



Piloting the National Diabetes Prevention Program HALT Platform with Two Employers: A Case Study

Health Promotion Council
GPBCH Annual Conference
May 24, 2023



Pilot Program Goals

Through a collaborative effort with HPC, SEPTA and Teamsters were able to support the implementation of a pilot program to offer the National Diabetes Prevention Program (National DPP) to their employees via the asynchronous online DPP delivery software known as HALT. Acknowledging the need to address the risk of prediabetes among their employees, while taking into consideration varying shift schedules and availability needed to participate and complete this year-long program, SEPTA and Teamsters sought to utilize a delivery platform that could meet the needs and schedules of their employees to bring them access to needed services.

1. Leverage relationship with GPBCH to pilot National DPP with employers utilizing the HALT delivery platform.
2. Recruit 30 employees from interested member employers to participate.
3. Demonstrate the value of employer engagement in health programming for employees to justify long-term implementation and coverage.

Funding and Partnership Acknowledgement

Support for this initiative has been made possible with funding from:

Pennsylvania Department of Health

through Centers for Disease Control and Prevention DP-1815

and

National Association of Chronic Disease Directors

through CDC DP-1705 for Scaling and Sustaining the National Diabetes Prevention Program

Greater Philadelphia Business Coalition
*has promoted the National Diabetes Prevention
Program to its membership since 2014
Thank you for your commitment and partnership!*

National Diabetes Prevention Program(National DPP)

- Evidence-based, structured, consistent curriculum content
- Program providers are “recognized” by the Centers for Disease Control
- Facilitated by a trained LIFESTYLE COACH
- Provides one year of peer support and health coaching with a total of 26 sessions available to participants.
- Focuses on long-term behavior change for healthier choices – eating, activity, and stress management - to promote weight loss and maintenance.

NATIONAL DIABETES PREVENTION PROGRAM

What is the National DPP?

The National Diabetes Prevention Program – or National DPP – is a partnership of public and private organizations working to prevent or delay type 2 diabetes.

Lifestyle Change Program

The lifestyle change program that is part of the CDC-led National Diabetes Prevention Program is proven to help prevent or delay type 2 diabetes. It is based on research that showed:

58%

58% lower incidence of type 2 diabetes after weight loss of 5 to 7% body weight achieved by reducing calories and increasing physical activity to at least 150 minutes per week

71%

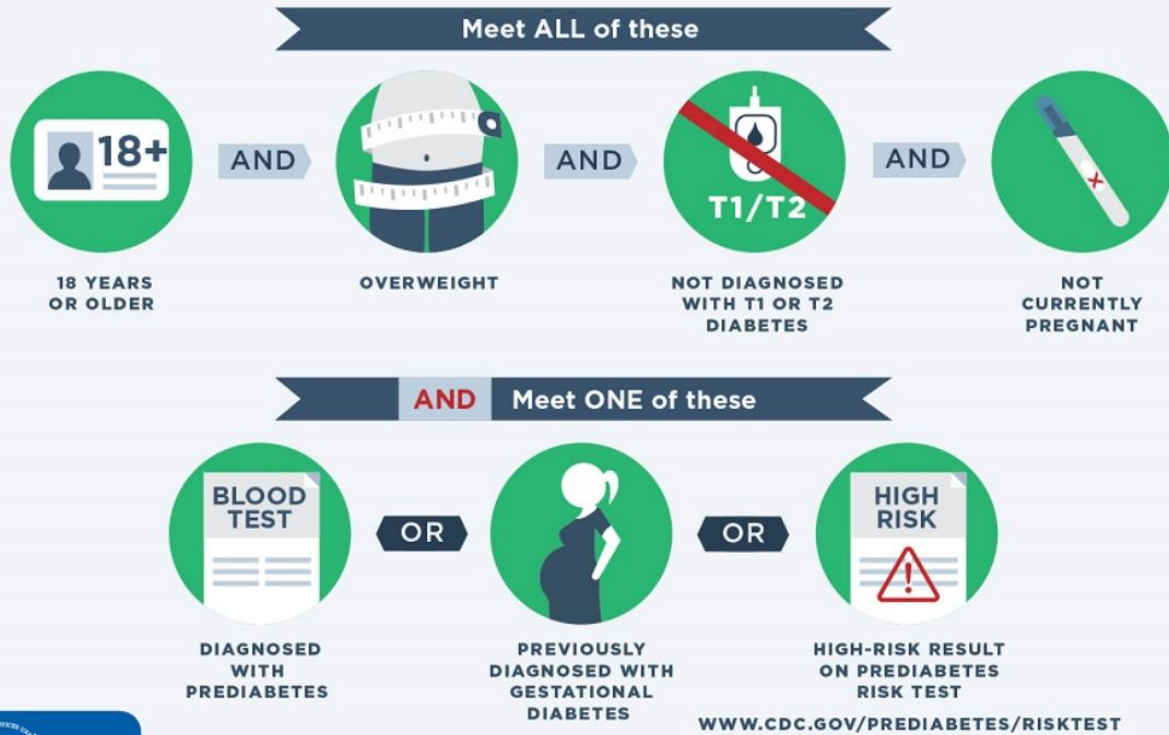
71% reduced incidence of type 2 diabetes for people 60 and older

27%

27% lower incidence of type 2 diabetes in lifestyle change program participants after 15 years

Who is Eligible?

TO JOIN CDC'S NATIONAL DPP* LIFESTYLE CHANGE PROGRAM:



* NATIONAL DIABETES PREVENTION PROGRAM

PREDIABETES

COULD IT BE YOU?



96 million American adults—**more than 1 in 3**—have prediabetes



More than 8 in 10 adults with prediabetes don't know they have it

BLOOD SUGAR



With prediabetes, your blood sugar levels are **higher than normal**, but not high enough yet to be diagnosed as type 2 diabetes

PREDIABETES RISKS

Prediabetes increases your risk of:



Type 2 Diabetes



Heart Disease



Stroke

TYPE 2 DIABETES HEALTH RISKS

If you ignore prediabetes, your risk for type 2 diabetes goes up — **type 2 diabetes increases your risk for serious health complications:**



Blindness



Kidney Failure



Heart Disease



Stroke



Loss of toes, feet, or legs

High-cost consequences

Pre-Diabetes Risk Test

Prediabetes Risk Test

NATIONAL DIABETES PREVENTION PROGRAM

1. How old are you? Write your score in the boxes below

Younger than 40 years (0 points)

40-49 years (1 point)

50-59 years (2 points)

60 years or older (3 points)

2. Are you a man or a woman?

Man (1 point) Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

Yes (1 point) No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?

Yes (1 point) No (0 points)

5. Have you ever been diagnosed with high blood pressure?

Yes (1 point) No (0 points)

6. Are you physically active?

Yes (0 points) No (1 point)

7. What is your weight category?

(See chart at right)

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points

You weigh less than the 1 Point column (0 points)

Total score:

If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.

You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent or delay type 2 diabetes through a **CDC-recognized lifestyle change program** at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.

American Diabetes Association **CDC**

Prueba de riesgo de prediabetes

PROGRAMA NACIONAL DE PREVENCIÓN DE LA DIABETES

1. ¿Qué edad tiene? Escriba su puntaje en las casillas de abajo

Menor de 40 años (0 puntos)

40 a 49 años (1 punto)

50 a 59 años (2 puntos)

60 años o más (3 puntos)

2. ¿Es hombre o mujer?

Hombre (1 punto) Mujer (0 puntos)

3. Si es mujer, ¿le diagnosticaron alguna vez diabetes gestacional?

Sí (1 punto) No (0 puntos)

4. ¿Tiene diabetes su madre, padre, algún hermano o hermana?

Sí (1 punto) No (0 puntos)

5. ¿Le diagnosticaron alguna vez presión arterial alta?

Sí (1 punto) No (0 puntos)

6. ¿Se mantiene físicamente activo?

Sí (0 puntos) No (1 punto)

7. ¿En qué categoría de peso está?

(Vea la tabla a la derecha)

Estatura	Peso (libras)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 punto	2 puntos	3 puntos

Usted pesa menos de lo que figura en la columna de 1 punto (0 puntos)

Puntaje total:

Si obtuvo 5 o más puntos

Usted está en mayor riesgo de tener prediabetes y tiene un alto riesgo de presentar diabetes tipo 2. Sin embargo, solo su médico le puede decir con seguridad si tiene diabetes tipo 2 o prediabetes, una afección en la que los niveles de azúcar en la sangre son más altos de lo normal, pero aún no lo suficiente como para dar un diagnóstico de diabetes tipo 2. **Hable con su médico para ver si necesita pruebas adicionales.**

Si usted es afroamericano, hispano o latino, indioamericano o nativo de Alaska, nativo de las islas del Pacífico o asiáticoamericano, tiene un mayor riesgo de presentar prediabetes y diabetes tipo 2. Además, si usted es asiáticoamericano, tiene un mayor riesgo de presentar diabetes tipo 2 teniendo menos peso (alrededor de 15 libras menos que los pesos reflejados en la columna de 1 punto). Hable con su médico para saber si debería hacerse un análisis de azúcar en la sangre.

Usted puede reducir su riesgo de presentar diabetes tipo 2

Averigüe cómo puede revertir la prediabetes y prevenir o retrasar la aparición de la diabetes tipo 2 a través de un **programa de cambio de estilo de vida reconocido por los CDC** en <https://www.cdc.gov/diabetes/prevention/lifestyle-program>

Prueba de riesgo promovida por la Asociación Americana de la Diabetes y los Centros para el Control y la Prevención de Enfermedades.

American Diabetes Association **CDC**

<https://www.cdc.gov/prediabetes/takethetest/>

<https://www.cdc.gov/prediabetes/spanish/risktest/index.html>

What is HALT?

“Health and Lifestyle Training”



Options

Users may participate in the program through their smart phone or computer.



Lifestyle Coach

Users are assigned their own lifestyle coach to help support them in their journey



Engaging Curriculum

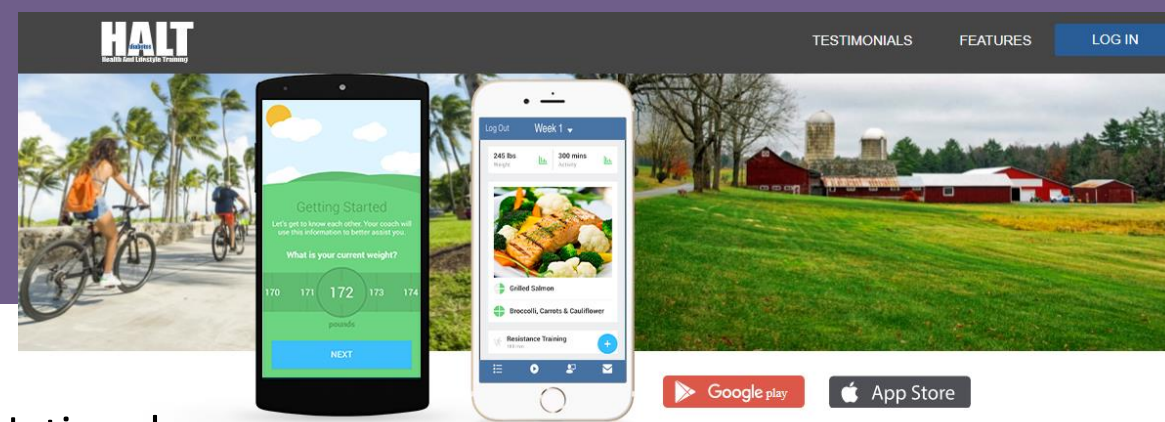
National DPP LCP video-based curriculum makes it easy for participants to learn at their own pace.



Easy Tracking

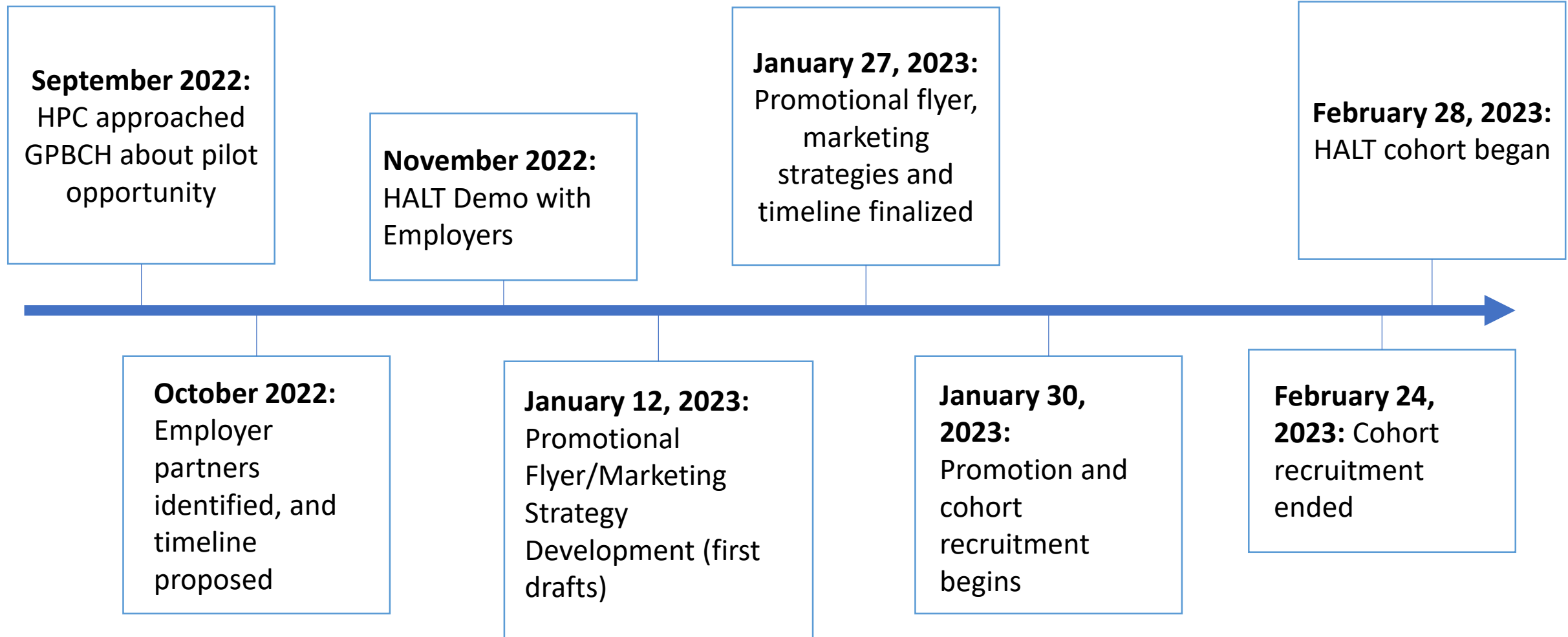
Users easily journal their food and activity through the app or website.

- *Online or “Asynchronous”* delivery of National DPP - participants access lessons on their own schedule each week with **support of Lifestyle Coach**
- Users participate on smart phone or computer.
- *12 months of programming*
 - Months 1-6: weekly curriculum and lessons + coach engagement + weight and activity check-in
 - Monthly 7-12: biweekly to monthly curriculum + coach engagement + weight and activity check-in
- Can be paired with smart devices (Apple Watches, FitBits) for easy tracking of activity
- Licensed by **ProVention Health Foundation** in partnership with CAPP Health



The smartest solution is HALTING Diabetes
Health and Lifestyle Training

Timeline of Activities



Marketing & Promotion

- Employers wanted to ensure that marketing materials reflected employee population
 - Planning and workgroup meetings to finalize flyer for distribution
- Flyer and information shared to employee network through email blasts, physical mailers, newsletters, broadcast messages, and word of mouth from employee health
- Survey Monkey Pre-Diabetes risk test
 - 69 employees completed
 - Eligible employees sent to lifestyle coach for formal program intake
 - 51 eligible employees



Take The First Step! Learn If You Are At Risk For Diabetes

1 OUT OF 3 adults has prediabetes

9 OUT OF 10 don't know they have it

Act Now! Spots Are Limited

Scan the QR code or click the link for your free assessment. Eligible participants may have the opportunity to be enrolled into a free, 12-month HALT Diabetes Prevention Program.



<http://bitly.ws/yS77>

IF YOU ARE AT INCREASED RISK FOR DIABETES:

The Health Promotion Council's **HALT Diabetes Prevention Program** can help you improve your overall health by losing weight, eating better, and being more active.

PROGRAM INCLUDES:

-  A proven program led by a trained lifestyle coach to prevent or delay type 2 diabetes
-  A CDC-approved curriculum with techniques to improve food choices and increase physical activity
-  A full year of support with weekly sessions for 6 months and then monthly



"Get in the know. Get tested for prediabetes." CDC, 17 January 2023. WebSite

Cohort Progress to Date

- Cohort began February 28, 2023
 - Scheduled to finish March 2024
- 24 participants enrolled
 - 20 SEPTA
 - 3 Teamsters Union
 - 1 Spouse
- As of May 18, 2023:
 - 12 sessions available/completed
 - Average weight loss: 1.54 lbs. (37 lbs. total)
 - Average percentage weight loss: 0.625%

Participant Engagement Level	SEPTA	Teamsters
High engagement (completed 9-12 sessions)	10	2
Moderate engagement (completed 6-8 sessions)	1	1
Low engagement (completed 1-5 sessions)	8	0

Participant Testimonials

“The weekly video lessons and coaching are so engaging and informative that it’s difficult not to participate and recognize the benefit of the DPP cohort.”

“I love this program! Every week, I gain small chunks of beneficial information that I can digest and practice. Over the past 12 weeks, I’ve experienced accomplishments and some struggles, but overall, my experience has been effective. The DPP cohort has given me a new perspective on how to approach making lifestyle changes. I now realize that with patience and practice, I can reach my A1c target and weight loss goal.”

-Lorna Haley, 53 years old, health care professional, struggled with weight for > 25 years

Huge Thanks to GPBCH, SEPTA, Teamsters, CAPP/HA/ALT, and Kim Zientek!

Follow HPC on Social Media!

Facebook:

<https://www.facebook.com/healthpromotioncouncil/>

Twitter: **@HPCPhilly**

Instagram: **hpcphilly**

Website: <https://www.hpcpa.org/>

