

# Diabetes Mentorship

A different take on the NDPP

# National Diabetes Prevention Program

- ▶ The National Diabetes Prevention Program—or National DPP—was created in 2010 to address the increasing burden of prediabetes and type 2 diabetes in the United States. This national effort created partnerships between public and private organizations to offer evidence-based, cost-effective interventions that help prevent type 2 diabetes in communities across the United States.
- ▶ One key feature of the National DPP is the CDC-recognized lifestyle change program, a research-based program focusing on healthy eating and physical activity which showed that people with prediabetes who take part in a structured lifestyle change program can cut their risk of developing type 2 diabetes by 58% (71% for people over 60 years old).
- ▶ 5-7% weight loss leads to 58% decrease in chances of developing type-2 diabetes

# National Diabetes Prevention Program

- ▶ The program runs for 1 year.
  - During the first 6 months of the program, you'll meet about once a week.
  - During the second 6 months, you'll meet once or twice a month
- ▶ Wonderful curriculum that guides a certified coach through the program, with amazing resources and an opportunity to build relationships between participants and patients alike

# Diabetes Mentorship Program

- ▶ 12-14 week program that meets weekly
- ▶ Uses a portion of the halt curriculum
- ▶ Engages with participants after in-person sessions using [Healthylifestyle.sd.gov](http://Healthylifestyle.sd.gov)
- ▶ Uses a Mentor, which has type-1 diabetes
- ▶ Youth and adult options in Mitchell
- ▶ Talk about what it feels like to live with diabetes, and the similarities between the two diseases
- ▶ Talk about the same principles that the NDPP focuses on, weight, PA and logging foods

# Diabetes Mentorship Program

- ▶ Smaller groups, similar content
- ▶ Focus on teaching the physiology of the disease as well
- ▶ Very time-consuming
- ▶ Focusing on if we can replicate without the flaws
- ▶ Results have been good, but sample size is too small
- ▶ Take it and make it better!

# Results in Mitchell

- ▶ 7 have completed their sessions, with 4 currently active (1 youth)
- ▶ P1: A1C lowered .5; P2: -.4; P3: -1.1, P4: -3.7; P5: -.1; P6: +-0; P7: +.1
- ▶ P5 lowered fasting glucose readings to mid-90's
- ▶ P4 lowered fasting glucose readings from 344 to 149
- ▶ Took longer than planned with all participants (holidays, missed sessions, scheduling conflicts)
- ▶ All participants but 1 lost 4+% of their bodyweight
- ▶ Recruiting is always a struggle