

## Extension educators expand diabetes prevention program in southwest Idaho

### AT A GLANCE

University of Idaho Extension partnered with the Idaho Department of Health and Welfare to expand the National Diabetes Prevention Program (Prevent T2) in southwest Idaho.

### The Situation

The Centers for Disease Control and Prevention (CDC) 2017 Diabetes Statistics Report revealed that an estimated 30.3 million, or 9.4 percent of the U.S. population, had diabetes in 2015. According to the CDC, more than one out of three Americans have prediabetes, a total of 84.1 million people. The CDC also estimates almost half (48.3 percent) of Americans age 65 and older have prediabetes.

The CDC created the National Diabetes Prevention Program (DPP), or Prevent T2, to address the potential for reducing the incidence of diabetes. A multi-center research study of the program showed that people at risk for developing diabetes can prevent or delay the onset of diabetes by 58 percent if they lose 5-7 percent of their starting body weight and achieve 150 minutes of moderate physical activity each week. The curriculum includes information for participants on healthy diet choices, how to make realistic lifestyle changes, creating a support system, stress management and more. In an ongoing study with 10 years of DPP data, researchers found participants continued to have a delay of developing type 2 diabetes by 34 percent.

The Idaho Department of Health and Welfare (IDHW) adopted CDC DPP Prevent T2 and developed a



Prevent T2, National Diabetes Prevention Program (prediabetes).

statewide program in 2016. In the first year, they identified a critical gap; there were not enough DPP providers in southwest Idaho where much of the state's population is located. To address this, the IDHW state DPP coordinator reached out to University of Idaho Extension in Ada County to develop a partnership to increase the availability of programs in southwest Idaho.

### Our Response

The family and consumer sciences educator in Ada County partnered with the state DPP coordinator in 2017 to provide a CDC Prevent T2 Healthy Lifestyle Coach training in Boise. They used a combination of University of Idaho Extension and Idaho Department of Health grant funds to host a training in Boise. They

had twelve participants complete the two-day certification process and become DPP healthy lifestyle coaches. This included seven Extension educators, one program coordinator, two community volunteers and two public health workers.

The attendees received in-depth instruction on the program and a toolkit. The instruction included education on how to facilitate the CDC Prevent T2 curriculum, a total of 26 lessons. The toolkits they received included a copy of the Healthy Lifestyle coach instructor notebook, a participant notebook and a sample set of incentives in an IDHW DPP branded tote bag.

### Program Outcomes

After the training was complete, family and consumer sciences Extension educators delivered the Prevent T2 program in four counties, at a variety of locations. The program locations included community centers, an University of Idaho Extension office, the Hispanic cultural center (bilingual program), a city hall and a county courthouse. A total of six programs have been completed, starting in August 2017 to January 2019. In addition, three programs are currently in progress. Participant data was collected at each class and uploaded into the CDC national database. The programs are a year-long (22-26 total classes).

The outcomes of the completed programs from August 2017 to January 2019 include:

- 60 total participants
- 100 percent attended months 1-6
- 80 percent attended months 7-12
- 9.9 lbs. average weight loss
- 4.9 percent average body weight lost
- 195 minutes average weekly activity
- 40 participants ≥ 150 minutes activity

### FOR MORE INFORMATION

**Bridget Morrisroe-Aman**, Extension Educator • University of Idaho Extension, Ada County • 208-287-5900 • [bridgeta@uidaho.edu](mailto:bridgeta@uidaho.edu)

**Jackie Amende**, Extension Educator • University of Idaho Extension, Canyon County • 208-459-6003 • [jamende@uidaho.edu](mailto:jamende@uidaho.edu)

**Gretchen Manker**, Extension Educator • University of Idaho Extension, Jerome County • 208-324-7578 • [gretchenm@uidaho.edu](mailto:gretchenm@uidaho.edu)

**Becky Hutchings**, Extension Educator • University of Idaho Extension, Minidoka County • 208-436-7184 • [bhutchings@uidaho.edu](mailto:bhutchings@uidaho.edu)

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### The Future

Extension educators in Ada, Canyon and Jerome counties have begun a second year of the UI Extension DPP. In Canyon County, two more programs will be starting in February 2019. A 2019 Innovative Project Award was received to hire a Spanish-speaking facilitator and host a Spanish-speaking program in Nampa at a local church. In addition, an online program is being piloted. In Jerome the educator partnered with the city workplace wellness program. The class is offered at the city council chamber during the work day for city employees. In Ada County, the educator is partnering with two worksites to offer DPP at the workplace starting in February and March 2019. In addition to starting new programs, the educators are working with IDHW to apply for a subgrant to pilot and support DPP at the workplace, as well as to create supplemental activities for DPP coaches to utilize statewide.