

Partnering to Prevent Diabetes



Minnesotans and Prediabetes

Did you know that...?

- Roughly 1 in 3 Minnesota adults or 1.5 million may have prediabetes¹
- In 2014, only 7.4 percent of Minnesota adults said their health care team told them they had prediabetes²
- Minnesotans with prediabetes are at higher risk of type 2 diabetes, heart disease and stroke¹

Since 2016, PartnerSHIP 4 Health (PS4H), local public health and community partners in west central Minnesota, has offered the Diabetes Prevention Program (DPP) to community members. The DPP uses a group setting to provide support and encouragement weekly for four months and once a month for the duration of the 12 month program (24 sessions). Sessions foster healthy lifestyle changes related to food, stress, physical activity, and sleep.

Partnering for Prevention

In 2012, PS4H offered DPP Lifestyle Coach Training, and two Perham Health staff completed the training. Perham Health set multiple start dates, but recruitment efforts failed to enlist eight to 10 participants and the program was put on hold. In 2015 a patient heard about another community offering the program, and asked Perham Health to offer the program. She recruited friends and the pilot class was held in 2016.

According to Colleen Bauck, RN Care Coordinator and DPP Lifestyle Coach, PS4H was instrumental in the success of their local program, “PS4H funded Lifestyle Coach Training, and offered grant dollars for program operation and materials. PS4H came to our clinic to explore our struggles and successes. They observed the class, offered suggestions and feedback, and shared

lessons learned from other organizations. PS4H shared our successes with other organizations such as how we electronically communicate with providers about classes and outcomes.”

Making it Work

“I first heard about this type of a program when my sister-in-law told me about it,” stated pilot program participant Diane Klinnert. “My sister-in-law belonged to a program like this in southern Minnesota. When it was offered at Perham Health, my husband Paul and I decided to sign up,” she added.³

The outstanding success achieved by the pilot group’s participants resulted in the formation of a second group, and then in 2017, five additional groups. To sustain the program, Perham Health offers multiple classes giving participants an option to choose which time works best with their schedules. They also sought a community champion to help with recruitment, trained multiple staff and class alumni as Lifestyle Coaches to prevent instructor burnout and turnover, and asked Bauck, and Gwen Horter, a Perham Health licensed registered dietician, to facilitate the local program.

The program’s goal is for participants to lose 5-7 percent of body weight and the first two classes met this goal. The majority of the current class participants (in sessions nine to 20) already met or surpassed the goal. The pilot class continues to meet weekly in a participant’s home as they have done since their post-core sessions. One participant states, “I have learned so much in this program, I would love to help instruct them.”

According to Horter, “The DPP resulted in increased community awareness that diabetes is an epidemic, and that lifestyle changes can make a huge difference. Participants have gained new skills and support to become and stay healthier.”

¹CDC National Diabetes Statistics Report 2014

²CDC, Behavioral Risk Factor Surveillance Survey, MDH analysis

³Perham Health, Wellspring, Vol. 1, Issue 25, p. 1

For more information:

<http://www.partnership4health.org/>

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