

WALK WITH EASE + NATIONAL DPP COUPLING

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The logo for Iowa State University, featuring the text "IOWA STATE UNIVERSITY" in red, serif font, enclosed in a red rectangular border.

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CHPcommunity





- 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.



- Most participants who stay in the program at least 6 months achieve program goals for weight change ($\geq 5\%$) and weekly physical activity (≥ 150 min).
- The likelihood of achieving these goals increases throughout that time frame, highlighting the importance of participant retention.

Amundson HA, Butcher MK, Gohdes D, et al.; Montana Cardiovascular Disease and Diabetes Prevention Program Workgroup. Translating the Diabetes Prevention Program into practice in the general community: findings from the Montana Cardiovascular Disease and Diabetes Prevention Program. *Diabetes Educ* 2009;35:209–210, 213–214, 216–220



- There is a need to identify strategies to improve retention, especially among individuals who are younger or are members of racial/ethnic 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>

WALK WITH EASE - RETENTION STRATEGY



EMORY

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“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*

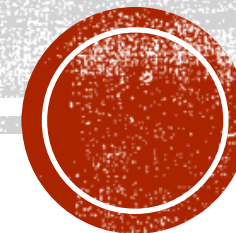
- **WWE + National DPP Coupling Formative Evaluation**
 - September 29, 2021
 - To learn how National DPP delivery organizations have adapted their programs to include the Walk With Ease (WWE) program, referred to as “coupling”
 - 9 telephone conversations were conducted with representatives from 9 states either currently or planning National DPP + WWE coupling



Interviewee Characteristics

State	Interviewees/Organizations	Length of Time Coupling	WWE Delivery Format
Iowa	IA Dept. of Health, CHPcommunity	Planning Phase	Exploring Self-Directed
Minnesota	MN Dept. of Health, Whitney Senior Center	3 years	Group, Enhanced, Self-Directed
Montana	MT Dept. of Health, Northern Montana Health Care, St. Vincent Health Diabetes and Heart Disease Prevention Program	3 years	Group, Enhanced, Self-Directed
New Hampshire	NH Dept. of Health	Started around 2019/2020	Group, Enhanced
New Mexico	NM State University/Bernalillo County Cooperative Extension	Less than 1 year (since 2020)	Enhanced
North Carolina	NC Center for Health and Wellness at UNC Asheville	Planning Phase	Exploring all options
Texas	Baylor Scott & White Health and Wellness Center	2 years	Group, Enhanced, Self-Directed
West Virginia	Active Southern West Virginia	6 months	Enhanced
Pennsylvania	Health Promotion Council	~1 year	Enhanced, Self-Directed

**WALK WITH
EASE -
RETENTION
STRATEGY**



TWO COUPLING METHODS

1) **Referral** process where National DPP participants were referred to WWE and those participants completed the WWE program separately.

2) **Integrated** form of coupling where the National DPP cohort participated in WWE together.

For example: some cohorts completed a WWE walk together after their regularly scheduled National DPP lifestyle change program class.

- Of the 9 states, all but one used the referral method or was planning to use this method.
- Three states talked about the integrated method, Texas uses this method primarily.

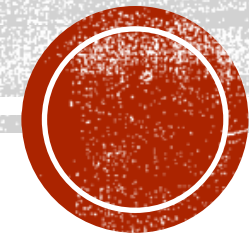


Referral	Integrated
<p><i>DPP participants are recommended to do WWE and referred to a separate WWE program.</i></p>	<p><i>All DPP participants are invited to participate in WWE together as part of the DPP. Participants do WWE with their cohort or other DPP cohort participants.</i></p>
<p><u>States/Orgs that discussed referring their National DPP participants to the WWE program:</u></p> <p>MT, NM, NH, and PA</p> <p>MN, IA, NC & WV still in planning phase, but discussed this as the main option.</p>	<p><u>States/Orgs that have integrated programs:</u></p> <p>TX: does this fully integrated, walk together after each DPP class</p> <p>MT: appears to have done this as well as a variety of other coupling methods, <u>i.e.</u> team competitions</p> <p>NH: has also done this with a couple groups, but it is not working as well as hoped</p>

COUPLING

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METHODS



WWE DELIVERY FORMATS

Group

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.

Enhanced

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.

Self-Directed

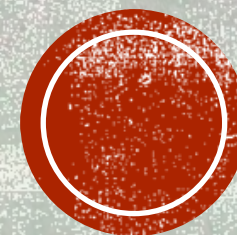
In the self-directed format, participants read the Walk With Ease Guidebook on their own over the course of 6 weeks, completing the various tasks and walking as laid out in the book.

The majority of those interviewed are using the Enhanced format (some called it “hybrid” or “Enhanced Self-Directed”). Many said they were using Zoom or a similar online platform to conduct weekly virtual meetings with their WWE cohorts. Texas (Baylor) used the most integrated approach where they held in-person walking groups after DPP classes and the participants walk on their own two more times that week.





WWE IN IOWA



SUPPORTING BEHAVIOR CHANGE



- 4 strategies have been shown to help promote PA and reduce HbA_{1c}
 - Instruction on performing behavior
 - Demonstration of behavior
 - Behavioral practice
 - Action planning
- Supervised activity in group sessions, and contact with an exercise physiologist have been shown to be effective
 - Helping individuals integrate activity into daily life is particularly important



TRADITIONAL PROGRAM FORMAT

- Regardless of delivery format, the program includes similar elements
 - 6-week program
 - Weekly lessons and activities
 - Self-paced progression
 - Goal is to build up to 30 minutes or more on 5 or more days a week

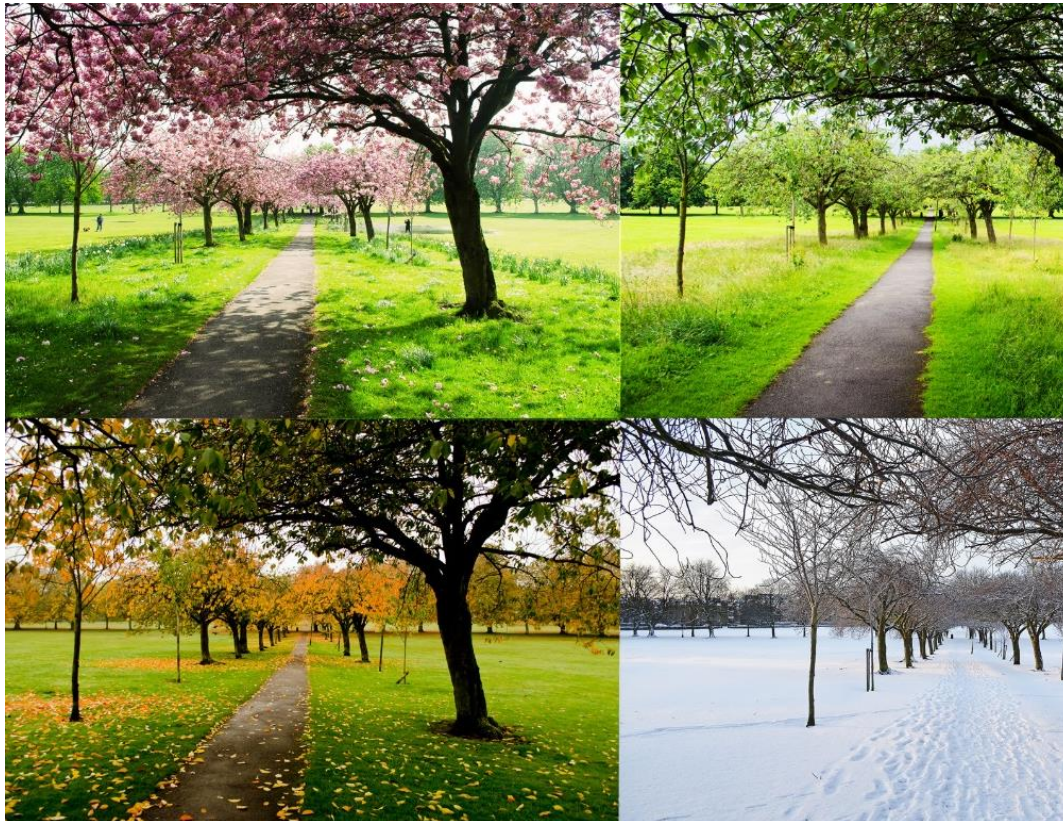


WHAT'S IN THE WWE GUIDEBOOK?

- Information about arthritis, symptom management and exercise
- Instructions to safely start and progress walking
- Exercises to strengthen and stretch muscles
- Motivational tools, strategies, and resources



WWE ENHANCED



- Iowa State University Physical Activity and Health Promotion Lab is evaluating enhancements to the base WWE Program to support long-term behavior maintenance
 - Health Coaching
 - Individual Habit Formation Training



TRIALED ENHANCEMENTS

- Regardless of enhancement received, the objective is to improve short-term behavior change, as well as long-term behavior maintenance

Health Coaching

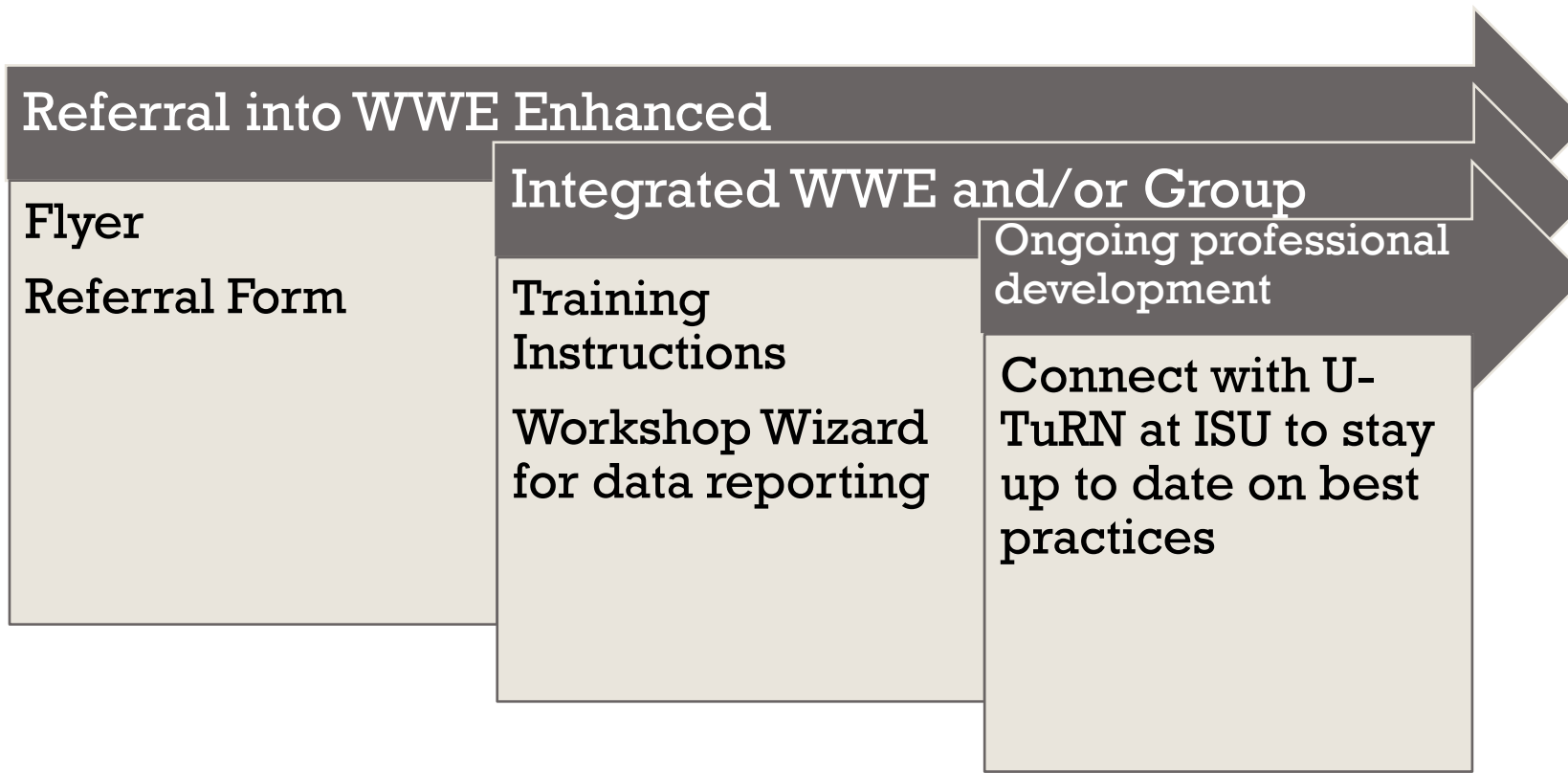
- Regular telephonic motivational interviewing sessions with trained student health coaches
 - Coaches may help understand motivations, set goals, and address barriers, but sessions are ultimately participant-led
- Coaches act as source of motivation and accountability to help build self-efficacy

Individual Habit Formation Training

- Informational videos and virtual activities that include many elements that a coach may conduct over the course of a session
 - Such as goal setting, action planning, and coping planning
- Emphasizes individuals creating their own path to success and building skills from the time of program enrollment



OPPORTUNITIES TO GET STARTED



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*
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- 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.
 - * Remember research article, slide 4
 - 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.



TIMING OPTIONS

...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...

– New Mexico Interviewee



TIMING OPTIONS



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.

- Minnesota Interviewee





CONCLUSIONS

- Coupling seems to help keep participants engaged and retained in the National DPP.
- Shared sense that the National DPP lacks in offering 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).

**“IF EXERCISE COULD BE PACKAGED IN A PILL,
IT WOULD BE THE SINGLE MOST WIDELY
PRESCRIBED AND BENEFICIAL MEDICINE IN
THE NATION.”**

-Robert Butler (1977)

Founder, National Institute on Aging



Thank You!

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