

# National Diabetes Prevention Program FAQ & Referrals for Oregon WIC

## What is the National Diabetes Prevention Program?

The National Diabetes Prevention Program (National DPP) is a community-based prediabetes intervention from the Centers for Disease Control and Prevention (CDC), aimed at reducing risk of developing type 2 diabetes.

The National DPP is a year-long course where a cohort of participants meet weekly for the first 16 weeks followed by bi-monthly or monthly meetings the remainder of the year. The program is aimed at assisting participants in reducing and/or preventing the onset of diabetes through lifestyle change. The metrics tracked through course participation are overall weight reduction, weekly minutes of physical activity and reduction in HgbA1c (if available at the beginning of the course).

## Why is WIC promoting the National DPP?

Oregon WIC partnered with Comagine Health to encourage participation in the National DPP within several selected states as a part of a grant with the CDC. Comagine Health sponsored spaces in an online National DPP offering through *Hope 80/20* for Oregon WIC to refer participants to the National DPP. The program is a covered benefit for Medicare and Medicaid (such as Oregon Health Plan) beneficiaries which allows other community-based organizations to also offer the National DPP.

## Who qualifies for the National DPP?

A participant must be over the age of 18, have a BMI of 25 or higher, not be currently pregnant, and not have a current diagnosis of diabetes. They must also have one of the following:

- Diagnosis of prediabetes
- History of gestational diabetes
- Score 5 or higher on the [risk test](#) (includes factors such as age, weight & activity level)

Click [here](#) for a visual representation of qualifiers and further eligibility information.

## Where does the National DPP take place?

The National DPP is offered in a variety of ways. Most offerings were in-person prior to the COVID-19 pandemic. There are now more fully-remote offerings. Some are held at specific meeting times online. Other offerings are asynchronous, where the participant has the choice to complete the program at times that works best with their schedule. Asynchronous programs don't typically include going through the course with one particular group of people like in-person groups, but they have other group supports available in addition to the main lessons.

## How can someone participate in the National DPP?

From December 2021-March 2022 there are openings for WIC participants in *Hope 80/20's* asynchronous, online National DPP. There is no cost to the WIC participant. There are some community programs that are also free of charge to the participant. Others may bill insurance or charge a fee for participation. WIC appointments can serve as an assessment for referral to the National DPP. See page two for more information.

# National Diabetes Prevention Program FAQ & Referrals for Oregon WIC

## Assessing for prediabetes risk factors during a WIC appointment

- The National DPP could be a good fit if a participant seems to be in a place of interest or readiness for health behavior changes.
- Assess the participant's risk of prediabetes when completing the health questionnaire.
  - WIC risk factors that could indicate a good fit for the program include:
    - 363 Pre-Diabetes
    - 303 History of Gestational Diabetes
      - Note: pregnancy disqualifies someone from participating; though they would qualify postpartum, which you could mention during pregnancy, if appropriate
    - 345 Hypertension or Pre-HTN
    - 111 Overweight Women
  - Other risk factors to consider:
    - 304 History of Preeclampsia
    - 336 Fetal Growth Restriction
    - 337 History of a Birth of LGA Infant
    - Woman with infant assigned:
      - 142 Preterm or Early Term Delivery
      - 151 Small for Gestational Age
      - 153 Large for Gestational Age

## Making the referral

If a participant meets the criteria for potential eligibility for the National DPP:

- Describe the National DPP program (format, length, etc) to the participant to help inform their decision about registering for the program.
  - Offer CDC's "Why Participate" webpage:  
<https://www.cdc.gov/diabetes/prevention/why-participate.html>
  - Print copies of the [risk test](#) to share with participants.
- Consider referring to Comagine Health-sponsored asynchronous program.
  - Spots may be available in *Hope 80/20's* asynchronous, online National DPP offering. (Available until 3/31/22; this option may be extended)
  - Registration link: <https://hope8020.com/oregonmothers/>
- Check to see if there are any offerings for the National DPP in your area. Consider making contact with the organization offering the program. Ask to be kept in the loop when new cohorts begin.
  - Registry with many Oregon programs and cohort start dates:  
<https://comagine.org/livehealthyor#/>
  - All CDC-recognized programs: <https://dprp.cdc.gov/Registry>
- Encourage your local agency to add the National DPP to your referrals list in TWIST.
- In addition to documenting the referral in TWIST, include a "Plan" progress note to encourage checking in on this referral at the participant's next WIC appointment.