

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 (PS4H), 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.

Lake Region Healthcare (LRH) collaborated with PS4H to offer the DPP in the Fergus Falls area. According to Natalie Knutson, LRH Director of Wellness /Certified Personal Trainer/NDPP Lifestyle Coach, "PS4H not only funded our Lifestyle Coach training, but also offered grant dollars to get the program off the ground and track how much time this program actually takes. PS4H staff has also been really great in keeping in touch with us and helping out with any questions we have."

Making it Work

In 2016, LRH trained two staff members as Lifestyle Coaches and offered an initial DPP pilot group to employees. The pilot had 16 participants who lost a total of 287 pounds. LRH offered a second class for employees and/or community members with 18 participants. In the spring of 2017 LRH offered a third class and trained three additional LRH staff as Lifestyle Coaches, increasing LRH capacity to offer additional classes within the community.

Participants faithfully attend the 16 weekly core sessions. However, after transitioning to the monthly post-core sessions, participation wanes. LRH Lifestyle Coaches engage post-core participants via weekly text/email, and about 50 percent attend the post-core sessions. The LRH Lifestyle Coaches discovered that the course takes more time than anticipated, but they are able to divide out the responsibilities between coaches.

For the 2017 class, LRH recruited class members based on physician referral related to A1C results. "This group is off to a great start and it seems the mentality of the group is a little more serious knowing that their physician referred them and said they should do this," Knutson said. The class is 50 percent female and 50 percent male and has lost a total of 67 pounds as of May 2017.

"I liked that we weren't bombarded with all these things we had to do, but added one lifestyle change at a time. The 7 percent weight loss goal and 150 minutes physical activity goal were very motivating because they are so realistic," one DPP participant said.

To support recruitment of DPP participants, Knutson is working with LRH providers and technology staff to give providers an electronic referral option. Future classes are scheduled for July 2017, September 2017 and January 2018. "The support of PS4H and our organization helped make this program a reality at LRH. This program has been very motivating for me and the other instructors. We are so impressed by our participants and their dedication to their health. Their results say it all!" Knutson added.

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¹CDC National Diabetes Statistics Report 2014

²CDC, Behavioral Risk Factor Surveillance Survey, MDH analysis

<http://www.partnership4health.org/>

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