

# **Prevent T2 for All: Building Capacity for Disability Inclusion Online**

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**A 1705 NACDD Success Story**



**NATIONAL ASSOCIATION OF  
CHRONIC DISEASE DIRECTORS**

Promoting Health. Preventing Disease.

## **SUMMARY:**

Nearly one in four adults in the United States have a disability. People with disabilities are represented in all other demographics and according to some statistics, represent the largest minority in the nation. Despite being a significant portion of the population, adults with disabilities experience higher rates of diabetes compared to their non-disabled peers. They also face many barriers when trying to access health promotion opportunities. To aid in removing these barriers, NCHPAD/Lakeshore Foundation has developed an online version of its inclusive National Diabetes Prevention Program (National DPP) curriculum.

## **CHALLENGE:**

Currently, there are only two CDC-approved National DPP curricula that address participants with disabilities. There also are no common set of standards or guidance exists for Lifestyle Coaches related to inclusion of adults with disabilities in Lifestyle Change Programs. Lakeshore Foundation/NCHPAD has worked with NACDD and its state level partners to train dozens of Lifestyle Coaches on the Prevent T2 for All Curriculum. However, the curriculum and accompanying training were developed originally to be offered as an in-person training. There are many skills relating to accessibility and inclusion that are best understood by doing them, such as assessing built environment accessibility.

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## **SOLUTION:**

As is often the case, building significant capacity for inclusion and retention of participants with disabilities requires the use of technology. The online module was a challenge to create for one reason in particular: accessibility. There are many learning management platforms for trainings like the online Prevent T2 For All program, but they come in varying degrees of compliance with web accessibility standards and guidelines. The challenge was to find a program that was accessible but not too costly. In the end, we created an online course using two different learning management systems. One is much like a modern online web course with many more interactive features, and the other allows for a more presentation-style experience.

## **RESULTS:**

The new web course will offer Lifestyle Coaches the opportunity to understand inclusive concepts without having to take an in-person program. It will be piloted with NACDD 1705 team partners and refined as needed.

## **YOUR INVOLVEMENT IS KEY:**

The online version of Prevent T2 for All and its supporting materials are a positive development for Lifestyle Coaches within the 1705 grant program and eventually beyond. While this training can be a



“game changer” for the knowledge, skill, and ability of Coaches, it also emphasizes the importance of accessible online National DPP programs. While it can take time, online providers can expand their participation greatly through increased accessibility by using resources such as [webaim.org](http://webaim.org) or [section508.gov](http://section508.gov).

### **SUSTAINING SUCCESS:**

The online Prevent T2 for All training module will be part of a continual process to increase the availability of tools and resources to promote the inclusion of adults with disabilities in the National DPP. In the first year of the 1705 program, Lakeshore/NCHPAD team members created a variety of resources, including videos on topics such as adapted cooking and recruiting of people with disabilities. In year 2, a toolkit will offer National DPP providers resources to address inclusion on their own. We hope to have the new online module become a hub for these resources, training, and perhaps, a kind of Community of Practice where Coaches can gather ideas from National DPP providers who are experiencing success—or running into barriers—when it comes to including participants with disabilities.