



## ***PACIFIC ISLANDER DIABETES PREVENTION PROGRAM***

Association of Asian Pacific Community Health Organizations  
Emerging UHAs: Lessons from the Field



**NATIONAL ASSOCIATION OF  
CHRONIC DISEASE DIRECTORS**  
Promoting Health. Preventing Disease.



# Objectives

- Review lessons learned and best practices in building a population-based UHA
- Provide examples of tailoring the National DPP for Pacific Islander populations
- Demonstrate how community investments lead to strong outcomes and sustainability
- Overview of competencies for the Pacific Islander Diabetes Prevention Program Umbrella Hub



# About AAPCHO

The Association of Asian Pacific Community Health Organizations was formed to create a national voice to advocate for the unique and diverse health needs of Asian American, Native Hawaiian, and Pacific Islander communities and community health providers that serve their needs.



# AAPCHO's Pacific Islander Center of Primary Care Excellence

- Established in 2017 to improve the health of Pacific Islanders in the U.S. and the U.S. Pacific through primary care support, research, workforce development, and community initiatives.
- Serves as AAPCHO's health equity arm and resource for NH/PI communities
- [pi-copce.org](http://pi-copce.org)



# Pacific Islander Diabetes Prevention Program - Background



- Pacific Islanders type 2 diabetes prevalence among the highest of any population group in the world (compared to 8.8% among whites in the US)
  - 23.7% in the Continental US & Hawaii
  - 29.8% Marshall Islands
  - 47.3% American Samoa
- FQHC Patients
  - 43% of Pacific Islander patients have uncontrolled diabetes
  - 46% have uncontrolled hypertension
- Historical and systemic exclusion and lack of investment in culturally tailored (not just translation) prevention programming for Pacific Islanders

# Pacific Islander Diabetes Prevention Program - Background

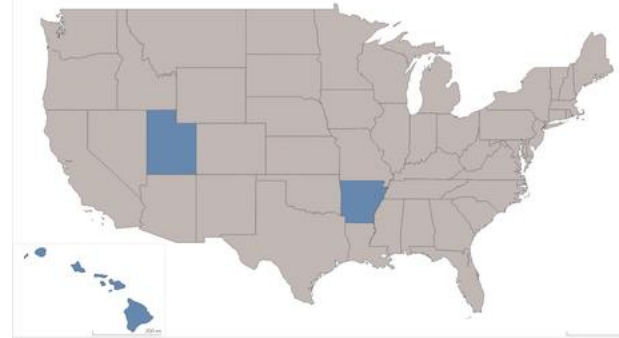
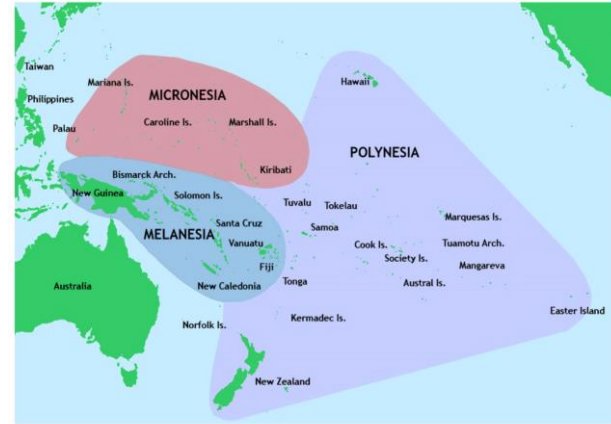
- CDC 1705 National DPP funding awarded to focus on expansion to vulnerable populations (2017-2023)
- Our Vision:
  - To ensure access to the National DPP for Pacific Islanders living in the Continental US, Hawaii, the US territories and freely associated states





# PI-DPP Partners and Delivery Sites

- Continental U.S. & Hawaii
  - Arkansas Coalition of Marshallese (AR)
  - National Tongan American Society (UT)
  - Malama I Ke Ola Health Center (HI)
- U.S. Territories
  - Marianas Health Services (CNMI)
- Freely Associated States
  - Majuro Wellness Center (RMI)
  - Kwajalein Diak Coalition (RMI)
  - Kosrae Community Health Center (FSM, Kosrae State)
  - Chuuk Community Health Center (FSM, Chuuk State)
  - Chuuk Women's Council (FSM, Chuuk State)
  - Belau Medical Clinic (Republic of Palau)
  - Palau Ministry of Health (Republic of Palau)





# Cultural Tailoring of the National DPP

- ***Tailoring is a process done through collective participation & requires trust***
  - Assembled community stakeholders and trusted subject matter experts
- **Building from scratch**
  - Translation resources completed by Lifestyle Coaches- not outsourced
  - Incorporating health beliefs and cultural approaches into implementation planning adult learning & training
- **Prioritize language, culture, worldview, and community partner strengths**
  - Peer based learning
  - In-person meetings
- **Investing in health system partnerships and clinician engagement**



Kinikinin Kao 8

Kamo me Kuuk met epwe epeti Type 2  
semwenin suke

**PREVENT2**  
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

3/3/19

PH DPP Module 8: Shop and Cook to Prevent T2 - Choukess







# Investments: Hub Infrastructure

- Workforce investment and training
  - Designated Site Coordinators for communication and coordination
  - Designated Data Coordinators to ensure compliance
  - AAPCHO became a certified DPRP delivery site
  - Investments in Lifestyle Coach support and training reduce turnover and increase participant retention
- AAPCHO initial Hub services: technical assistance, data management and organizational capacity building





# Investments: Lifestyle Coach Training & Peer Support

- All PI-DPP Lifestyle Coaches are enrolled into an AAPCHO hosted virtual PT2 class
  - To learn from a participant's perspective
  - Experience peer support
  - Observe LC role modeling for engagement ideas
- Lifestyle Coach training convenings
  - Peer to peer education
  - Advanced skills training
  - Motivational support





# Investments: PI-DPP Training Academy

- Value-based reimbursement
- Fiscal technical assistance and support
- 4 Master Coaches
  - Kosraean
  - Samoan
  - Tongan
  - Marshallese
- Lifestyle Coach Advanced Skills Training & Certification
  - BWHI & State of Wellness partnerships
  - Certification of new Lifestyle Coach workforce
  - Advanced Skills Trainings:
    - LC and Participant Motivation
    - Retention Strategies
    - Time Management
    - Nutrition Education

## Lokwe & Welcome Everyone!

- Group intro on zoom, individuals can use the chat box for introductions
- Icebreaker Question: What is the cost of gas in your area?



Dear PI-DPP Team,

*In one Chuukese phrase, PI-DPP is "angangen ikenai, tufichin nesor," which simply means, "today's effort, tomorrow's blessing." In all the communities where PI-DPP is offered, as a coach I'm recognized as someone who shows care for people's health in the community. PI-DPP has also helped me gain knowledge that prevent myself from getting type 2 diabetes. And from the knowledge I have, I am also sharing it with my loved ones who are at greater risk of getting diabetes.*

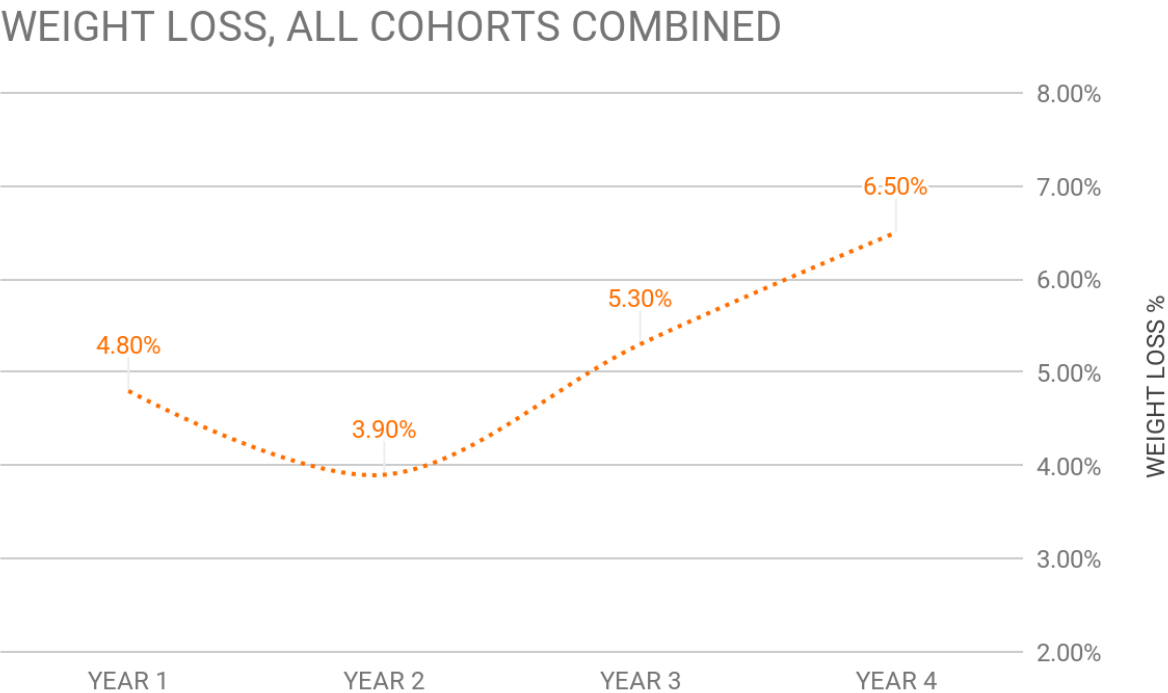
# 1705 Grantee Years 2-4, Cohorts 1-2

- **53% completion rate**
  - 3,303 participants enrolled
  - 1,737 completed
- 182 Classes Completed
- **5.15% average weight loss**
  - compared to 4.6% for 1705 grantees as of July 2020





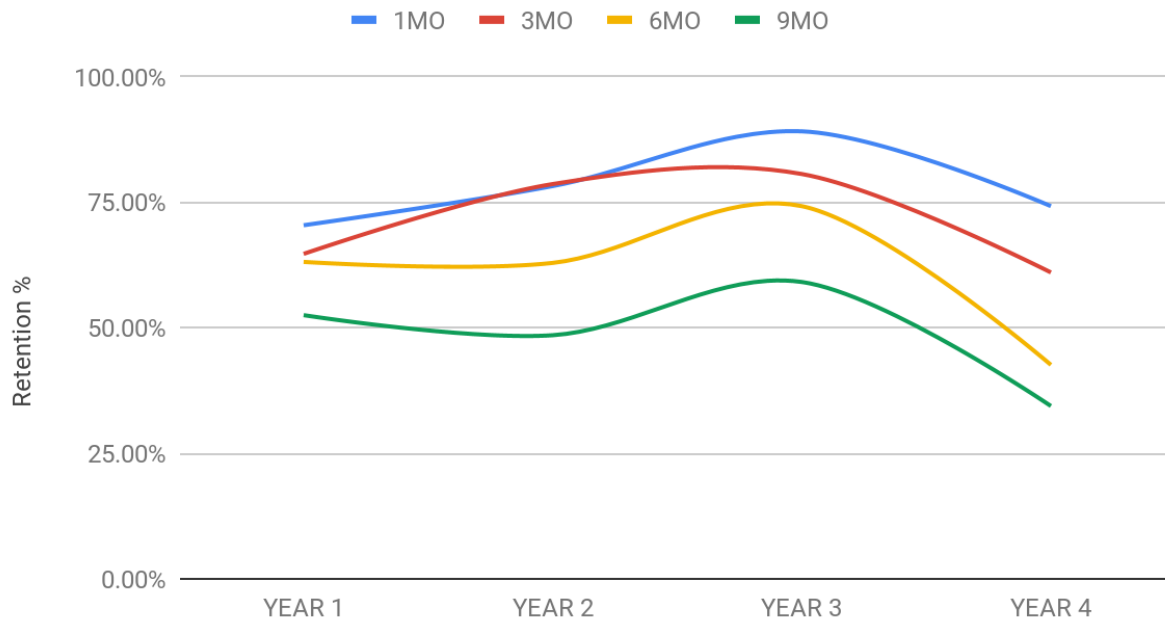
# Our Results: Weight Loss





# Our Results: Retention

## RETENTION, ALL COHORTS COMBINED

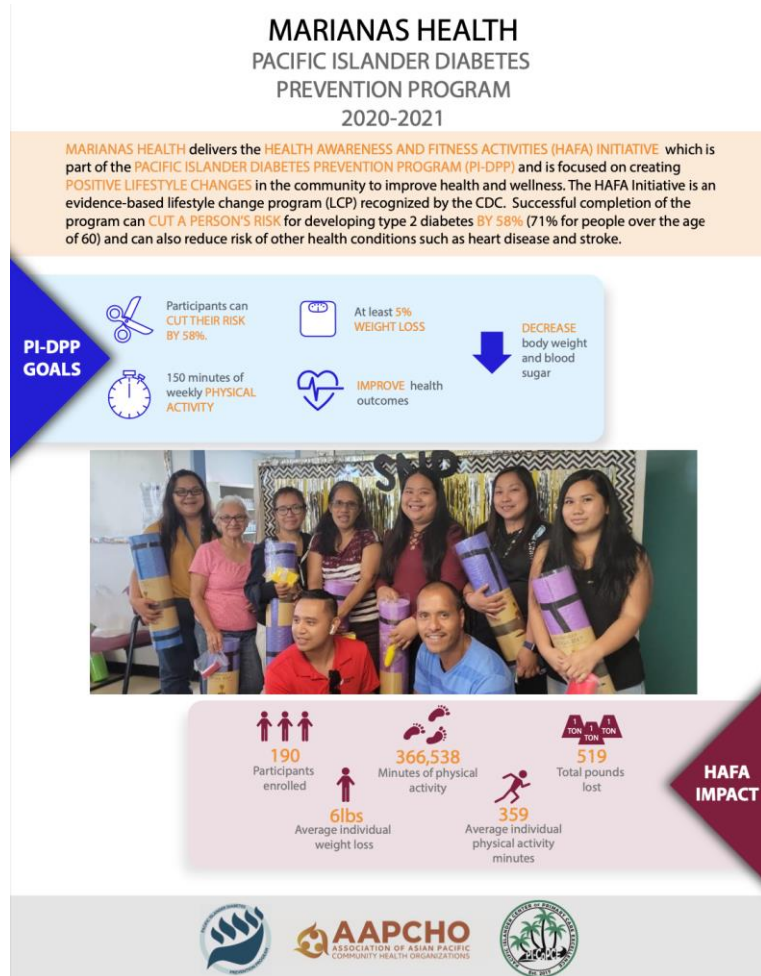






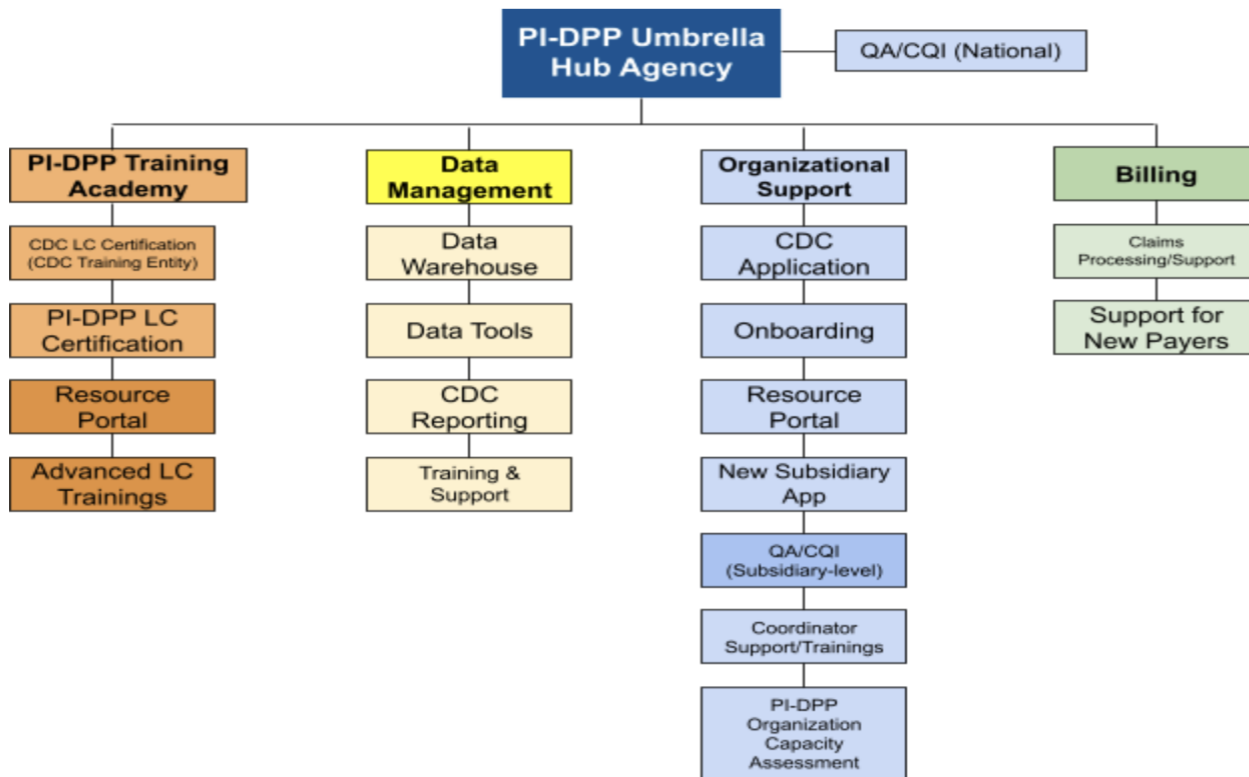
# Umbrella Hub Development

- Freely Associated States – ineligible for Medicaid, Medicare
  - Employer coverage high potential
  - Local municipality interest
  - Palau Social Securities Administration integration
- Continental U.S.
  - Medicare DPP- challenges with eligibility due to high incidence of diabetes for Pacific Islanders age 65+
  - Pursuing employer coverage (poultry industry efforts)
- Industry Support
- Data Sharing
  - Local impact reports for payer advocacy





# PI-DPP Umbrella Vision and Structure





# Umbrella Reflections

- Must prioritize culture and language to ensure equitable access and opportunity for success for Pasifika peoples
- Investments needed to support and retain Lifestyle Coach workforce
- Increase documentation of social interventions (i.e. transportation, in-language delivery, translation, etc.) to expand reimbursement through state value-based payment initiatives
- Expand Lifestyle Coach knowledge and skills building from lifestyle change to include cancer prevention, maternal child health, and mental health





# ***Thank you!***

Nia Aitaoto, PhD [nia.aitaoto@gmail.com](mailto:nia.aitaoto@gmail.com)

Jen Lee, MPH [jlee@aapcho.org](mailto:jlee@aapcho.org)

[www.aapcho.org](http://www.aapcho.org)

[www.pacificislanderdp.org](http://www.pacificislanderdp.org)