Coupling Walk with Ease and Diabetes Prevention Programs

In North Carolina

Presenter

Nadia Z. Mazza, MPH, is the CDC Arthritis and Chronic Pain Project Manager for the Healthy Aging NC initiative with the NC Center for Health and Wellness at UNC Asheville. Nadia is focused on increasing access to, promoting, and supporting the implementation of evidence-based programs that encourage healthy aging among adults across the state of NC, especially Walk with Ease.

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Disclosures

Healthy Aging NC is funded through the following grants:

- Administration for Community Living 2020 Falls Prevention Grants
- Administration for Community Living 2019 Chronic Disease Self Management Education Grant
- Centers for Disease Control and Prevention 2018 Arthritis Grant

ACL Administration for Community Living

CDC Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

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Healthy Aging NC Goals:

Statewide Resource Center for Evidence-Based Programs

- Evidence-based programs are embedded into an integrated, sustainable, statewide delivery system
- Quality of life for older adults, adults with disabilities, adults with arthritis, low-income, rural, and minority adults is dramatically improved
- Triple Aims of Healthcare: Better health, better health care, and lower health care costs

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Evidence-Based Programs

Supported by Healthy Aging NC

Implemented in Clinical/Community Settings:

- A Matter of Balance (AMOB)
- Tai Chi for Arthritis and Fall Prevention (TCA/FP)
- Chronic Disease Self Education Programs (CDSME)
  - Living Healthy with Chronic Disease Self-Management Program
  - Living Healthy with Diabetes Self-Management Program
  - Living Healthy with Chronic Pain Self-Management Program
- **Walk With Ease (WWE)**

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Learning Objectives for Today:

1

Share an **overview of the Walk with Ease Program** and it's 3 Delivery Formats

2

Outline the potential **benefits of coupling** Walk with Ease and DPP to both lifestyle coaches & participants

3

Detail **options for coupling** Walk with Ease and DPP at your organization

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Overview of the Walk with Ease Program and Delivery Formats

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Program Elements of All Delivery Formats

Regardless of delivery format, the program (developed by the Arthritis Foundation) includes similar elements

- 6 week program following the participant guidebook
- Health lessons and activities
- Self-paced physical activity progressions
- Goal is to safely build up to 30 minutes of activity or more on 5 or more days a week

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Walk with Ease Delivery Formats

Group	Enhanced	Self-Directed
In the instructor-led group format, participants meet 3 times per week for class sessions that last 1 to 1.5 hours each time. This format of the 6-week program is delivered by a trained and certified Walk With Ease Leader and combines self-paced walks with discussions about health-related topics.	In the enhanced format, a group of individuals begin and end the 6-week program at the same time. A designated leader or coordinator utilizes engagement strategies (e.g., groups walks, online sharing sessions) to ensure participants are organized and motivated to complete the program outside of the designated program group meeting time.	In the self-directed format, participants read the Walk With Ease Guidebook on their own over the course of 6 weeks, completing the various tasks and walking as laid out in the book.

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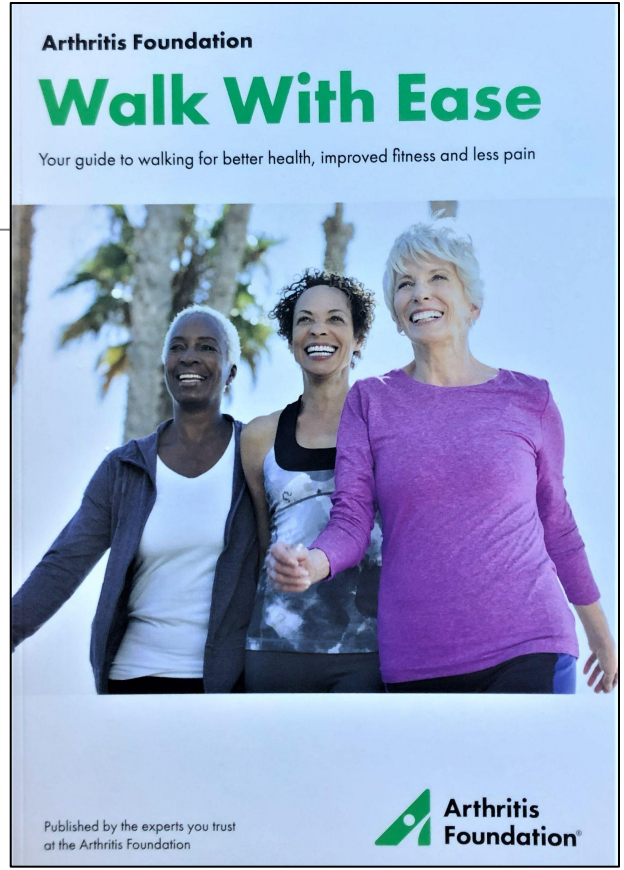
What’s in the Walk with Ease Guidebook?

- Information about arthritis, symptom management, and exercise
- Instructions to safely start and progress walking
- Starting, mid, and end-point self-assessments
- Strengthening and stretching exercises
- Motivational tools, strategies, and resources



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Potential Benefits of Coupling Walk with Ease and DPP

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DPP Participant Recruitment & Retention

- The Centers for Disease Control and Prevention established the National Diabetes Prevention Program (National DPP) in 2010 in an effort to delay or prevent diabetes among individuals at high risk.

- However, enrolling and retaining participants in the National DPP are particularly challenging, with just 10% of participants who begin the National DPP in community or health care settings complete the full year-long program

Ely EK, Gruss SM, Luman ET, et al. . A National Effort to Prevent Type 2 Diabetes: Participant-level evaluation of CDC's National Diabetes Prevention Program. Diabetes Care 2017;40:1331–1341.

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Importance of DPP Retention

- Most participants who stay in the program at least 6 months achieve program goals for weight change (≥5%) and weekly physical activity (≥150 min).

- The likelihood of achieving those goals increases throughout that time frame, highlighting the importance of participant retention.

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Need to Identify
DPP Retention Strategies

- There is a need to identify strategies to improve retention, especially among individuals who are younger or are members of minority populations and among those who report less physical activity or less early weight loss.

- Strategies that address retention after the first session and during the transition from weekly to monthly sessions offer the greatest opportunity for impact.

41,203 in-person participants in the National DPP lifestyle change program, the mean age was 56.8 years

https://diabetesjournals.org/care/article/43/9/2042/35791/Retention-Among-Participants-in-the-National

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WWE + National DPP Coupling Formative Evaluation

September 29, 2021

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Emory Centers for Training and Technical Assistance

- To learn how National DPP delivery organizations have adapted their programs to include the Walk With Ease (WWE) program, referred to as “coupling”
- 9 telephone conversations were conducted with representatives from 9 states either currently or planning National DPP + WWE coupling

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Quote from New Mexico Interviewee

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"...And so there's this barrier with NDPP because we really lose momentum over the summer. And so what was a beautiful match for us to just then segue into Walk With Ease and meet every week over the summer and the summer is perfect because the weather's nice…kind of using that as a bridge into September…"

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Quote from Minnesota Interviewee

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"I don't have a specific recommendation other than at some point during the yearlong program, offering Walk With Ease will be a benefit for many of the participants…often participants have difficulty getting their physical activity minutes in and logged in. ..but here is an opportunity to specifically say you can join this program and start walking or continue walking if that's what they've already been doing."

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National Association of Chronic Disease Directors

"Walk With Ease (WWE) can be used as a physical activity action planning tool, and coupled with other lifestyle modification initiatives (e.g., National Diabetes Prevention Program), can positively impact sustainability and behavior change among participants."

-National Association of Chronic Disease Directors

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Summary of Benefits of Coupling DPP & WWE

Coupling seems to help keep participants engaged and retained in the National DPP. Shared sense that the National DPP lacks in offering [structured] physical activity opportunities making WWE a very attractive program to increase and maintain physical activity minutes per week.

WWE increased social support/cohesion among the DPP participants through additional in-person or virtual touch points with the WWE program. Participants could invite family and friends to join them in WWE, either formally registering them in the program or simply having them walk with them during the week (additional support).

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Options for Coupling Walk with Ease and DPP at your Organization

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Two Coupling Methods

- **Referral process:** DPP participants are referred to WWE and complete the WWE program separately.
  - Refer to Self-Directed or nearby in-person WWE Program to facilitate

- **Integrated form:** DPP cohort participates in WWE together
  - Become a WWE Leader or partner with a WWE Leader to facilitate

When to Introduce WWE

Interviewees discussed various timing options:

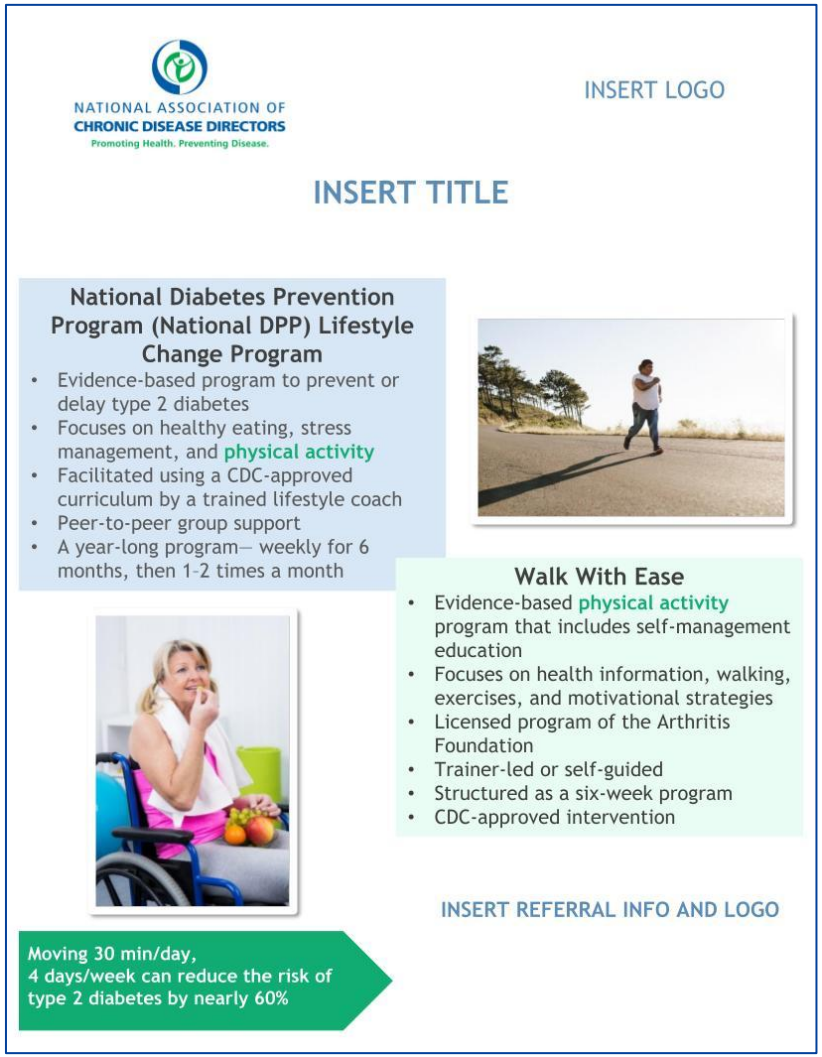
- At the beginning
- At session 4 or 5 when physical activity is discussed in the curriculum
- At the beginning of post core
- At any time via the self-directed method

Some states said introducing WWE at the beginning of the curriculum was useful for establishing early physical activity habits.

In Texas, they started DPP with WWE from the beginning and continued walking together once a week throughout the entire program.

Some states said that introducing it at the beginning of post core helped keep participants engaged in the program when DPP transitions from weekly to monthly meetings because WWE offers additional touch points during the month.

Sample Flyer from NACDD



NATIONAL ASSOCIATION OF CHRONIC DISEASE DIRECTORS
Promoting Health. Preventing Disease.

INSERT LOGO

INSERT TITLE

National Diabetes Prevention Program (National DPP) Lifestyle Change Program

- Evidence-based program to prevent or delay type 2 diabetes
- Focuses on healthy eating, stress management, and physical activity
- Facilitated using a CDC-approved curriculum by a trained lifestyle coach
- Peer-to-peer group support
- A year-long program— weekly for 6 months, then 1-2 times a month

Walk With Ease

- Evidence-based physical activity program that includes self-management education
- Focuses on health information, walking, exercises, and motivational strategies
- Licensed program of the Arthritis Foundation
- Trainer-led or self-guided
- Structured as a six-week program
- CDC-approved intervention

Moving 30 min/day,
4 days/week can reduce the risk of type 2 diabetes by nearly 60%

INSERT REFERRAL INFO AND LOGO

Walk with Ease Leader Training

- Complete a 2-3 hour online training consisting of:
  - reading a leader guide,
  - watching webinars, and
  - taking a brief multiple choice test

- *CPR Certification required for in-person group version of the program*

- Other requirements:
  - All participants must have a Walk with Ease guidebook
  - Pre/post paperwork and attendance log must be completed/submitted

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Next Steps

Refer DPP participants to the Self-Directed Walk with Ease Program

Become a Walk with Ease Leader to integrate the Walk with Ease Program with DPP

Reach out to me with your thoughts and questions

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Thank you

Thank you for participating in this training today. For more information about evidence-based programs or Healthy Aging NC please contact me:

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828-250-3992

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