



Healthy Behavior Support Service (HBSS): National Diabetes Prevention Program (NDPP).

1. Describe participant flow through HBSS (referral, participation, follow-up and program time frame).

Around 35% (more than 830,000) of Iowa's adult population has pre-diabetes. Left untreated, 15-30% of people with prediabetes will develop type 2 diabetes within the next five years (DoIHavePrediabetes.org, 2016).

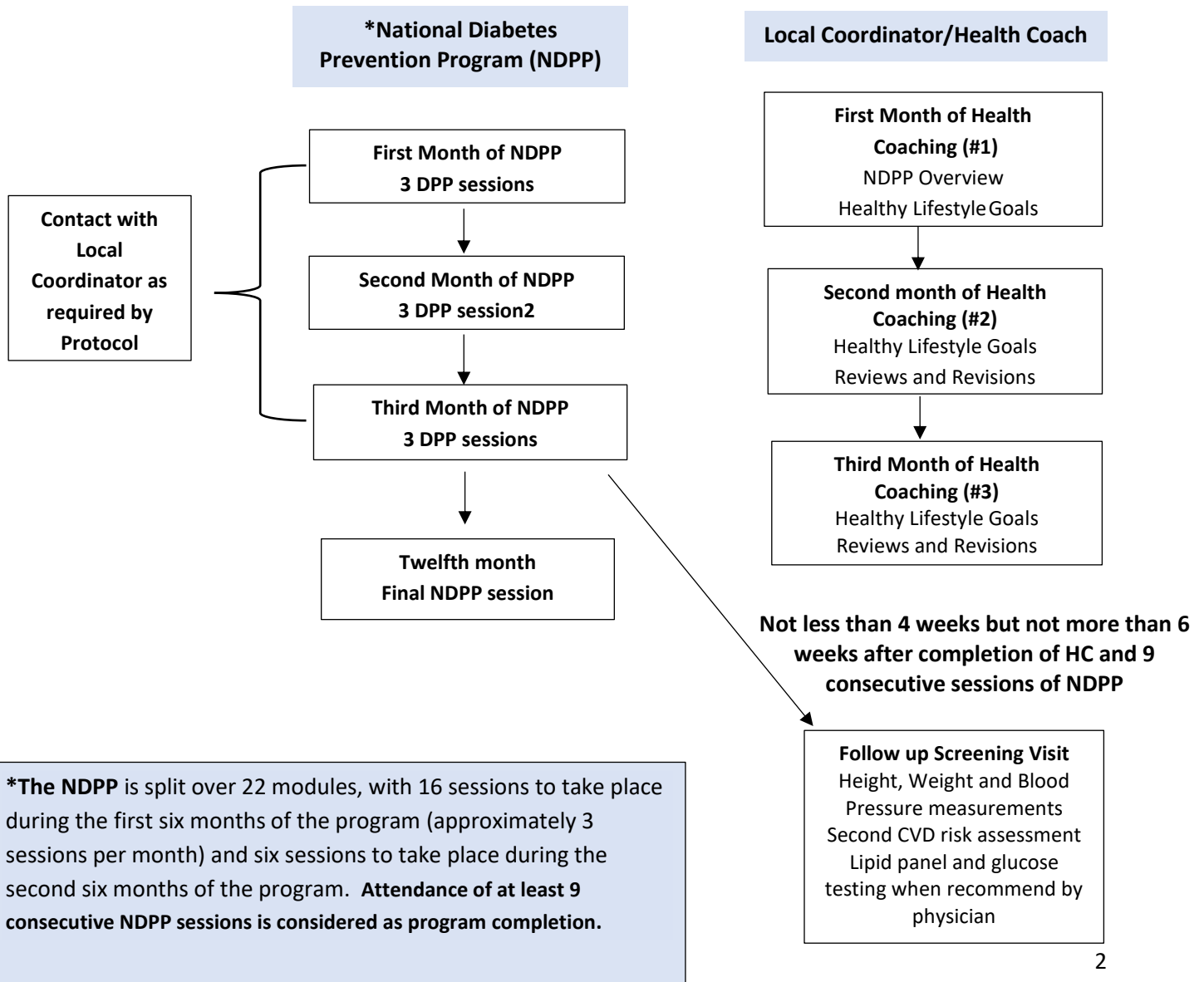
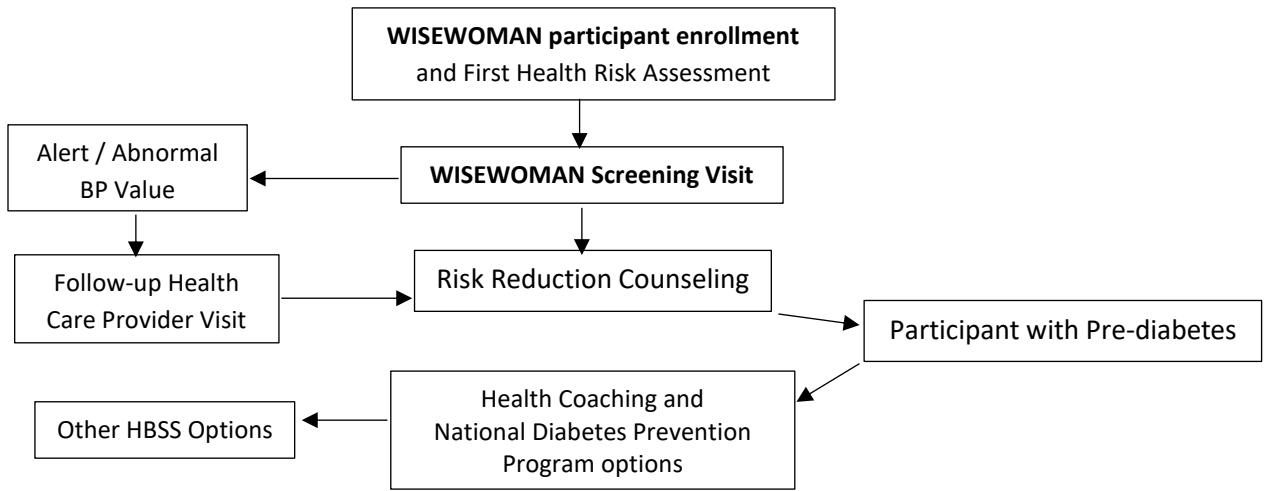
Iowa WISEWOMAN program participants, previously or newly identified with prediabetes, will be offered the opportunity to participate in the National Diabetes Prevention Program (NDPP) offered by the Centers for Disease Control and Prevention (CDC)-recognized sites. Participation in the NDPP will take place concurrently with participation in health coaching sessions with Iowa WISEWOMAN (WW) health coaches.

Participants may participate in other healthy behavior support services and/or community-based programs.

The three WW health coach-led health coaching sessions will occur over a three-month timeframe, with each session approximately one month apart. The participant will undertake **a follow-up screening not less than four weeks but not more than six weeks, following completion of health coaching and at least 9 sessions of the DPP program intervention. The overall timeframe from a participant's initial screening to follow-up screening cannot be less than three months.** The **follow-up screening** will include measurements of the participant's height, weight and blood pressure, as well as a second CVD health risk assessment. A lipid panel and/or glucose testing may also be carried out if medically indicated by the physician, for participants that exhibited a high cholesterol level and/or diabetes at the initial screening visit.

The NDPP is split over 22 modules, with 16 sessions to take place during the first six months of the program (approximately 3 sessions per month) and six sessions to take place during the second six months of the program. **Attendance of at least 9 consecutive NDPP sessions is considered as program completion.**

The flow diagram below shows how WW participants will be referred to the NDPP.



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2. Describe strategies incorporated in the HBSS, client engagement in the HBSS and number of sessions to completion

1. Initial Health Coaching session with certified health coaches (local coordinators (LCs)) (up to 60 minutes)

- The Health Coaching program is an individualized program adaptable to the needs and readiness level of each participant. Coaching takes into consideration the participant's health priorities and willingness/ability to make a change. The health coach will utilize motivational interviewing techniques to assist the participant in setting SMART goals. The health coach will help the participant overcome barriers and will serve as a source of support and encouragement to the participant when working to reach goals.
- Participants will be scheduled for their initial Health Coaching session with their Local Program Coordinator/Health Coach. The health coach will use motivational interviewing techniques to identify healthy lifestyles areas (i.e. exercise, nutrition or smoking cessation) which the participant would like to improve. The health coach will conduct a minimum of three health coaching sessions with each participant. At each health coaching session, the health coach will review goals set with the program participant.
- Data on referral to, participation in, and completion of the National DPP Lifestyle Change Program intervention will be recorded by the health coach in the WISEWOMAN database system for submission with the Minimum Data Elements (MDEs).

2. The National Diabetes Prevention Program

- The NDPP curriculum is designed to help participants achieve moderate weight loss by eating well and being active.
- During the first six months of the program, the participant will work towards the following goals:
 - Lose at least 5 to 7% of their starting weight.
 - Get at least 150 minutes of physical activity each week, at a moderate or greater pace.
- During the second six months of the program, the participant will work towards the following goals:
 - Keep off the weight that has been lost.
 - Keep working toward the goal weight, if not yet reached.
 - Lose more weight if desired.
 - Keep getting at least 150 minutes of activity each week.
- **The NDPP** is split over at least 22 modules, with 16 sessions to take place during the first six months of the program and six sessions to take place during the second six months of the program.
- **Participant Notebook:** During the first NDPP session, participants will be provided with a Participant Notebook that includes, at least, a participant guide, fitness logs and weight logs. The Participant Guide will be divided by modules, with handouts for each module. Participants will use some of these handouts during sessions, while some will be used at home. For further information on the program modules, please refer to the appendix 1 of this protocol – Prevent T2 Participant Training Guide.
- **Fitness Log:** Participants will be guided to use the Fitness Log to track minutes of daily activity (starting



after the Track Your Activity module). The activity must be of at least a moderate pace. The participant will be encouraged to write down other details about her activity. Participants will be required to show their Fitness Log to the NDPP Lifestyle Coach, at the start of each session. Participants will be required to show the Fitness Log to their WISEWOMAN Health Coach, at each health coaching session.

- **Weight Log:** At each session, the participant will be weighed in a private setting. The participant will be asked to record this number in the Weight Log. The participant will be asked to show the Weight Log to the WISEWOMAN Health Coach at each health coaching session.
- **The NDPP Lifestyle Coach** will record the participant's minutes of physical activity and weight data into the Lifestyle Coach Log, and will keep a record of the day and dates that the participant attended the NDPP sessions. This information will be forwarded to the participant's WW health coach per Iowa WW contract requirements.

3. *Bi-directional referral plan, tracking and feedback*

- The total number and length of each health coaching session will be tracked by the health coach. The data will be incorporated in the WISEWOMAN (WW) participant record at the health coach's office and in the WW database system for submission with the MDEs.
- The participant will be directed to report on her participation in the NDPP at the health coaching sessions or at one-month intervals via phone or mail.
- The NDPP provider will also be directed to report on the participant's daily physical activity, weight loss and participation in the NDPP to the health coach on a monthly basis.
- The health coach will fax a copy of the fitness and weight logs to WISEWOMAN IDPH staff for use in program tracking and data collection and analysis.
- Data on referral to, participation in and completion of the NDPP intervention will be recorded by the health coach in the WISEWOMAN database system for submission with the MDEs.

4. *Resources required (both human and financial).*

- Health coaching is a required part of the local program contract. It is not fee-for-service based; therefore, there are no specific CPT codes or reimbursement plans for the activities. The local program via contract will be reimbursed at \$325 per participant for providing WISEWOMAN services including data collection and health coaching.
- The NDPPP provider will be reimbursed for services rendered, per participant served, as follows:
 - YMCA NDPP providers will be reimbursed \$429.00 for the entire NDPP program. This fee will include a one year (12 month) YMCA membership for the WISEWOMAN participant.
 - All other NDPP providers will be reimbursed at the Medicare rate of \$ 195.00 for the entire NDPP program.

NDPP program attendance will be considered complete when the WISEWOMAN participant attends at least 9 consecutive sessions of the program.



5. *Is the HBSS is offered by a clinical care team? Yes/No. If Yes, describe how staff, who are implementing HBSS, is integrated into team. If No, describe who is delivering the HBSS and their qualifications/trainings*

For information pertaining to the health coaching implementation, please refer to the Health Coaching Protocol. NDPP Lifestyle Coaches are trained to the specific NDPP curriculum being used by the CDC-recognized organization. The minimum length of formal training for new NDPP Lifestyle Coaches is at least 12 hours or two days, as required by the CDC NDPP.

6. *Describe any challenges and solutions to referral and participation in HBSS.*

Transportation vouchers will be made available for participants to reduce distance-related barriers to participating in NDPP sessions. The WISEWOMAN IDPH staff will track the use and distribution of the vouchers.

7. *Describe how the HBSS is evaluated to determine the effectiveness of the program implementation and outcomes.*

During Risk Reduction Counseling, which takes place after a participant is screened and has received her screening results, the participant is assessed to determine her level of readiness for change and health priorities and goals. Risk Reduction Counseling and the participant's first health risk assessment will be used to guide the health coaching process and establish a baseline for evaluating the effectiveness of health coaching.

During the health coaching sessions, the health coach will assist the participant in setting and recording small measureable goals. Progress toward these goals will be assessed and the end results will be recorded. Improvements in MDE behavioral and health assessment measures will be captured at the follow-up screening visit through the CVD Health Risk Assessment form and the CVD Evaluation form.

The WISEWOMAN Evaluation Plan will include the following question which addresses Health Coaching and HBSS (including NDPP) program outcomes:

- To what extent did participation in health coaching/HBSS participation contribute to improving participants' management of CVD risk measures (including risk for diabetes, hyperlipidemia, overweight/obesity, smoking cessation)?





Appendix 1 – Prevent T2 Participant Training Guide (See attachment)