWell HALT Presentation
November 6, 11am CST



HALT: Health and Lifestyle Training

A **software platform** – not a provider

A new model that **empowers** local organizations to offer the **National Diabetes Prevention Program** and other chronic disease prevention interventions



How HALT Got Its Wings

Developed by CAPPA Health, an early CDC-recognized organization



PROVENTION
—HEALTH—
FOUNDATION

CDC approved curriculum

Offered by ProVention Health Foundation to serve state health departments and partners



Why Does HALT Work?

Organizations

- Increases **program capacity** by adding an online option
- Reaches **local participants** who are not able to attend in-person sessions with **local** coaches
- Reduces **overhead costs** by offering community access to the platform at **no cost**

Coaches

- Unlimited Support
- No make up sessions in person!
- Reduced administrative burden
- Able to develop personal relationships with participants with 1:1 coaching

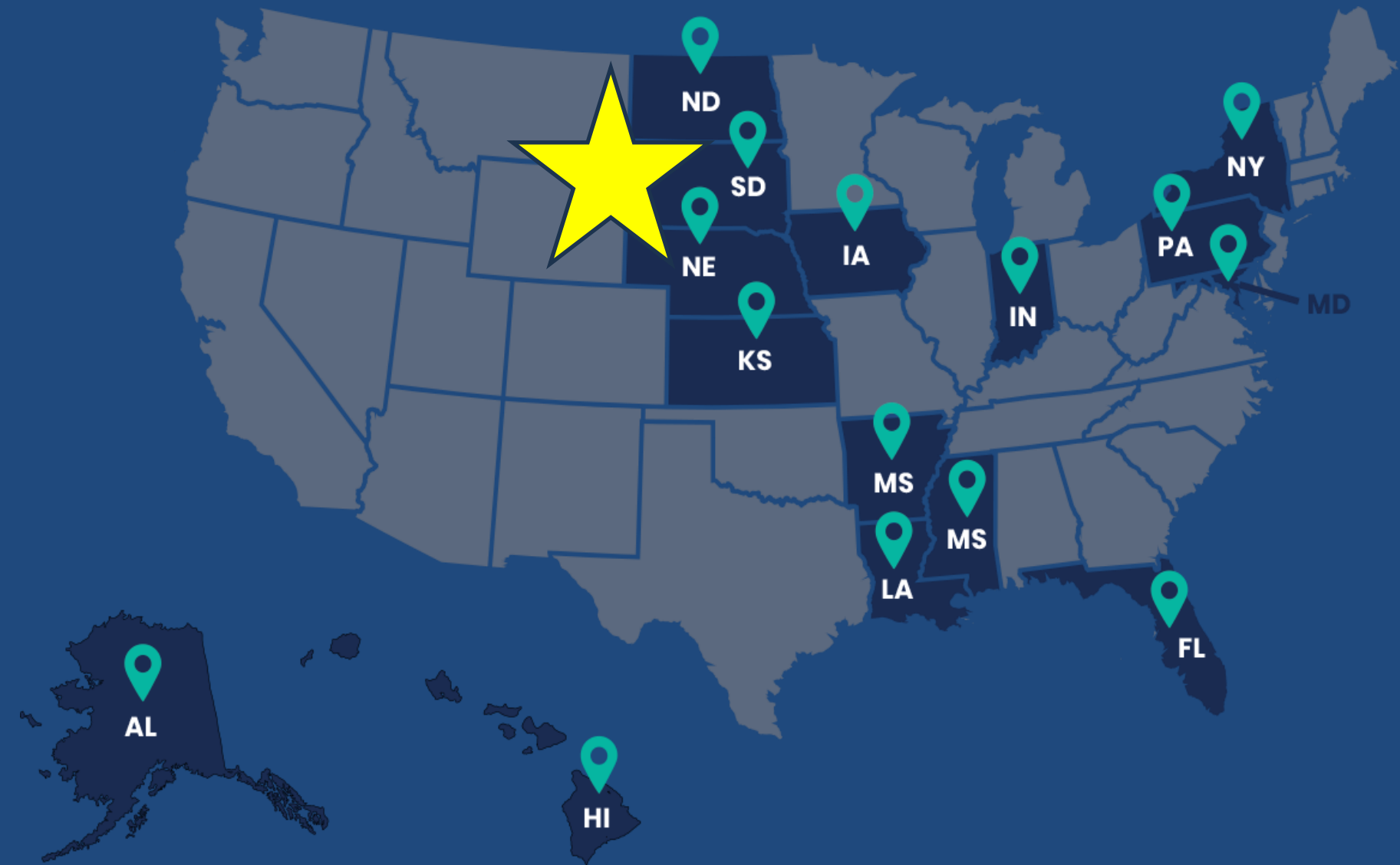
Participants

- No traveling to class
- Watch videos and chat with coach on their schedule
- Year long support with a personal and live Lifestyle Coach for ONE YEAR!
- No cost














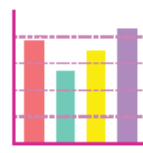
HALT By The Numbers

17 States utilizing the
HALT platform

1 state: 60 delivery
organizations!



HALT Platform Specifics

	Up to 52 video modules		Participant & coaching dashboard
	CDC-approved curriculum		Unlimited participant capacity
	Online community engagement		Complete recruitment strategy
	Photo food/beverage logging		Unlimited onboarding & coach training
	FitBit & Apple integration		Custom designed mobile apps
	Bluetooth scale integration		PDF uploads & document sharing
	Text messaging		CDC data collection & reporting tools

Platform URL: <https://healthylifestyle.sd.gov/>



Participant Dashboard

The screenshot displays the 'Participant Dashboard' for the 'SOUTH DAKOTA Diabetes PROGRAM'. The user is logged in as 'Bob User'. The dashboard is organized into several sections:

- Left Sidebar:** Contains navigation links for Home, Lessons, Messages, Timeline, Community, FAQ, and Support.
- Dashboard Header:** Displays the program logo and the user's name 'Bob User' with a dropdown arrow and a notification bell icon.
- Weekly Actions:** A central section with a message 'You have 0 new messages from your coach.' and six interactive buttons: 'Watch Lesson Videos', 'Upload Activity Minutes', 'Upload Current Weight', 'Upload Food & Drink', 'Upload Blood Pressure', and 'Upload Blood Glucose'.
- Weekly Checklist - Week 62:** Lists tasks for the current week: 'Watch this week's lessons', 'Read this week's lesson guide and materials', 'Complete 150 activity minutes', and 'Log your weight for this week'.
- Fitbit Section:** Includes a button to 'Connect your FITBIT'.
- Withings Section:** Includes a button to 'Connect your Withings Scale'.

Video-Based Curriculum

The screenshot displays a web application interface for a video-based curriculum. On the left is a sidebar with navigation links: Home, Lessons (highlighted), Messages, Timeline, and Community. At the bottom of the sidebar are links for FAQ and Support. The main content area is titled 'Preparing for the Future' and shows a progress bar at 0.0%. Below the title is a video player showing a man in a kitchen, with a play button overlay. The video player has a progress bar at 00:11 / 05:32. Below the video player are two tabs: 'Overview' and 'Lesson Documents' (selected, with a red arrow pointing to it). Below the tabs is a section titled 'Preparing for the Future'. To the right of the main content area is a 'Lessons' sidebar with a video player thumbnail and the title 'Preparing for the Future'. Below the 'Lessons' sidebar is a 'Courses' section with four course cards: 'Getting Started' (0%), 'Diabetes Plate Method and Calorie Balance' (6%), 'Mindful Eating' (0%), and 'Physical Activity' (0%).

Home

Lessons

Messages

Timeline

Community

FAQ

Support

Preparing for the Future

0.0% of this lesson is complete

Overview Lesson Documents

Preparing for the Future

Courses


Getting Started 0%


Diabetes Plate Method and Calorie Balance 6%


Mindful Eating 0%


Physical Activity 0%

Message Center

 Messages


 Timeline

 Community



Coach User

Have you ever arrived home from the grocery store so excited to bite into that juicy strawberry only to be disappointed? If so, it's probably because it was out of season and it traveled very far to reach your store. To get optimal nutrition from your produce try to stick with what is in season.
You may be wondering what produce is in season now... Here's a handy chart you can refer to when grocery shopping to get the most flavor and best bargain! You can also try checking out your local farmer's market for foods that are in season. (11.2 What's in Season)



Coach User

11 What's In Season?

Thanks for the handout Coach! I want to try one new vegetable or fruit each week.

07/17/24 9:34am

Photo Food Logging

Home

Lessons

Messages

Timeline

Community

Timeline

10/28/2024

No items present

Add Meal

Add Drink

Weight Loss

200

198

196

194

192

190

188

186

184

182

Aug-27-2023

Aug-28-2023

Sep-08-2023

Sep-13-2023

Sep-25-2023

Jun-13-2024

Jul-02-2024


Jul-17-2024

Add Weight

Blood Pressure

Blood Glucose

Add Meal



Uncomfortably Hungry

Pre Meal Mood

Time of Meal

Nov

1

02 PM

15

Meal Description

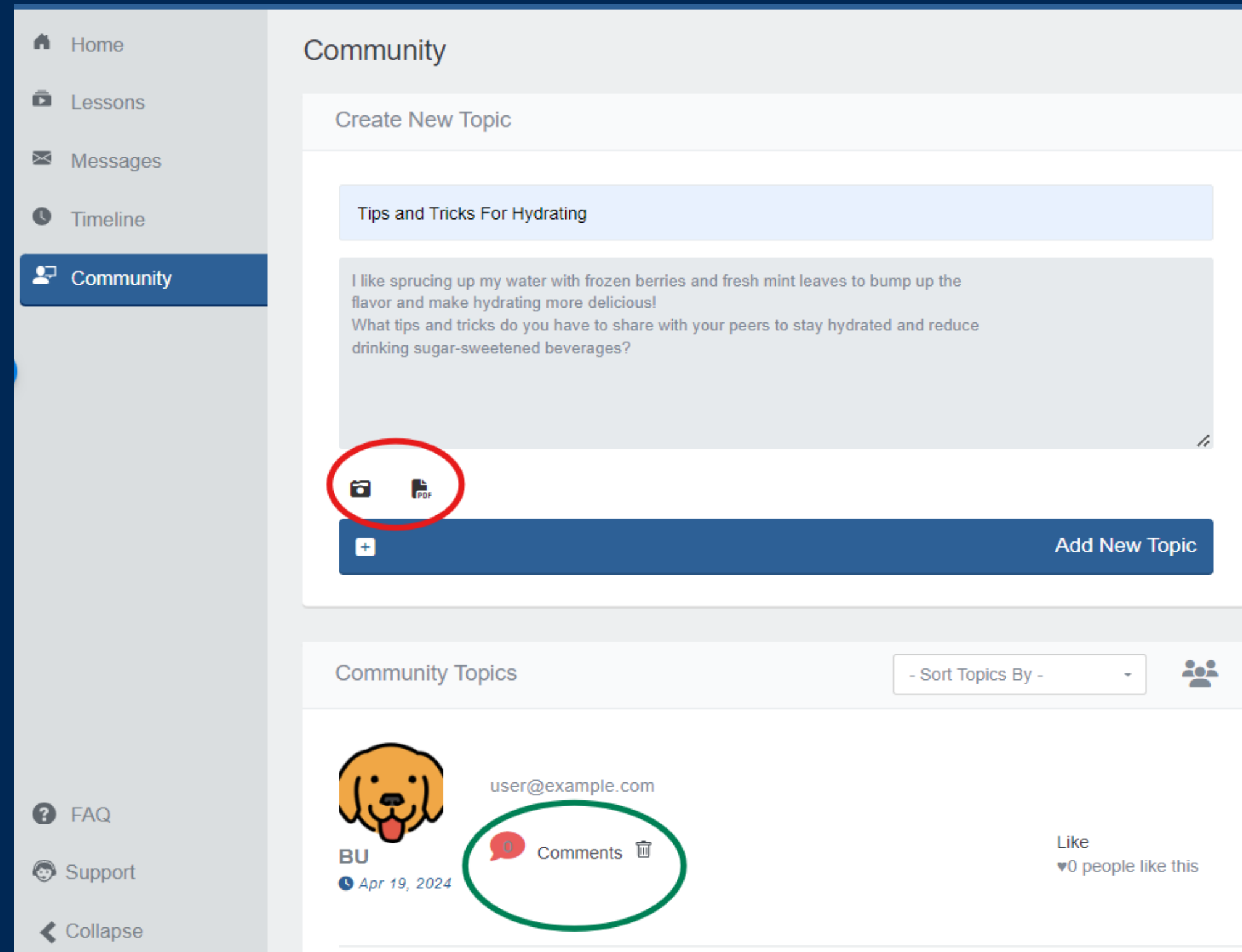
meatloaf, mac and cheese and green beans

What portion of the meal did you eat?

3/4 of the Meal

Add to Timeline

Community Board: Peer to Peer Sharing



Coaching Dashboard

Users

Groups

Group Pages

Community

Reports

CDC Report

Dashboard

Search Users

Search Users

Manage Users

- Sort Users By -

Avatar	User	Current Wk.	Last Wk.	Group	Responded
<div><div></div><div>Hasn't engaged in over a week</div></div>	<div>Jeff User</div> <div>ID: 5J8F72RZL4ANWJMDBZ91JJAK</div> <div>Last Sign In: Web 10/13/2023 6:26pm CDT</div>	Videos:N Points:0	Videos:N Points:0	Test Group	10/25/23
<div><div></div><div>Hasn't engaged in over a week</div></div>	<div>Ash Test</div> <div>ID: ashtest</div> <div>Last Sign In: Web 10/30/2023 1:05pm CDT</div>	Videos:N Points:0	Videos:N Points:0	Test Group	10/25/23
<div><div></div><div>Last engaged: 6 days ago</div></div>	<div>Bob User</div> <div>ID: 12345678</div> <div>Last Sign In: Kansas DPP/1.43.1/none (Samsung SM-A145M; Android 33) 12/08/2023 11:00am CST</div>	Videos:Y Points:0	Videos:Y Points:0	Test Group	10/25/23
<div><div></div><div>Hasn't engaged in over a week</div></div>	<div>Dave Strock</div> <div>ID: 133468</div> <div>Last Sign In: Web 10/17/2023 4:16pm CDT</div>	Videos:N Points:0	Videos:N Points:0	Test Group Testing	10/05/23
	Abby Corrin	Videos:N	Videos:N	Test Group 4-19	10/03/23

Import Participants

Manage Groups

DPP TEST GROUP

Kansas DPP

3 12/04 2

Send Message

NEW GROUP 2023

Kansas DPP

2 10/02 11

Send Message

TEST GROUP 4-19

Kansas DPP

7 4/19 139

Send Message

TEST GROUP TESTING

Kansas DPP

1 8/10 175

Send Message


TEST GROUP

Kansas DPP

3 12/03 263

Send Message

CDC Reporting

SOUTH DAKOTA
Diabetes
PROGRAM

Users

Groups

Group Pages

Manage Groups

Community

Reports

CDC Report

CDC Report

Start Date

End Date

CDC Organization Code

2024-05-01

2024-11-01

CDC Org Code

Generate CDC Report

South Dakota Department of Health

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graph TD; A[South Dakota Department of Health] --> B[UNLIMITED SUBLICENSES TO DELIVERY ORGANIZATIONS FREE OF COST]; B --> C["$0 Large Employer"]; B --> D["$0 Small Employer"]; B --> E["$0 Sole Proprietor"]; B --> F["$0 Manufacturer"]; B --> G["$0 Consulting Firm"]; B --> H["$0 Health System"]; B --> I["$0 Business Coalition"];
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UNLIMITED SUBLICENSES TO DELIVERY ORGANIZATIONS FREE OF COST

\$0 Large Employer

\$0 Small Employer

\$0 Sole Proprietor

\$0 Manufacturer

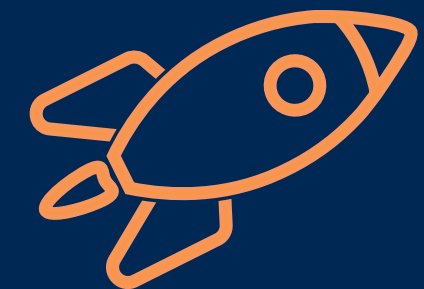
\$0 Consulting Firm

\$0 Health System

\$0 Business Coalition

HALT Implementation Steps/Resources

halt.



Tools and Resources

- Dedicated State Success Navigator
- Onboarding Process and Platform Training
- Marketing/Recruiting Materials
- Monthly HALT Roundtable
- Coach Resource page on www.haltchronicdisease.org



HALT Programs

Available Now:

- National DPP English, Spanish, Adapted American Indian
- Diabetes – DSMES Enhancement
- Healthy Lifestyle
- Smoking Cessation
- Hypertension Control
- Postpartum Care

Coming Soon:

- Arthritis – Walk With Ease
- Behavioral Health
- Family Healthy Weight
- Cancer
- Health Equity

Contact

Kim Zientek

HALT Success Navigator

ProVention Health Foundation

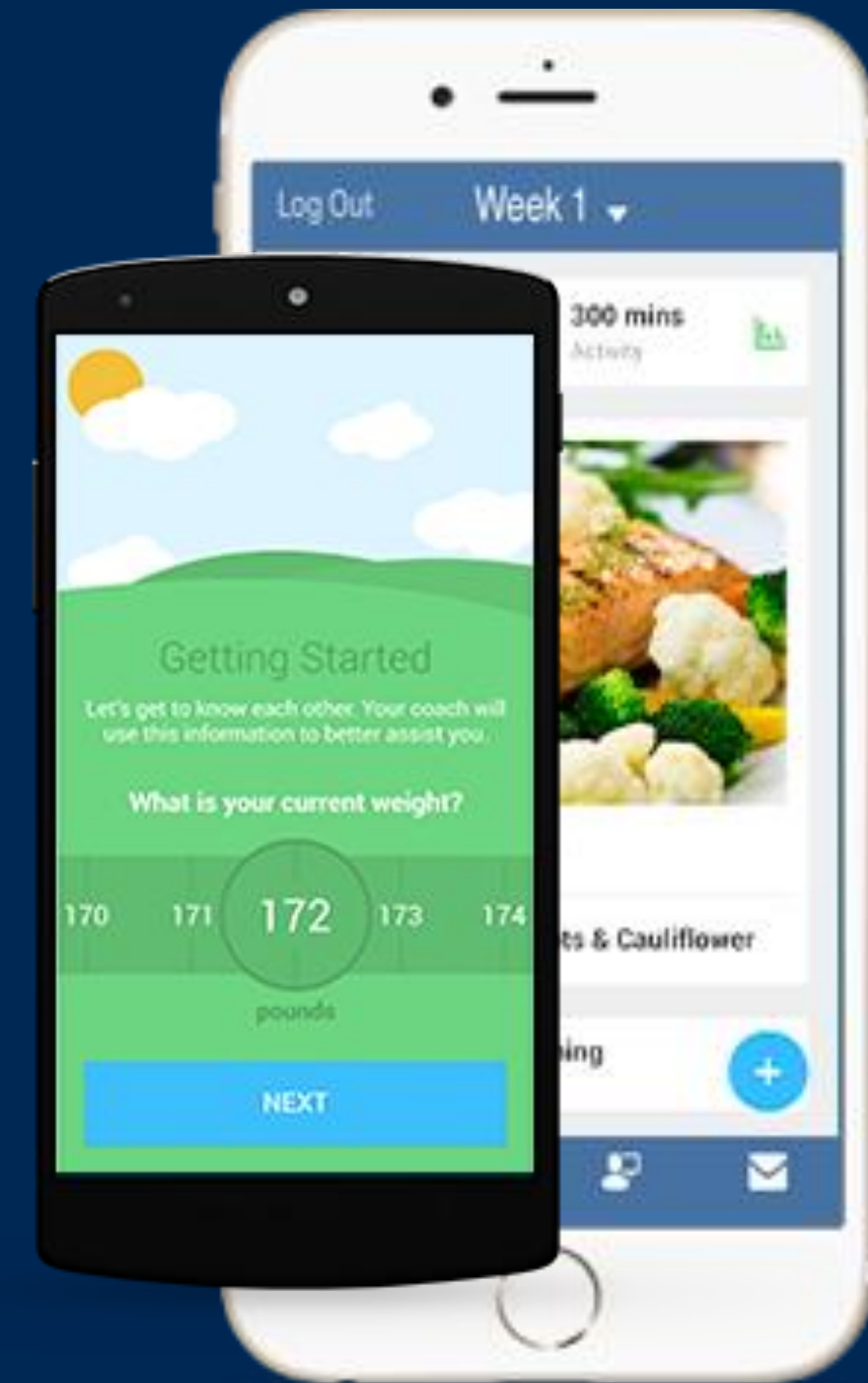
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Questions