

Partnering to Prevent Diabetes



Minnesotans and Prediabetes

Did you know that...

- Roughly 1 in 3 Minnesota adults or 1.5 million may have prediabetes¹
- In 2014, only 7.4 percent of Minnesota adults said their health care team told them they had prediabetes²
- Minnesotans with prediabetes are at higher risk of type 2 diabetes, heart disease and stroke¹

And in the workforce, diabetes

- Increases the number of workdays lost to illness or disability
- Raises health care costs by more than \$15,000 per person per year

Since 2016, PartnerSHIP 4 Health, local public health and community partners in west central Minnesota, has partnered to offer the Diabetes Prevention Program (DPP) to employees and community members. The DPP provides support and encouragement, with each group meeting weekly for 16 weeks and monthly for 6 months. Sessions foster healthy lifestyle changes related to food, stress, physical activity, and sleep.

ComDel Innovation, in collaboration with PartnerSHIP 4 Health, Essentia Health, and NDSU Extension - Richland County, offer the DPP in the bordering towns of Wahpeton, North Dakota and Breckenridge, Minnesota. According to Karen Viger, RN, ComDel Innovation/Essentia Health employee and DPP Lifestyle Coach, "Each partnering organization has a

long term commitment to the DPP Program and see the need for it in our community, which is wonderful."

Making it Work

In order to develop and sustain the DPP in Wahpeton and Breckenridge, each partner organization contributes unique elements. PartnerSHIP 4 Health provided Lifestyle Coach Training and start-up funds for class preparation hours, participant handbooks, recruitment time, etc. ComDel Innovation provides the meeting room and class materials, while Essentia Health created a Community Health position to support the hours Viger spends offering the class at no cost to participants. NDSU Extension - Richland County provides an additional lifestyle coach.

One DPP participant said, "As a nurse of 33 years, I signed up for the DPP Program wondering if I would learn anything new. I was pleasantly surprised and pleased with the course content. Not only did I learn new information from the awesome lifestyle coaches, I also learned tips and tricks from my fellow classmates on their eating and activity habits. The weekly weigh-in and food diary made me accountable and helped me stay on track. The calorie counter book and binder with educational material were invaluable! I would recommend this program to anyone. It is simple, easy to follow, and presented in a manner which is easy to understand."

As of spring 2017, four DPP groups have been offered. In the first group, 10 participants lost a total of 138 pounds. Subsequent classes have seen similar results.

Viger finds value in the program for participants as well as the partnering organizations and said, "The participants are raving about the program and the curriculum. The DPP program is an excellent way to give back to our community. Supporting participants in preventing diabetes and sharing in their success is very rewarding."

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