

Innovative Approaches to Creating Local Partnership to the National DPP in Florida

A 1705 NACDD Success Story



**NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS**

Promoting Health. Preventing Disease.

SUMMARY:

The goal of the Florida Department of Health (FDOH) Diabetes Program is to increase the number of CDC-recognized organizations offering the National Diabetes Prevention Program (DPP) lifestyle change program (LCP) in rural counties. FDOH has partnered with five county health departments (CHDs) in north Florida to increase the availability of an adapted National DPP that is inclusive of people with disabilities in regions of Florida where the prevalence of prediabetes is high and the population currently is not being served.

CHALLENGE:

FDOH has partnered with local CHDs that now can serve individuals at risk for diabetes in these five rural counties. However, the programs face challenges, from increasing program participation to creating widespread awareness of program availability. Strategies to overcome these challenges are being implemented to further the success of the program.

SOLUTION:

FDOH convened several partnering CHDs (Gadsden, Putnam, Union, and Washington) to share ideas for implementing successful outreach methods and increasing enrollment into National DPP. Additionally, our lead training partner, Bay CHD, attended and shared their experience in building partnerships with local organizations and insurance payers to maximize reach and sustainability. This provided each partner with additional strategies that will help increase the number of participants in National DPP and the number of providers, community organizations, and members that are aware of this program. It also provided an opportunity for some collaborative technical assistance to be provided that will increase each partners' capacity, sustainability, and quality of program. Additionally, the FDOH Diabetes Program and all partnering CHD staff met quarterly via conference call to discuss the progress of their programs, share successes, and discuss barriers to be addressed. These collaborative meetings are part of an ongoing effort to have all LCP stay engaged with the FDOH Diabetes Program to increase the program staff support and program success.

CHDs were able to develop marketing plans for communication and outreach, demonstrating how they plan to increase awareness of prediabetes and enrollment into NDPP serving populations in rural counties with high prediabetes and diabetes prevalence.

RESULTS:

Through the guidance provided during the partner meetings, CHDs were able to develop marketing plans for communication and outreach, demonstrating how they plan to increase awareness of prediabetes and enrollment into National DPP serving populations in rural counties with high prediabetes and diabetes prevalence. One marketing plan included targeted outreach to the local school board. This resulted in Washington CHD partnering with the Washington County School Board. Through their outreach and marketing efforts, they were able to increase the program enrollment with 11 participants from the school board, including school bus drivers and school board county



administration staff. The County Administrator expressed how important it is for the school bus drivers to continue a healthy lifestyle and National DPP can help them improve their health.

Another CHD partner was able to form new partnerships with the help of their outreach and marketing efforts. Putnam CHD is now collaborating with various community partners, including the University of Florida (UF) Institute of Food and Agricultural Sciences (IFAS) extension program. UF IFAS is a federal-state-county partnership dedicated to developing knowledge in agriculture, human, and natural resources. The UF IFAS extension was able to provide referrals to the LCP classes and to increase community involvement in cooking demonstration classes that Putnam CHD hosted. The partnership with Putnam CHD and UF IFAS has opened doors for Putnam CHD to enhance local engagement of partners and increase retention rates for the National DPP in Putnam County.

SUSTAINING SUCCESS:

The FDOH will continue assisting the CHD partners to increase their partnerships with existing and new community partners to promote National DPPs and spread awareness about prediabetes and how to prevent it with the National DPP. The FDOH Diabetes Program will continue to have technical assistance calls and webinars focused on formalizing relationships with local community partners. This will assist FDOH in achieving and maintaining its annual enrollment goal of 150 participants. The FDOH Diabetes Program intends to partner with three additional CHDs that can provide targeted services to the rural regions of the state and areas where LCP services are limited for persons with disabilities.