The Centers for Disease Control and Prevention (CDC) recently launched the Diabetes Prevention Recognition Program (DPRP), a new program which is part of the National Diabetes Prevention Program (National DPP). Kaye Kramer, RN, DrPH, Director of the Diabetes Prevention Support Center (DPSC) of the University of Pittsburgh, and Linda Siminerio, RN, PhD, Executive Director of the University of Pittsburgh Diabetes Institute, were part of the team who worked with the CDC to develop the Recognition Program.

In addition, Dr. Kramer and DPSC faculty members, Andrea Kriska, PhD, Linda Semler, MS, RD, LDN, and Elizabeth Venditti, PhD, worked with the CDC, and Emory and Indiana Universities to develop the National DPP curriculum. Both the National DPP and the Group Lifestyle Balance (GLB) curricula are adaptations of the original Diabetes Prevention Program lifestyle intervention, developed at the University of Pittsburgh. All GLB materials are available on the DPSC website at www.diabetesprevention.pitt.edu/glbmateri als.aspx. National DPP materials are available on the CDC website at www.cdc.gov/diabetes/prevention/recognition/curriculum.htm.

The purpose of the DPRP is to recognize organizations across the United States that are effectively delivering proven lifestyle intervention programs for the prevention of type 2 diabetes. The recognition program will help to assure that decisions about individual participation, patient referral, and health insurance benefits are based on accurate, reliable, and trustworthy information (www.cdc.gov/diabetes/prevention/recognition).

As listed on the CDC website, the recognition program has three key objectives:

- Assure program quality, fidelity to scientific evidence, and broad use of effective type 2 diabetes prevention lifestyle interventions throughout the United States
- Develop and maintain a registry of organizations that are recognized for their ability to deliver effective type 2 diabetes prevention lifestyle interventions to people at high risk (continued on page 2)

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The Diabetes Prevention Support Center (DPSC) strongly encourages any organization currently providing or planning to provide the GLB program to apply for recognition. The application for recognition may be found at http://www.cdc.gov/diabetes/prevention/recognition/application.htm.

Here are some key points regarding the DPRP application and the Group Lifestyle Balance program:

### Training

Training in delivery of lifestyle intervention is required to achieve recognition.
- **Prior GLB Training:** If your lifestyle coaches have previously completed the Group Lifestyle Balance training workshop, you are a step ahead! **No further training is required.**
- **Future GLB Training:** If your coaches have not yet completed training, the DPSC offers training workshops in Pittsburgh or at your site. Lifestyle Coaches may register for training workshops and obtain more information at www.diabetesprevention.pitt.edu
- **National DPP Training:** More information on the National DPP training may be found at http://www.cdc.gov/diabetes/prevention/dttac.htm

### Application process for those using or planning to use the Group Lifestyle Balance program

It is important that you review the DPRP standards and operating procedures prior to submitting an application at Diabetes Prevention Recognition Program: www.cdc.gov/diabetes/prevention/pdf/DPRP_Standards_09-02-2011.pdf

- In order to achieve recognition using the GLB program materials, organizations will need to utilize the one-year program as outlined on the DPSC website. According to the CDC “the recognition program helps to assure that classes offered by local programs are based on the proven elements in the curriculum and are consistent throughout the United States. This consistent quality could help an individual deciding whether to participate, a health care professional considering whether to refer a patient, or an insurance provider considering whether to pay for the program”. Recognition will likely be an important first step toward the provision of future third party reimbursement. For more information about applying for CDC recognition, please see the article below.
An estimated 1.2 million people in Ontario have diabetes. Without intervention, this number is expected to reach 1.9 million by 2020. In order to address this issue, the Ministry of Health and Long-Term Care is implementing a comprehensive Ontario Diabetes Strategy which includes prevention of type 2 diabetes in primary care. The Primary Care Diabetes Prevention Program (PCDPP) is currently offered in six multidisciplinary Family Health Teams (FHTs) in diverse settings across the province.

Introduced as a two year pilot project in 2011, this initiative focuses on goal setting, motivation and self management for adults with prediabetes. Health professionals at each FHT were trained to deliver the Group Lifestyle Balance™ (GLB), program by the Diabetes Prevention Support Center (DPSC). The GLB program supports participants in adopting healthy lifestyle skills related to nutrition and physical activity.

To encourage enrollment, FHTs developed communication materials (brochures, targeted mailings, notices in local media) for potential participants and referring physicians. Enrollment was further increased by showcasing participant results to referring physicians.

To date, the PCDPP has enrolled over 700 participants. Participants have improved health outcomes and report satisfaction with the program. Referring physicians are also pleased with the outcomes, such as reduction in weight, seen in their patients. Key elements of success include partnering with local resources such as fitness centres and diabetes education centres to support program delivery and, adjusting programming to support diverse learning styles and needs of participants.

Preliminary results suggest that the GLB program, delivered in a primary care setting, can be successful in reducing risk of diabetes in high risk individuals. Furthermore, information gathered on the key elements for successful implementation will help lay the foundation for potential expansion of this program into more primary care sites.

If you would like information regarding the PCDPP contact Tiffany Barker at tiffany.barker@ontario.ca.

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Recipe corner: Summer Breezes Smoothie

1 cup fat free, plain yogurt
6 medium strawberries
1 cup pineapple, crushed, canned in juice
1 medium banana
1 tsp vanilla
4 ice cubes

Place all ingredients in a blender and puree until smooth.

Nutrition Info: 3 servings: 121 calories, 0 g fat per serving. Recipe from Keep the Beat Heart Healthy Recipes, National Heart, Lung, and Blood Institute.