

Diabetes Prevention Program Project

Local Agency WIC Nutritionists Meeting
November 23, 2021

State staff: Julie Reeder, Erica Johnson, Cheryl Alto

Local agency staff: Lisa Beck, Mandy Peterson, Serena Streans Garland

Agenda & Objectives

- Introduce partners and provide overview of project
- Discuss key findings from RDN survey (breakout)
- Explore the benefits of peer mentors and DPP lifestyle coach training for WIC RDNs (breakout)
- Current status of online DPP project-share insights from Hope 80/20 lifestyle coach
- Identify opportunities for WIC RDNs to champion screening and referral
- Next steps, future trainings

Comagine Health Partners

- Tracy Carver ~ Director, Community Engagement/Systemwide Quality Improvement
- Katrina Seipp-Lewington ~ Senior Improvement Advisor, Community Engagement
- Trei Herd ~Health Promotion and Consumer Engagement Manager

Hope 80/20 Online DPP



YOUR HEALTH JOURNEY STARTS HERE

You are invited to participate in a lifestyle change program. There is no cost to participate. Are you ready?

- Convenient
- Go at your own pace
- Comfort of your own home
- On-demand video

Have access to a health coach, online support, a structure for success, and the tools for a healthier, more vibrant you.



TAKE THE NEXT STEP!

THE NATIONAL DIABETES PREVENTION PROGRAM (NATIONAL DPP):

- [The National DPP](#) is designed for your success
- Learn about nutrition, movement and emotional well-being in this lifestyle change program
- There is no charge to participate and you receive a year-long support system
- Lower your risk for developing type 2 diabetes



QUALIFICATIONS:

- A history of [gestational diabetes](#)
- OR
- Currently have [prediabetes](#)

To see if you qualify and to register, take a brief risk test at: hope8020.com/OregonMothers
ENROLL BETWEEN JULY 15 - SEPT 15, 2021
For more information, contact Erica Johnson: 503-522-6319 | erica.a.johnson2@state.or.us



NATIONAL DIABETES PREVENTION PROGRAM | HOPE 80/20 Health | Comagine Health

*This program is supported by a Grant: Cooperative Agreement for the National Diabetes Prevention Program. The program is not intended to be used for medical purposes and is not intended to be used for medical purposes. The program is not intended to be used for medical purposes and is not intended to be used for medical purposes.

Overview of the Diabetes Prevention Project

- Oregon WIC partnered with Comagine Health, CDC grantee for providing National Diabetes Prevention Program (NDPP) to rural and underserved areas.
- Methods:
 - Survey WIC RDNs
 - Offer 5 WIC RDNs the DPP lifestyle coaching training
 - Conduct focus groups with WIC participants
 - Survey ~1,500 WIC participants
 - Sponsor 50 slots for WIC participants to join online DPP course
 - Engage WIC RDNs trained in DPP to provide recommendations to CDC

Oregon WIC Nutritionists Survey

- When: March 2021
- Who: 22/38 Oregon LAWN attendees who provide direct participant services
- How: Online survey sent to LAWN members (exclude State or Admin only staff)
- Goals:
 - Identify desired credentials
 - Explore current counseling approaches with postpartum women (focus on 6months +)
 - Self-assessment of level of competence related to diabetes care
 - Document need for additional training and barriers to training
 - Integrate training needs with opportunity present by Comagine Health partnership

A few quick findings.. Here's what you said..

- 70% said not that often and 4% essentially never when asked how often they have appointments with women who are more than six months postpartum where the focus of the visit is the woman and her health vs. the needs of the infant
- 65% of RDNs selected not often and 25% somewhat often, as to how frequently they refer women to community or clinic-based diabetes services
- 84% believed that during the pregnancy would be the optimal timing to refer for group support for diabetes, while 10.5% felt that greater than 6 months postpartum was ideal
- 45% said participants would be very interested in asynchronous groups, 18% a mix of live and asynchronous groups, 14% live virtual groups, and 9% in person classes

Let's discuss the survey findings!

- Break out groups
- Choose the chart/topic corresponding to # of your break-out room
- There are some questions to get your discussion started
- Please pick one person to act as spokesperson when we return and share out
- We have 10 minutes for discussion

Large group reporting: Breakout session 1

Mentorship

- Two previously-trained DPP Lifestyle Coaches were brought on contract to support this project
- Mentor RDs: Dusty Dressler (CT Umatilla Yellowhawk) and Erica Johnson (formerly Tillamook County)
- Mentor RDs convened the group of RDs who received training to reflect on their experience and provide feedback
- Mentor RDs served as a bridge between Comagine Health and their partnerships and WIC RDs interested in leading their own DPP in a supported way

Local agency dietitians who completed the DPP lifestyle coach training

- Lisa Beck, Multnomah County
- Monica Dennis, Deschutes County
- Mandy Peterson, Baker County
- Serena Stearns-Garland, Linn County
- Sherri Tobin, Josephine County



Let's hear from your peers regarding DPP lifestyle coaching

- Break out groups
- Questions for the RDs who received training
- Opportunity for you to ask questions
- State staff will take notes
- We have 10 minutes for discussion in the break out group

Large group reporting: Breakout session 2

Status Update from Hope 80/20



YOUR HEALTH JOURNEY STARTS HERE

You are invited to participate in a lifestyle change program. There is no cost to participate. Are you ready?

- Convenient
- Go at your own pace
- Comfort of your own home
- On-demand video

Have access to a health coach, online support, a structure for success, and the tools for a healthier, more vibrant you.



TAKE THE NEXT STEP!

THE NATIONAL DIABETES PREVENTION PROGRAM (NATIONAL DPP):

- [The National DPP](#) is designed for your success
- Learn about nutrition, movement and emotional well-being in this lifestyle change program
- There is no charge to participate and you receive a year-long support system
- Lower your risk for developing type 2 diabetes



QUALIFICATIONS:

- A history of [gestational diabetes](#)
- OR
- Currently have [prediabetes](#)

To see if you qualify and to register, take a brief risk test at: hope8020.com/OregonMothers
ENROLL BETWEEN JULY 15 - SEPT 15, 2021
For more information, contact Erica Johnson: 503-522-6319 | erica.a.johnson2@state.or.us



NATIONAL DIABETES PREVENTION PROGRAM | HOPE 80/20 Health | Comagine Health

*This program is supported by a State-Corporate Agreement for the HOPE80/20 Diabetes Prevention Program. The program is not intended to be used for medical purposes and is not intended to be used for medical purposes. The HOPE80/20 Diabetes Prevention Program is a registered trademark of HOPE 80/20 Health Services.

Insights from Amy, online DPP lifestyle coach with Hope 80/20

- **What can WIC RDs expect when they refer a WIC participant to online DPP with Hope 80/20?**

“When RD's make a referral, they can expect that our signup process is very simple and immediate. Any referrals can go to the signup page, apply for the program, and find out if they qualify in about 2-3 minutes. If they qualify, they are presented with a demo video of Session 1 and given the option to participate or opt out. If they choose to participate, they are instantly logged into the program and can start right away.”

To see if you qualify and
to register, take a brief risk test at:

hope8020.com/OregonMothers

ENROLL BETWEEN JULY 15 - SEPT 29, 2021

For more information, contact Erica Johnson:
503-522-6319 | erica.a.johnson2@state.or.us

Insights from
Amy, online DPP
lifestyle coach
with Hope 80/20

- **What does the interaction between Amy and the WIC participant look like?**
- Interactions with WIC participants have included:
 - one-on-one calls
 - email interactions
 - Inner Circle: chat room where participants can interact with each other
 - meet in-person with local participants for walks and exercise

Insights from
Amy, online DPP
lifestyle coach
with Hope 80/20

- **What are common barriers, success stories, how are things going?**

Common barriers:

- Time
- Feelings of being overwhelmed by the one-year duration of the program and having to make the habit changes

Perceived success:

- practicing portion control
- self control
- making better choices overall

Opportunities for WIC
nutritionists to
champion screening
and referral

Associated Risks

- 363 Pre-Diabetes
- 303 History of Gestational Diabetes
- 345 Hypertension or Pre-HTN
- 111 Overweight Women

Prediabetes Risk Test



1. How old are you? Write your score in the boxes below

Younger than 40 years (0 points) _____

40–49 years (1 point) _____

50–59 years (2 points) _____

60 years or older (3 points) _____

2. Are you a man or a woman?

Man (1 point) Woman (0 points) _____

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

Yes (1 point) No (0 points) _____

4. Do you have a mother, father, sister, or brother with diabetes?

Yes (1 point) No (0 points) _____

5. Have you ever been diagnosed with high blood pressure?

Yes (1 point) No (0 points) _____

6. Are you physically active?

Yes (0 points) No (1 point) _____

7. What is your weight category?

(See chart at right) _____

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points

You weigh less than the 1 Point column (0 points) ←

Other Risks 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

Prediabetes Risk Test

NATIONAL
DIABETES
PREVENTION
PROGRAM

1. How old are you?

Younger than 40 years (0 points)
40–49 years (1 point)
50–59 years (2 points)
60 years or older (3 points)

Write your score in
the boxes below

2. Are you a man or a woman?

Man (1 point) Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

Yes (1 point) No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?

Yes (1 point) No (0 points)

5. Have you ever been diagnosed with high blood pressure?

Yes (1 point) No (0 points)

6. Are you physically active?

Yes (0 points) No (1 point)

7. What is your weight category?

(See chart at right)

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points
	You weigh less than the 1 Point column (0 points)		

Opportunities for change in clinical pathways

- What changes are needed for health and diet assessments?
- What training is needed to connect Risk Codes and how they relate to DPP?
- What improvements are needed to assist WIC staff in understanding the connections between risks and referrals?
- How can we help make referrals easier?
- RDs to refer in their community
 - CDC Registry of all recognized DPP organizations <https://dprp.cdc.gov/Registry>

Next steps & Future Opportunities for Training

- You received the final report on the DPP project
 - Goal: Conduct follow up interviews with WIC participants participating in DPP
- Julie will be publishing 3 articles related to:
 - RDN survey
 - WIC participants survey
 - Postpartum quality of life
- Comagine Health is committed to working with Oregon WIC to provide:
 - Additional support of WIC participants interested in DPP services
 - Training of WIC staff on DPP
 - Connecting WIC participants with local DPP programs who bill Medicaid for services

For more information:

- Erica Johnson: Erica.A.Johnson@dhsoha.state.or.us
- Julie Reeder: Julie.A.Reeder@dhsoha.state.or.us
- Cheryl Alto: Cheryl.L.Alto@dhsoha.state.or.us

Thank you!