

CDC Diabetes Prevention Recognition Program (DPRP)

Annual Report

Organization Profile

DPRP Organization: Fictitious ABC Health
Organization Code: 123456
Organization Start Date: 02/17/2012
Organization Effective Date: 03/01/2013 (annual data due based on this date)
Current Evaluation Year Number: 3
Date of Last Evaluation: 03/01/2015

Results of Recognition Evaluations

Last Year Evaluation Outcome: Full
Current Evaluation Outcome: Full - Loss of Recognition next evaluation if not met again

Participant Statistics:

<i>Evaluated participants who attended their first session in</i>	<u>Total Enrolled</u>	<u>Total Ineligible</u>	<u>Total Eligible Evaluated</u>
<i>Year 1</i>	18	0	18
<i>Year 2</i>	3	1	2
<i>Overall Total</i>	21	1	20

Participant Eligibility Information

Total Participants Enrolled: 3
- Number excluded without Glucose Test, Risk Test, or History of GDM: 0 (0% of enrolled)
- Number excluded with less than 4 sessions in 12 months: 1 (33.3% of enrolled)
Total Participants Eligible for Analysis: 2 (66.7% of enrolled)

Breakdown of Participants Eligible for Analysis:

Total Participants Eligible for Analysis: 2
Prediabetes Determination:
- Number with Glucose Test or History of GDM: 1 (50% of eligible for analysis)
- Number with Risk Test: 1 (50% of eligible for analysis)
BMI Minimum Values Not Met: 0 (0% of eligible for analysis)

Evaluation of Current Year Data Against DPRP Standards Requirements (Req.) for Full Recognition:

Req. 5	Sessions attended during months 1-6	11.0	(Met)
Req. 6	Documentation of body weight	100.0%	(Met)
Req. 7	Documentation of physical activity minutes	66.7%	(Met)
Req. 8	Weight loss achieved at 6 months	4.8%	(Met)
Req. 9	Sessions attended during months 7-12	2.5	(Not Met)
Req. 10	Weight loss achieved at 12 months	8.2%	(Met)
Req. 11	Program eligibility requirement (i.e., at least 50% of participants with Blood Test or History of GDM)	50.0%	(Met)

Next Year 'Look Ahead' Data Report

The following information provides you a preliminary view of data that is available for your participants in year 4.

Participant Eligibility Information

Total Participants:	5
Blood Test or GDM:	40.0%
Risk Test:	60.0%
No Test:	0.0%
BMI Not Met:	0 (Total # of participants in program not meeting BMI value ≥ 24 or ≥ 22 if Asian)
Session < 4:	0 (Total # of participants in program for more than 6 months who attended less than 4 sessions)

Participants' Progress by Program Months

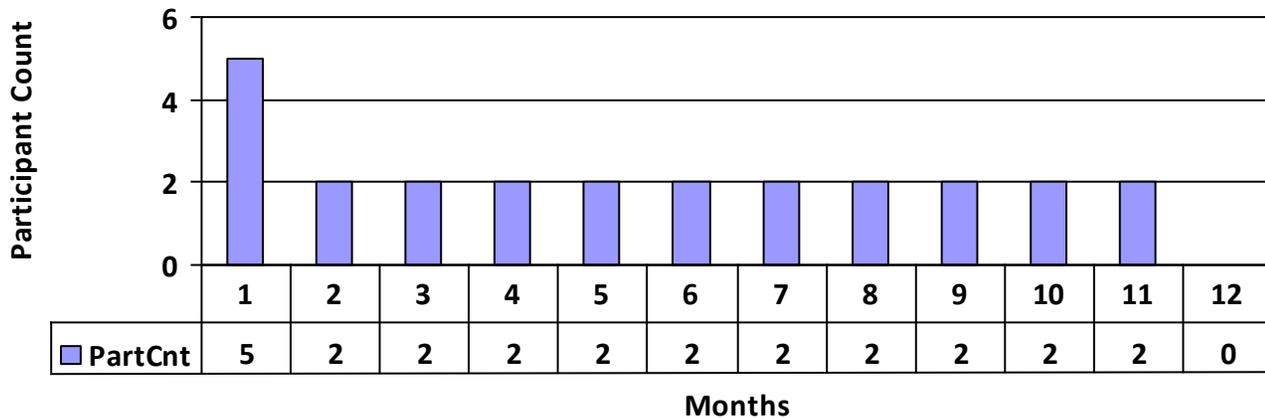
Months 1-6 are cumulative results; months 7-12 begins a new calculation of the information

<u>Month</u>	<u>Number of Participants</u>	<u>Avg. Number of Sessions Attended</u>	<u>Avg. Percent Weight Documentation</u>	<u>Avg. Percent PA Documentation</u>	<u>Avg. Percent Weight Loss</u>
1:	5	3.8	94.7%	26.3%	0.5%
2:	2	9.0	100.0%	55.6%	1.2%
3:	2	14.0	100.0%	71.4%	1.8%
4:	2	15.0	100.0%	73.3%	2.6%
5:	2	16.0	100.0%	75.0%	3.3%
6:	2	17.0	100.0%	76.5%	3.7%

7:	2	1.0	100.0%	77.8%	4.5%
8:	2	2.0	100.0%	78.9%	4.3%

9:	2	3.0	100.0%	80.0%	4.8%
10:	2	4.0	100.0%	81.0%	5.4%
11:	2	5.0	100.0%	81.8%	5.8%
12:	0	N/A	N/A	N/A	N/A

Number of Participants in Program by Month



Summary and Recommendations

At this annual reporting period, CDC evaluates organizations’ data to determine the recognition status. The DPRP Standards and Operating Procedures state that organizations must meet all of the recognition standards in order to be awarded Full Recognition. Fictitious ABC Health was evaluated based on the 2015 Standards and did not meet the following requirements:

- Weight loss achieved at 6 months
- Session attendance during month 7-12

However, since . Fictitious ABC Health achieved Full Recognition status at the 24-month interval, your organization will have two consecutive years to fully meet the DPRP Standards and maintain Full Recognition. At this time, . Fictitious ABC Health will retain Full Recognition status and remain on the DPRP national registry.

Data from . Fictitious ABC Health show that participants were involved in the program an average of 172 days from the first session to the last session, and the average number of sessions attended by participants who attended four or more sessions over 12 months was 14 sessions. Over the next 12 months, we recommend you consider the following:

Weight Loss:

- Strongly encourage participants to record food intake (type, caloric, fat calories, etc.).
- Emphasize the proven relationship between documentation of food consumption and weight loss.
- Request that participants who are achieving their weight loss goals share their experiences with the larger group, with particular focus on troubleshooting and overcoming challenges.
- Devote extra time to the exploration of challenges that participants are encountering. In addition to input from the lifestyle coach, employ peer learning and problem-solving.

Session Attendance:

- Emphasize, from the beginning sessions, that the program is 12 months. It is especially important that participants continue to attend sessions during months 7-12 of the program.
- Consider incorporating participant 'contracts'. This has been used by other organizations with some success in maintaining attendance during months 7-12 of the program.
- Consider increasing the number of sessions offered during the 12 months.
 - Frequency and number of sessions attended helps to build continuity and cohesion among the participants, which facilitates peer support and peer-learning.
 - Programs which offer more than one session per month during months 7-12 report higher session attendance.
- Remember the documented relationship between the number of sessions attended and success in meeting both exercise and weight loss goals.

Use of Data:

- Review your data to identify program trends and individual participants who may be encountering challenges. This can provide you the opportunity to modify program implementation as needed and deliver additional coaching and support to specific individuals.
- Review your implementation strategies to increase the number of sessions that participants are involved in over the 12 month intervention.
- Monitor and evaluate the participants' data on a continuous basis between now and the next report due date. Using your data for program improvement allows for adjustments as needed and improved outcomes.

Refer to Appendix F: Example of Using Data for Evaluation of the *DPRP Standards and Operating Procedures* as a guide to calculating your data.

Review of Requirements for Full Recognition (DPRP Standards and Operating Procedures, pages 9-10):

Requirement 5, session attendance during months 1-6

Session attendance was averaged over all participants who attended four or more sessions. The average number of sessions attended must be a minimum of nine.

Requirement 6, documentation of body weight

Documentation of body weights was based on all participants who attended four or more sessions. Body weight must have been recorded at 80% or more of all sessions attended.

Requirement 7, documentation of physical activity minutes

Documentation of physical activity minutes was based on all participants who attended four or more sessions. Physical activity minutes must have been recorded at 60% or more of all sessions attended.

Requirement 8, weight loss achieved at 6 months

The average weight loss (mean percentage weight loss) achieved by participants attended four or more sessions must be a minimum of 5% of “starting” body weight (defined as the body weight measured at the first core session attended). Weight loss was averaged over all participants attending 4 or more sessions. The first and last weights recorded for each participant during months 1-6 are used to calculate this measure.

Requirement 9, session attendance during months 7-12

Session attendance was averaged over all participants who attended four or more sessions. The average number of sessions attended during months 7-12 must be a minimum of three.

Requirement 10, weight loss achieved at 12 months

The average weight loss (mean percentage weight loss) achieved over the entire intervention period by participants attended four or more session must be a minimum of 5% of “starting” body weight. Weight loss was averaged over all participants attending 4 or more sessions during the entire intervention period. The first and last weights recorded for each participant during months 1-12 are used to calculate this measure.

Requirement 11, program eligibility requirement

A minimum of 50% of participants must be eligible for the lifestyle intervention based on either a blood test indicating pre-diabetes or a history of GDM. The remainder (maximum of 50% of participants) must be eligible based on the CDC Pre-diabetes Screening Test, the American Diabetes Association Type 2 Diabetes Risk Test or a claims-based risk test. Calculation of these percentages was based on all participants who attended four or more sessions. Refer to Section II for participant eligibility requirements.

---The end of the DPRP Full Evaluation Report---