

Coupling WWE and the National Diabetes Prevention Program

October 2023



NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS

Promoting Health. Preventing Disease.

 **DTTAC**
Diabetes Training and
Technical Assistance Center

Welcome!



NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS

Promoting Health. Preventing Disease.

Center for Advancing Healthy Communities



DTTAC

Diabetes Training and
Technical Assistance Center

Our Team

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DTTAC Team



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DTTAC Overview

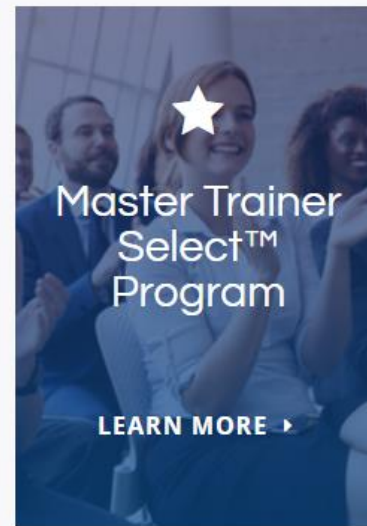
DTTAC Service Areas




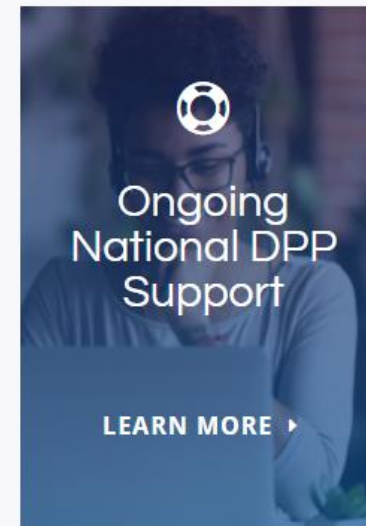

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Program Origins



Diabetes Prevention Program (2002)

Original Goal: Reduce onset of type 2 diabetes via weight loss by improving nutrition and physical activity

Year-long, group-based program

Today: Scaled nation-wide with 2,200+ delivery organizations



Walk With Ease (1999)

Original Goal: decrease pain and increase physical functioning due to arthritis

6-week, group-based program

Today: WWE has over 5,000 certified leaders

Movement Minute

Mary Mary - Walking (Official Video)



Physical Activity in the National DPP

Program PA Goal:

Increase and maintain physical activity minutes of 150 minutes per week

- Moderate activity
- Aim for a minimum of ten-minute increments
- Participant chooses type of activity they like that is realistic and sustainable for them

- Get Active to Prevent Type 2 (2)
- Track Your Activity (3)
- Get More Active (6)
- Energy In Energy Out (7)
- Stay Active to Prevent Type 2 (12)
- Take a Movement Break (18)
- Find Time for Physical Activity (21)
- Stay Active Away from Home (23)

Prevent T2 Curriculum Rapid Role Play



Top Challenges:

- Finding Time/building a consistent routine
- Physical Limitations
- Finding something enjoyable

Session Focus



Staying active over the long term can help you prevent or delay type 2 diabetes.

In this session, we will talk about:

- Some benefits of staying active
- Some challenges of staying active and ways to overcome them
- How far you've come since you started this program



You will also make a new action plan!

Tips:

- ✓ Know your "why." Remind yourself every day why you want to stay active. Ask friends and family to remind you too.
- ✓ Reward yourself. Give yourself small, non-food rewards for meeting your physical activity goals. Ask family and friends to support you.



1 | Stay Active To Prevent Type 2 | Participant Guide

The Role of the Lifestyle Coach

Facilitate (vs. teach) the weekly program sessions

Offer support and empathy to participants as they work towards sustainable changes

Create and maintain a positive group dynamic

Delivery session content with fidelity to evidenced based program

Adapt session *conversation and activities* to participant realities and needs

Connect participants to resources to address challenges, barriers and unmet needs

**“Participants needs and realities are taken into account.”
-DTTAC Guiding Principle**



Why couple these programs?

Why couple these programs?



+ **Walk with Ease**



Potential for greater program outcomes including:

Engagement

Retention

Making &
Sustaining
Behavior
Change

Health
Outcomes

Why use this guide?

To date, coupling these two programs has NOT been rigorously tested or evaluated.

However, we know organizations are interested and some have started to couple these programs.

We hope this guide can provide us with a way to document the variety of ways it is being implemented and learn more about the results.



**We have a lot to learn about coupling!
Please help us evaluate this
new way of implementing the
programs!**

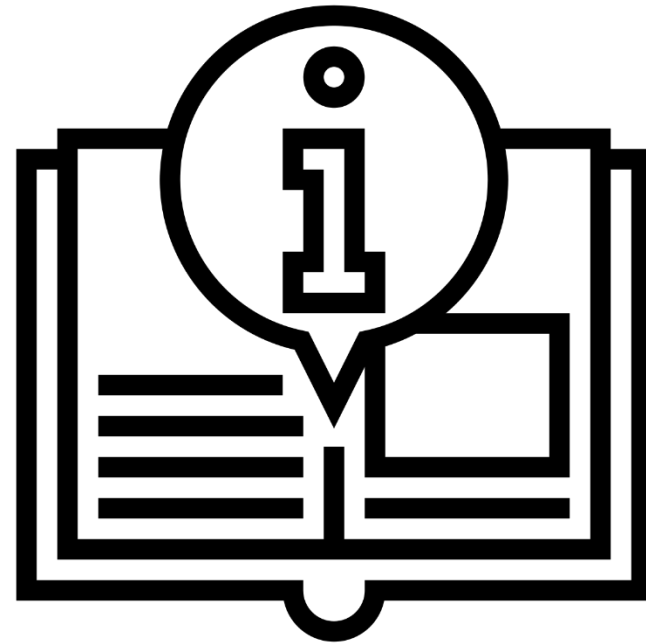
The Coupling Guide

Overview

Key Components of the Coupling Guide

Contents

- Introduction
- How to Use this Guide
- Expectations for Guide Use
- Definition of Coupling
- Implementation Guidance
- Evaluation Guidance
- Reporting Findings
- Contact Info & Resources
- Appendix of Tools & Templates



Expectation for Guide Use

1. Obtain the guide by filling out our intake form and providing your contact information
2. Respond to periodic check-in surveys with NACDD so that we may better understand how your experience has been and provide TA
3. Use the online form to provide your evaluation results

We know that evaluation capacity varies at every organization. This guide is designed so that your organization can select the level of evaluation feasible given your capacity.

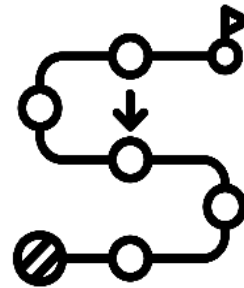
Coupling Definitions

Coupling is defined as the integration of the WWE program into the National DPP at some point during the National DPP LCP duration.

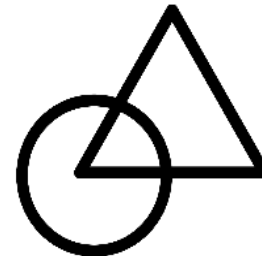
Decisions must be made around the WWE delivery format, timing, and method.



Format: How will you deliver the WWE program?



Timing: When will you offer the WWE program?



Method: How will you couple the WWE program?

Implementation Guidance: Format

Group

In the instructor-led group format, participants meet 3 times per week for class session.

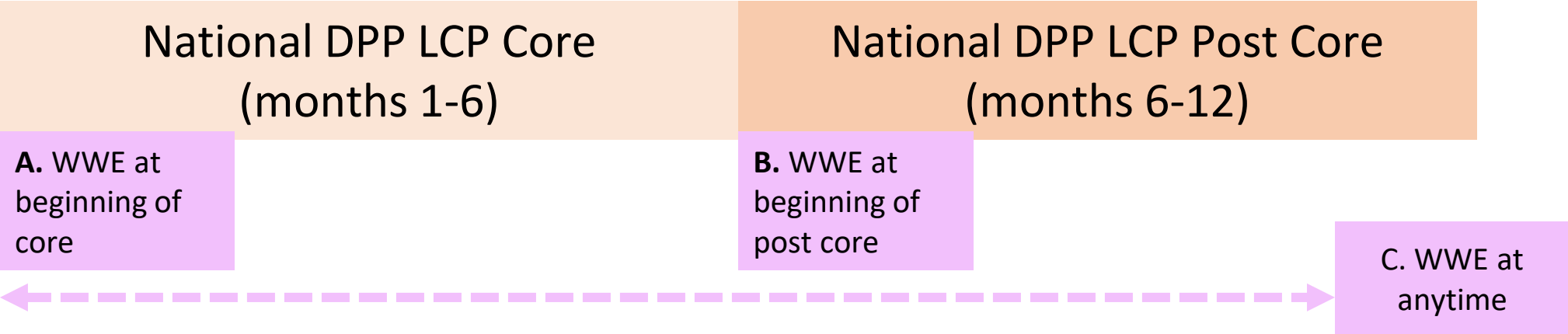
Self-Directed Enhanced

In the self-directed enhanced format, a group of individuals begin and end the 6-week program at the same time. Participants meet once a week and complete their walks on their own.

Self-Directed

In the self-directed format, participants read the Walk With Ease Guidebook on their own over the course of 6 weeks.

Implementation Guidance: Timing



Implementation Guidance: Method

Referral

The National DPP LCP participants are referred to a separate WWE program.

Integrated

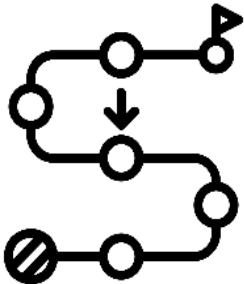
All National DPP LCP participants are invited to participate in WWE together as part of their LCP experience. Participants complete the WWE program with their cohort or other National DPP cohort participants.

Implementation Guidance



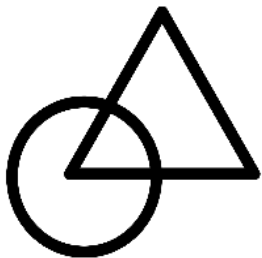
Format: How will you deliver the WWE program?

Any combination of WWE delivery format, timing, and method is acceptable.



Timing: When will you offer the WWE program?

These decisions should be based on what is most feasible for your organization to implement.



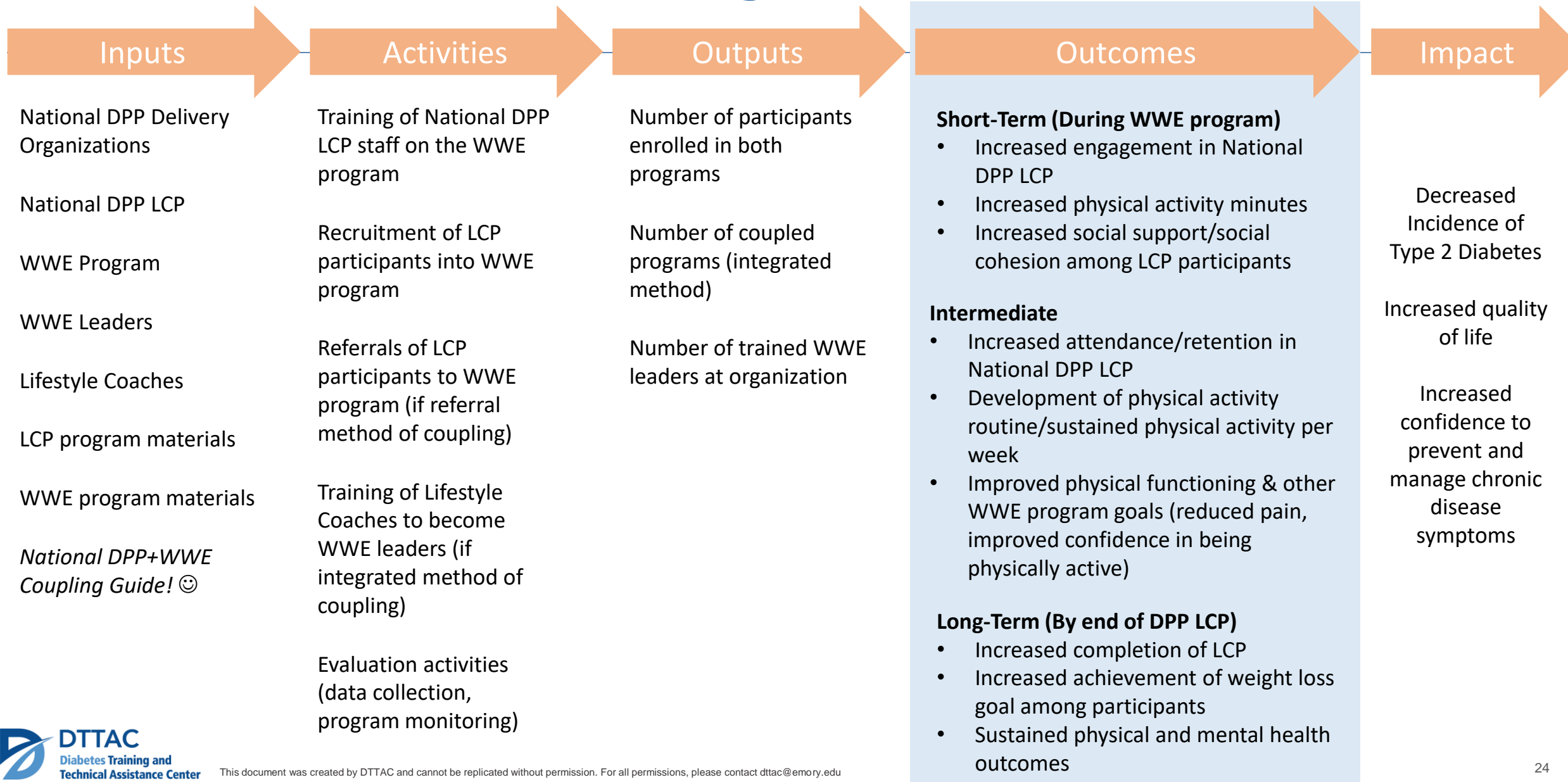
Method: How will you couple the WWE program?

Evaluating your coupled programs

If we want more evidence-based practice, we need more practice-based evidence.

Green LW *Am J Pub Health* 2006

Evaluation Guidance: Logic Model



For those with limited evaluation resources consider...

Organization Information & Coupling Details

- How you coupled the programs
- Reach numbers – how many participants were in both programs

Organization Satisfaction/Feedback on Coupling

- Successes
- Challenges/Issues
- Other reflections and TA requests

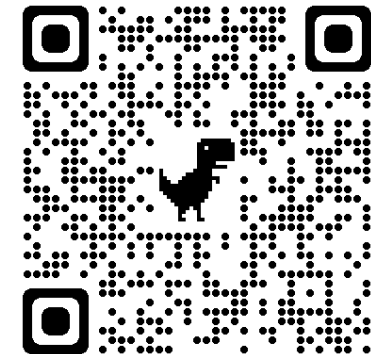


Next Steps

Lisa Erck, MS, NACDD Public Health Consultant

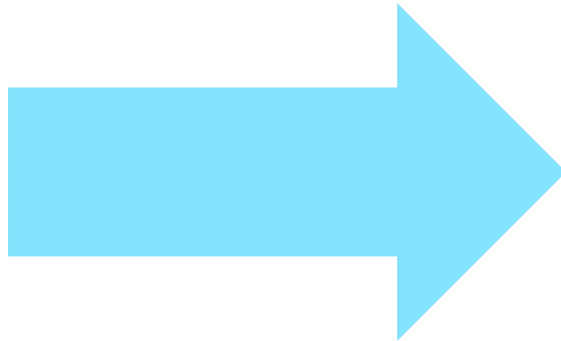
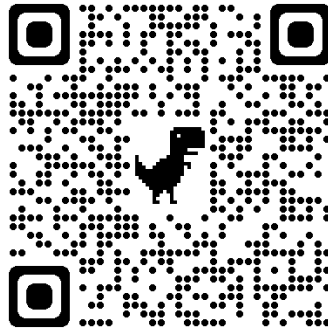
Next Steps

- NACDD created a web page with information on coupling efforts
 - Includes information on a pilot to integrate the Arthritis Foundation's WWE into ProVention's Health and Lifestyle Training (HALT) platform
- Evaluation reports submitted from individuals using the guide will help create a cumulative analysis so findings of your collective experiences can be shared broadly



How can you get access to the guide?

Request the guide here



Walk With Ease (WWE) + National Diabetes Prevention Program (National DPP) Coupling Evaluation Form

Thank you for your interest in the WWE+DPP Coupling Guide! Ensuring this guide is useful and effective in your coupling efforts is extremely important to us. We ask that those interested in using the guide complete this form and provide their contact information to respond to periodic check-ins with NACDD so that we may better understand how your experience has been.

Once you submit this form you will receive a copy of the guide in your inbox!

Organization Name *

Your Name *

Your Email *

What is your role at your organization? *

Technical Assistance Available

If you have any questions please contact NACDD at arthritis@chronicdisease.org

We also encourage organizations to coordinate their coupling efforts with their CDC Arthritis Program manager(s), HUBs, and/or DPP Coordinators in their state if those entities are available to you.

WWE implementation TA available via NACDD & Arthritis Foundation

**Now let's hear from
some states who have
been coupling!**

A group of five people, three women and two men, are walking on a paved path in a park. They are dressed in athletic wear. The woman on the far left is wearing a light green tank top and black leggings. The man next to her is wearing a white t-shirt and dark pants. The woman in the center is wearing a light blue t-shirt and black leggings. The man next to her is wearing a blue t-shirt and dark shorts. The woman on the far right is wearing a light purple t-shirt and black leggings. They are all smiling and appear to be in conversation. In the background, there are green trees and a wooden bench. A large, white, semi-transparent 'Q&A' text is overlaid in the center of the image.

Q&A

Small Discussion Groups

Reflection

- How could this impact your current/future workplan?
- What are opportunities for future collaboration?
- What resources/tools do you need for coupling?
- What are your action items or next steps?

Thank You!

arthritis@chronicdisease.org