

Past, Present and Future of Diabetes Prevention in Utah

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What has the University been up to?

- January – June 2015
 - U of U NDPP Pilot Research Project (N=64)
- September 2015 – May 2017
 - U of U NDPP for the Community (N= 110)

~ 80 NDPP enrollees/12 months

Currently “Pending” recognition with the CDC



What have we learned?

At the Program Level

- Recruitment is a challenge!
 - FB, Twitter, Flyers, MD referrals, PreDM “101” Info sessions, Partnering with SL County and UTDOH, TV and radio spots
- Retention is a challenge!
 - Currently we have a 46% retention rate using CDC criteria (counting at least 4 sessions attended)

At the Participant Level

- Weight loss is a challenge!
 - 30% have lost 5% or more by their last visit (counting at least 4 sessions attended)
- Lifestyle change is a challenge!
 - Logging food, maintaining physical activity, prioritizing, staying motivated!

What are we doing about it?

- Work on promotion regularly
- Start one class at a time
- Fill in-person classes with 15-20 participants
- Have 2 coaches to begin with
 - They should be dynamic, personable, organized, available, patient, positive, unflappable, non-judgemental and creative!
- Offer a Session “0”
 - Discuss the original DPP research
 - Review 12-month schedule
 - Assess eligibility
 - Assess participant “Readiness to Change”
 - Participant Agreement
- Talk to other NDPP’s around country
- Add extra sessions during Months 7-12
- Follow-up with participants who miss class ASAP!
- Provide participant incentives
 - Pay for performance
 - Wellness coaching outside of class
 - Fitness testing “Perks”

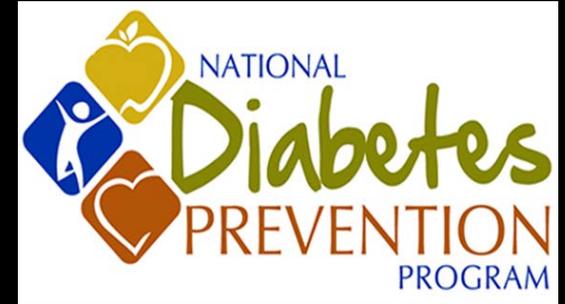
What are we doing about it? (cont.)

- Work on promotion regularly
- Provide visual graphs of weight and exercise progress for participants
- Establish a clear make-up session policy
- Classroom space that allows for U shape seating with room to move
- Provide ready access among Lifestyle Coaches (like DTACC's Common Ground) for sharing information
- Suggest Facebook groups or an email share list for each class
- Encourage more movement and activities during classes
 - Mini stretching/yoga/exercise sessions – “energy breaks”
 - Guest speakers
 - Pot lucks at month 6 and 12

What does NDPP look like in Utah now?

NDPP Master Trainers = 2

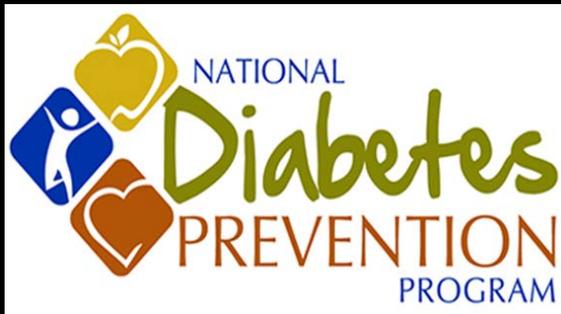
NDPP Lifestyle Coaches trained = 134



- American Fork Hospital
- Bear River Health Department
- Birch Family Pharmacy
- Davis County Health Department
- Exodus Healthcare Network
- Hyrum Senior Center
- IHC
 - St. George, SLC, Park City
- Logan Regional Medical Center
- McKay-Dee Hospital
- Olive Pharmacy
- Payson Rx Express Education Center
- Summit County Health Department
- University of Utah Health
 - Farmington, LS Skaggs, Westridge, SJHC, Redwood
- Utah Valley Hospital

Next steps for Utah?

- Keep in-person classes going
 - Reach out to more ethnic groups
 - Reach out to more rural areas
 - Reach out to people with disabilities
- Accommodate tech savvy people with varied schedules
 - Digital NDPP options
 - Digital/in-person hybrid NDPP options



Thank you!