

NORTH CAROLINA MINORITY DIABETES PREVENTION PROGRAM

Diabetes Advisory Council Meeting
McKimmon Center, Raleigh NC
May 5, 2017



A blue silhouette map of North Carolina is positioned at the top center of the page. A grey rectangular box with the text "NORTH CAROLINA" is overlaid on the map.

NORTH CAROLINA

prediabetes by the numbers

2 Million have prediabetes but are unaware of their condition

10.1% of the population have been diagnosed with prediabetes by a health professional

A green road sign with a white border and rounded corners is mounted on a wooden post. The sign features the text "Diabetes Just Ahead" in large, white, sans-serif font. The background of the entire image is a blue sky with white clouds.

Diabetes
Just Ahead

Background

NC General Assembly funding

House Bill 1030, 2015-241, Section 12E.3

NC Office of Minority Health and Health Disparities

- Establish and administer an evidence-based diabetes prevention program
- National Institute of Diabetes and Digestive and Kidney Diseases model
- 12-month, evidence-based
- In consultation with the Chronic Disease and Injury Section

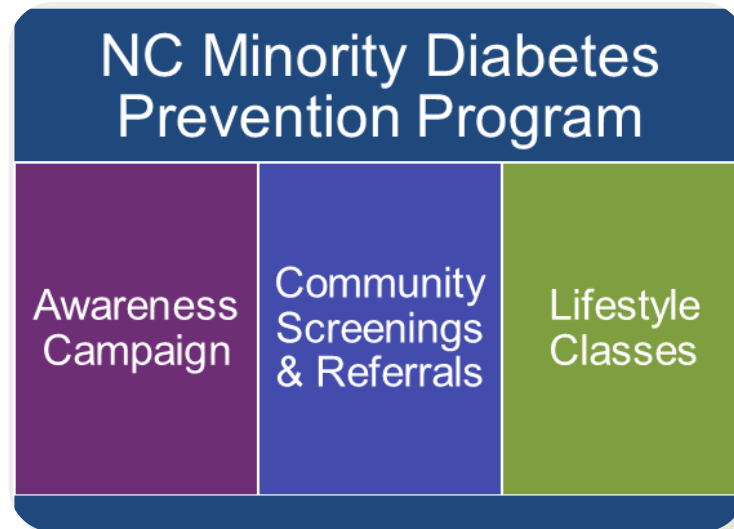


Community & Clinical
CONNECTIONS
for Prevention & Health
Branch NORTH CAROLINA
DIVISION OF PUBLIC HEALTH

Goals and Components

Primary goal: To increase minority access to, and participation in, diabetes prevention programs in North Carolina

Awareness
& marketing
campaign in
minority
communities



“Prevent T2” and
“Prevenga el T2”
Lifestyle Classes
(Centers for
Disease Control
and Prevention
curricula)

Community screenings for
prediabetes and referrals

Overview

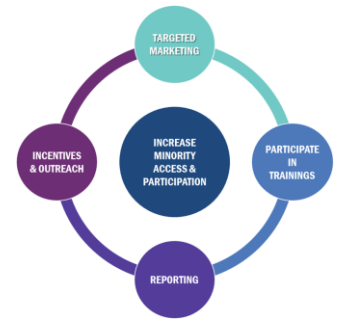
- **Funding Mechanism**
 - Statewide Agreements
 - One per region
- **Tiered-Level funding**
 - Prevalence of prediabetes and size of minority population
- **Eligibility**
 - Regional Collaborative led by a local health department
 - Racial and ethnic minorities ages 18 +
 - Non-Hispanic whites: Regions 1-3: 40% & Regions 4-10: 25%
- **CDC Recognition**
 - Prevent T2
 - 12 month program
 - Specially-trained Lifestyle Coach
 - Support groups for participants



General Requirements

- Targeted marketing awareness campaign
- Administer incentive program to promote positive health habits
- Participate in evaluation activities, monthly calls and skill building webinars
- Complete programmatic and fiscal reports
- Organize Community Conversations



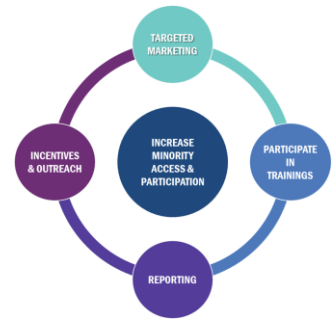


General Requirements

Targeted Marketing Awareness Campaign

- 10% of budget
- Use materials from DiabetesFreeNC and Centers for Disease Control and Prevention





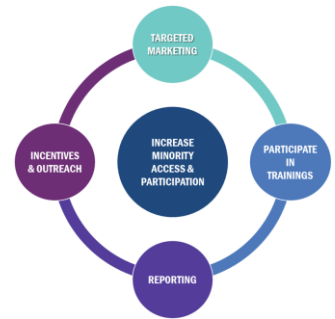
General Requirements

Administer Incentive Program to promote positive health habits

- Fitness trackers
- Gym membership
- Subscription service

Number of Classes Completed	Corresponding Lesson	Participant Incentive
2	Get Active to Prevent T2	Calorie King books
3	Track Your Activity	Pedometers
4	Eat Well to Prevent T2	Portion plates
6	Get More Active	T-shirt
8	Shop and Cook to Prevent T2	Digital food scale
10	Find Time for Fitness	Fitness trackers
16	Stay Motivated to Prevent T2	Gym Membership or Subscription Service
18	Take a Fitness Break	Gym Membership or Subscription Service and a digital bathroom scale
20	Stay Active Away from Home	Gym Membership or Subscription Service and a \$25 Grocery Store gift card
24	Get Enough Sleep	Gym Membership or Subscription Service and a George Foreman grill



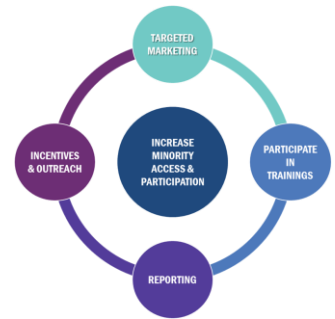


General Requirements

Participate

- Monthly calls and skill-building webinars
- NC Office of Minority Health trainings: health equity, *culturally and linguistically appropriate services/* community engagement
- Evaluation activities
- Wake Forest University School of Medicine Database





General Requirements

Monthly Report

- Screenings & Referrals
- Program Measures
- Marketing & Outreach
- Meetings & Trainings

Interim Report

- Strategies
- Screenings & Referrals
- Education
- Intermediate Outcomes

Final Report

- Experience
- Strategies
- Outcomes
- Evaluation/Lessons

Financial reports also included in all reporting and monitoring

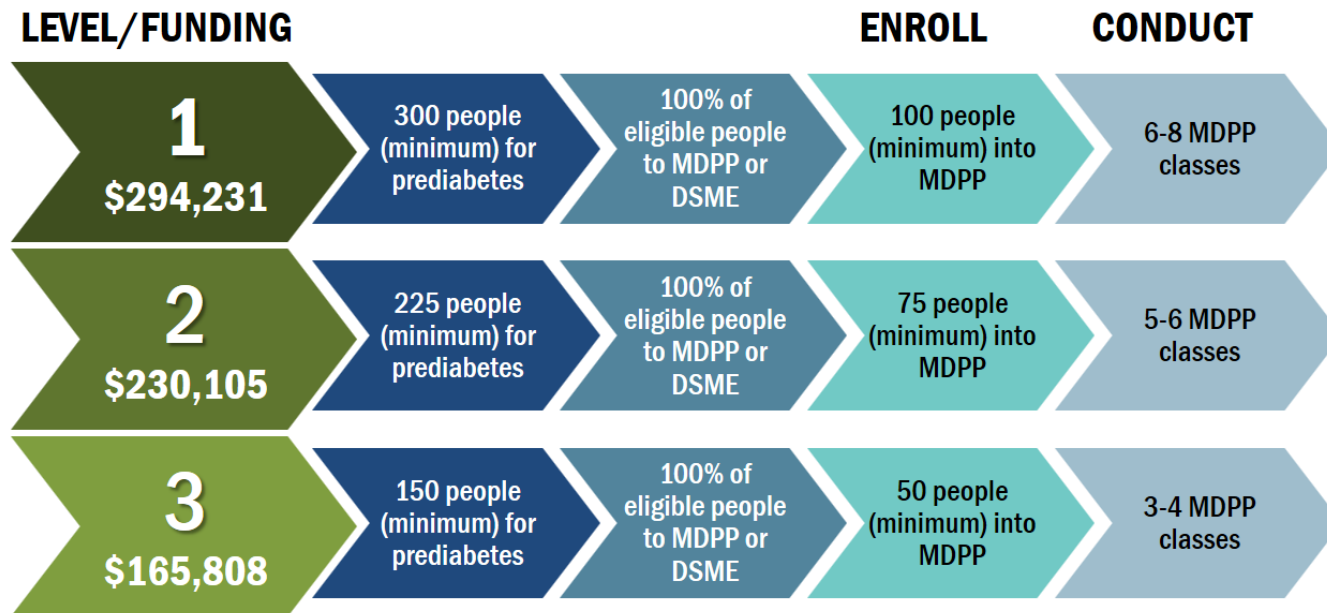
General Requirements



Community Conversations

Public forums that invoke a community dialogue that builds awareness and support around health issues within the community.

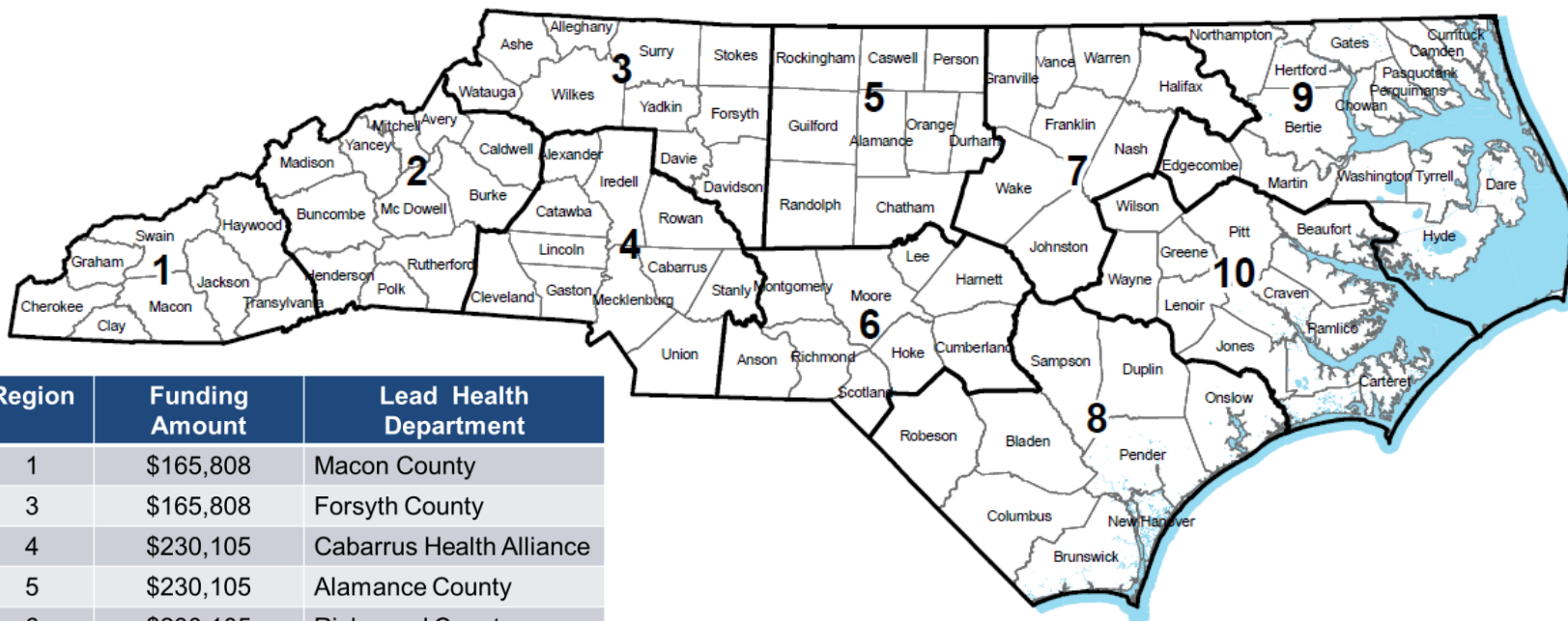
Recruitments Based on Funding



Retention rates (first 6 months)

- 50% of participants complete 4 classes
- 33% of participants complete 8 classes
- 25% of participants complete 9 or more classes

Funding per Region

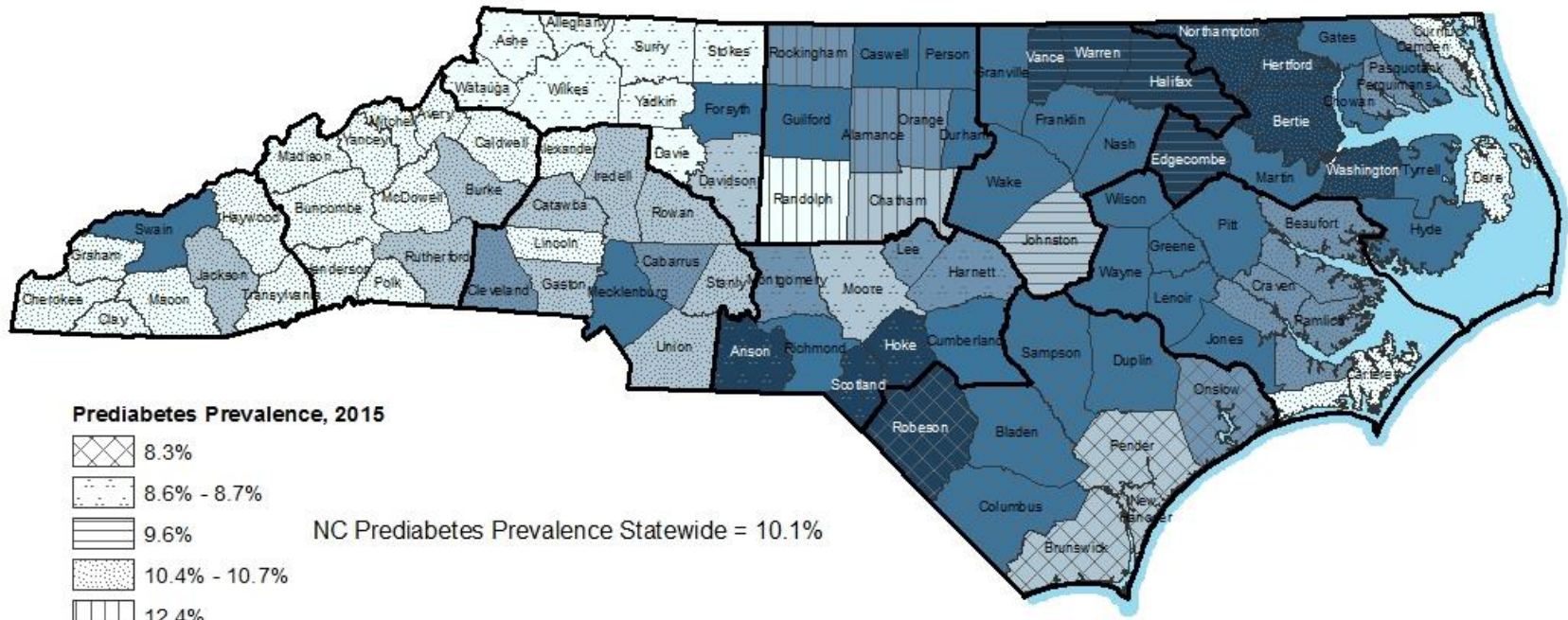


Region	Funding Amount	Lead Health Department
1	\$165,808	Macon County
3	\$165,808	Forsyth County
4	\$230,105	Cabarrus Health Alliance
5	\$230,105	Alamance County
6	\$230,105	Richmond County
8	\$230,105	Robeson County
7	\$294,232	Granville-Vance
9	\$294,231	Martin-Tyrrell-Washington
10	\$294,231	Pitt County

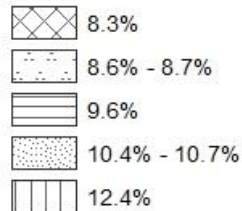
For purposes of this grant:

- Edgecombe County is Region 9
- Wilson County is Region 10

NC Statewide Percentage of Minority Population Estimates and the Prevalence of Prediabetes, by County and Region

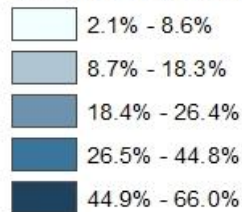


Prediabetes Prevalence, 2015



NC Prediabetes Prevalence Statewide = 10.1%

Minority Population Estimates, 2015



NC Minority Population Estimate Statewide = 26.4%

Adults 18+

Data Sources: North Carolina Center for Health Statistics, Behavioral Risk Factor Surveillance System (BRFSS), Survey Results 2015. Accessed November 3, 2016 and North Carolina Population Estimates using NCHS Bridged population data, July 29, 2015. Accessed August 25, 2016. North Carolina Association of Local Health Directors, List of Health Departments, updated October 3, 2014.

MDPP Updates

Fiscal Year 16-17 Program Goals	Status update as of 3/21/17	Progress
2100 people screened for prediabetes	2795 people screened for prediabetes	Goal exceeded
700 people enrolled into MDPP	585 people enrolled into MDPP	In progress, 84% of goal met
44-56 MDPP 12-Month Lifestyle Class series	52 MDPP 12-Month Lifestyle Class series	Goal met

QUESTIONS?

THANK YOU!

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References

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- Centers for Disease Control and Prevention: Addressing Health Equity in Evaluation Efforts- <https://www.cdc.gov/nccdphp/dch/pdfs/health-equity-guide/health-equity-guide-sect-1-7.pdf>
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