

Center for American Indian and Alaska Native Diabetes Translation Research

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## Diabetes Prevention Program and Cooperative Extension: Serving Tribal Community Members



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# Land Acknowledgment Statements

- Our team works for the University of Arizona, whose main campus is in Tucson, AZ.
- The official land acknowledgement for the University of Arizona, written in consultation with leaders of the Tohono O'odham Nation and the Pascua Yaqui Tribe and with Native American scholars at the university, reads in part:

We respectfully acknowledge the University of Arizona is on the land and territories of Indigenous peoples. Today, Arizona is home to 22 federally recognized tribes, with Tucson being home to the O'odham and the Yaqui.

- We also have team members based in in Gila County, AZ which is on San Carlos Apache, White Mountain, Pueblo, Western Apache, and Hohokam lands and Apache and Navajo Counties which are on Navajo, Pueblo, Zuni, White Mountain Apache, and Hopi lands.
- **We offer these land acknowledgements as one small way of recognizing Indigenous people and an accurate history of the land where we are located.**



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# Today's Presentation:

- Cooperative Extension overview
- University of Arizona Cooperative Extension Diabetes Prevention Program
- Challenges and Opportunities Offering Arizona Native Communities the DPP through Extension



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# What is Cooperative Extension?

“Extension provides **non-formal education** and learning activities to **people throughout the country** — to ... residents of rural communities as well as to people living in urban areas. It emphasizes taking **knowledge gained through research and education and bringing it directly to the people to create positive changes.**”

Source: <https://nifa.usda.gov/extension>



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# What is Cooperative Extension (and how can we work together)?



United States Department of Agriculture National Institute of Food and Agriculture

NIFA LAND-GRANT COLLEGES AND UNIVERSITIES

## Local partnerships

County offices in most counties/parishes  
Programs address local needs

- Agriculture
- Youth Development (4H)
- Family, Consumer, & Health

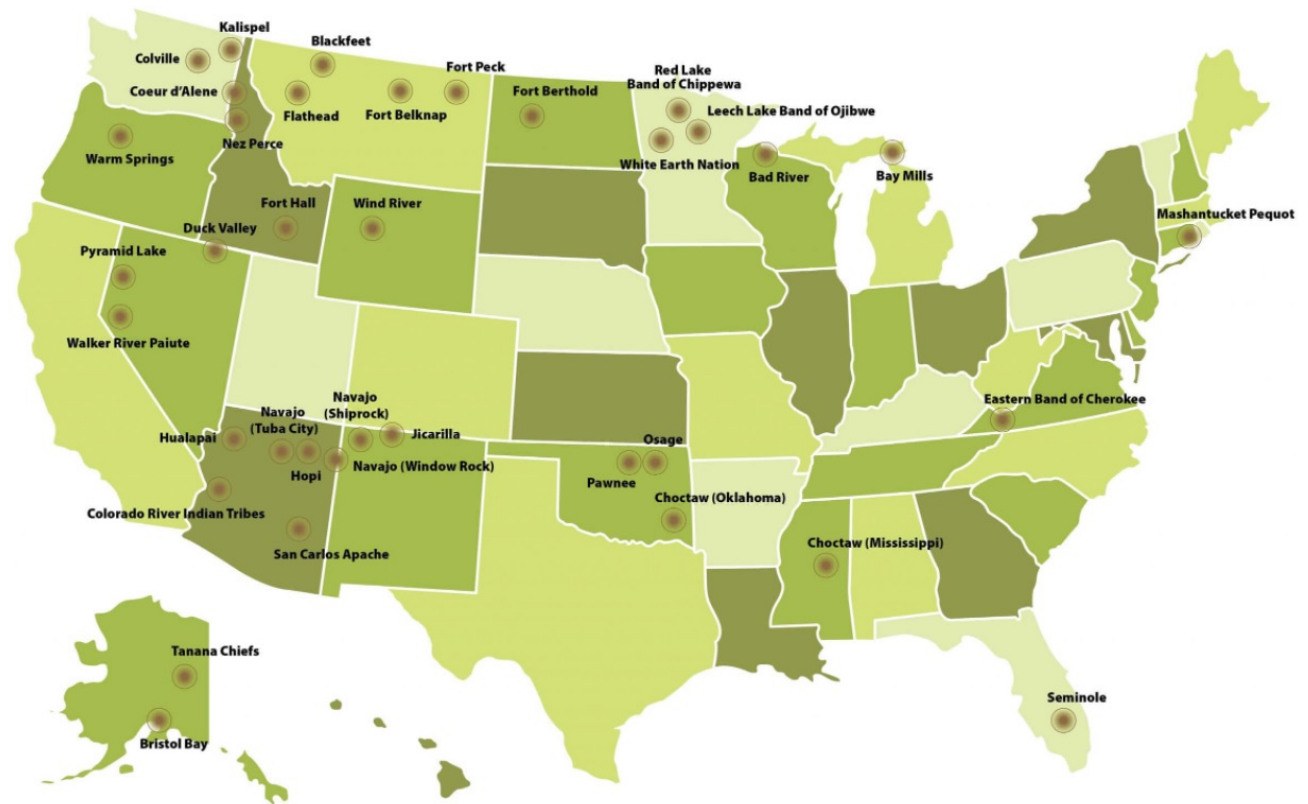
## Trust

Evidence-based education for all ages  
Long history of providing education  
The face of the university in the counties/parishes



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# Federally Recognized Tribal Extension Program (FRTEP)



# What does Extension Education look like?

## In-Depth Educational Programs

Programs addressing community needs are delivered in a public setting and open to everyone.

## One-time Events

Extension staff routinely host workshops, demonstrations, and participate in field days.

## One-on-one Interactions

Individuals may consult with Extension staff at the office, at home, or on their farms.

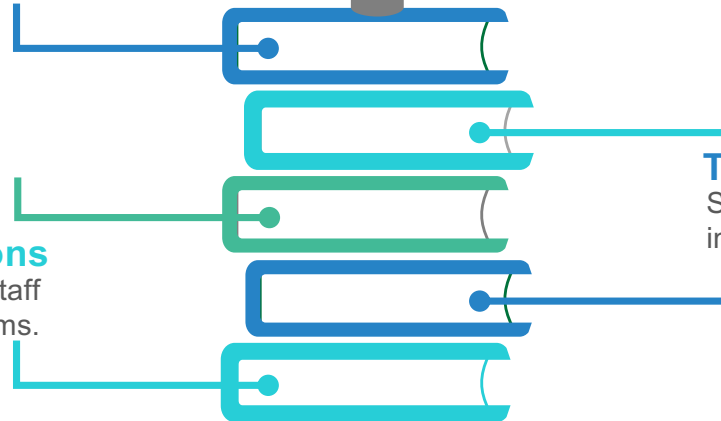


## Written Extension Materials

Subject matter experts develop written materials for distribution at the county level.

## Technology

Strategies to reach people where they are include media, websites, and social media.



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# University of Arizona Cooperative Extension

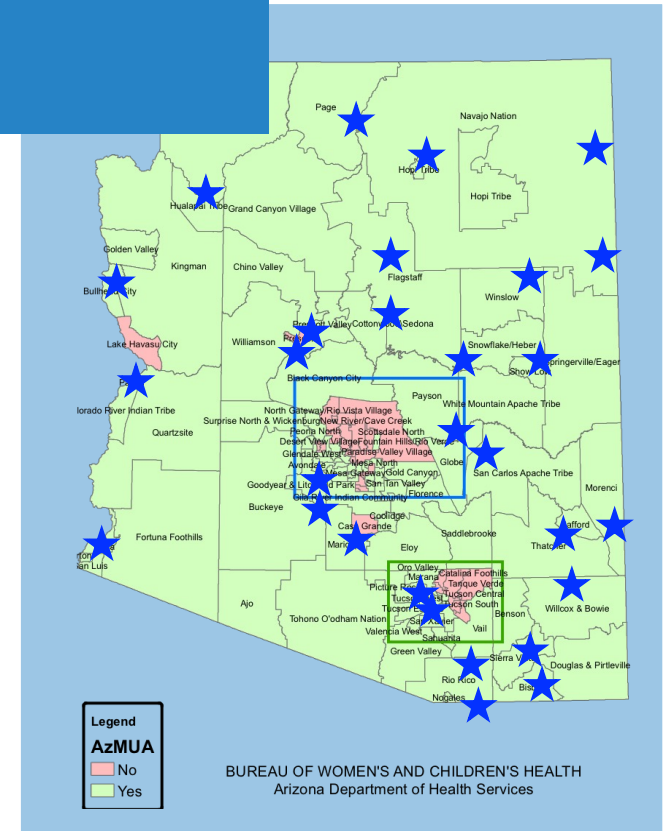
## Offices in all 15 Counties

Educators who live in the community they serve.

This includes Federally Recognized Tribal Extension Programs on the Colorado River Indian Tribes, Hopi Tribe, Hualapai Nation, Navajo Nation, and San Carlos Apache.

## Family, Consumer, and Health Sciences

Chronic disease (like DPP), early literacy programs, financial literacy, oral health, parenting, nutrition education and security (EFNEP, SNAP-Ed)



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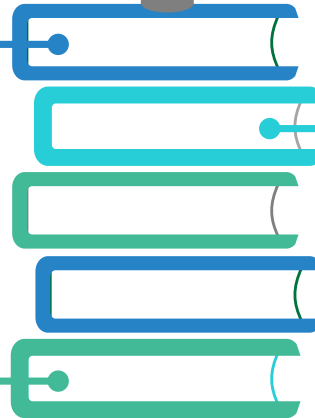


# What does Extension Education look like in AZ?

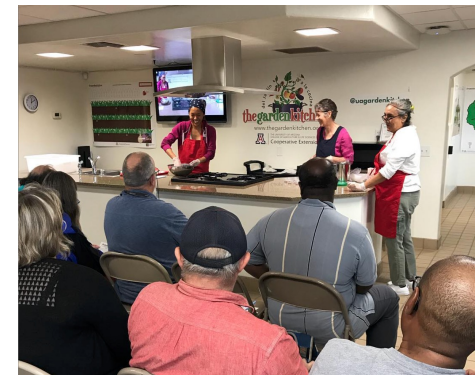
## First Smiles Program



## Tribal Extension, Navajo Beef Program



## Food Demo at The Garden Kitchen



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# National Diabetes Prevention Program (DPP) Lifestyle Change Program



## CDC-Approved Curriculum

Evidence and practice-based material focused on healthy lifestyle choices



## Accreditation

Standardized training, intervention, data collection, implementation & participant goals



## Lifestyle Coach

Trained individual that serves as group facilitator over the course of the year



## Reimbursement

Medicare, Medicaid (certain states), and some private insurance plans.

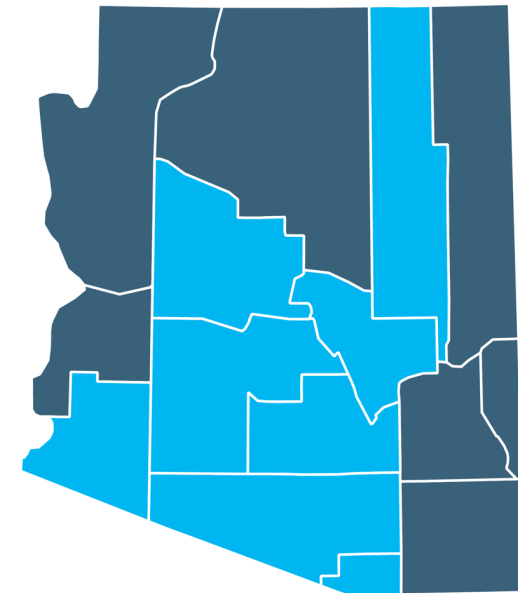


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# University of Arizona Cooperative Extension Diabetes Prevention Program (UA CE DPP)

- Available across the state
  - In person (selected counties)
  - Remotely over Zoom
- Classes in English or Spanish (depending on location/educator)
- Peer educator model
- **Free of charge!**



■ Counties where UA CE DPP educators are located



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# CDC Requirements for Recognition



- Data reports - submission 2x/year
- Participant requirements
  - Eligibility criteria
  - Completion criteria (attendance and retention)
  - Minimum participant outcomes
- Delivery requirements (duration and intensity)

1  
Form Approved  
OMB No. 0920-0609  
Exp. Date: 04/30/2024

## Centers for Disease Control and Prevention Diabetes Prevention Recognition Program

Standards and Operating Procedures

[www.cdc.gov/diabetes/prevention/recognition](http://www.cdc.gov/diabetes/prevention/recognition)

March 1, 2021

Public reporting burden for this collection of information is estimated to average one hour per response for the Diabetes Prevention Recognition Program Application Form and two hours per response for the submission of Evaluation Data, including the time for reviewing instructions, searching existing data sources, gathering and maintaining data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to the CDC Reports Clearance Officer, 1600 Clifton Road NE, MS D-74, Atlanta, Georgia 30329, ATTN: PRA #0920-0909.



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# Who Can Participate?

## TO JOIN CDC'S NATIONAL DPP\* LIFESTYLE CHANGE PROGRAM:

Meet ALL of these



18 YEARS OR OLDER

AND



OVERWEIGHT

AND



NOT DIAGNOSED WITH T1 OR T2 DIABETES

AND



NOT CURRENTLY PREGNANT

AND Meet ONE of these



DIAGNOSED WITH PREDIABETES

OR



PREVIOUSLY DIAGNOSED WITH GESTATIONAL DIABETES

OR



HIGH-RISK RESULT ON PREDIABETES RISK TEST

[WWW.CDC.GOV/PREDIABETES/RISKTEST](http://WWW.CDC.GOV/PREDIABETES/RISKTEST)



CS322715A

\* NATIONAL DIABETES PREVENTION PROGRAM



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## National Diabetes Prevention Program

CORE PHASE  
Months 1-6

Up to 20 sessions  
(minimum 16)

CORE MAINTENANCE  
Months 7 - 12

Up to 10 sessions  
(minimum 6)

1. Introduction to the program
2. Get active to prevent T2
3. Track your activity
4. Eat well to prevent T2
5. Track your food
6. Get more active
7. Burn more calories than you take in
8. Shop and cook to prevent T2
9. Manage stress
10. Find time for fitness
11. Cope with triggers
12. Keep your heart healthy
13. Take charge of your thoughts
14. Get support
15. Eat well away from home
16. Stay motivated to prevent T2
17. When weight loss stalls
18. Take a fitness break
19. Stay active to prevent T2
20. Stay active away from home
21. More about T2
22. More about carbs
23. Have healthy food you enjoy
24. Get enough sleep
25. Get back on track
26. Prevent T2 for life



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# CDC Recognition Criteria – Participant Outcomes

**At least 60% of all completers achieved at least one of the following outcomes:**

- a) at least 5% weight loss 12 months after the cohort began or
- b) at least **4%** weight loss and **at least 150 minutes/week** on average of physical activity 12 months after the cohort began or
- c) at least a **0.2% reduction in HbA1C**



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# UA CE DPP



- Funding: internal, CDC 1815 via AZ Health Dept
- Over 500 participants since 2018
- 86% female



Physical activity: 181 min/week



Weight loss: 5.3% (10.5lbs)



A1c: 0.2%



## Full-Plus Recognition

- in-person
- distance



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# UA CE DPP Outcomes



- **60.4%** of participants become program completers ( $\leq 10$ mo)
- Among **all** participants who start a cohort:
  - average retention: 224 days
  - average number of classes attended: 16.4
- Among completers:
  - average retention: 329 days
  - average number of classes attended: 22.3



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# UA CE DPP Participant Demographics



	Arizona	UA CE-DPP
Hispanic/Latino	32.5%	38%
White	81.9%	72%
Black or African American	5.5%	6%
American Indian and Alaska Native	5.2%	2%
Asian	3.9%	4%



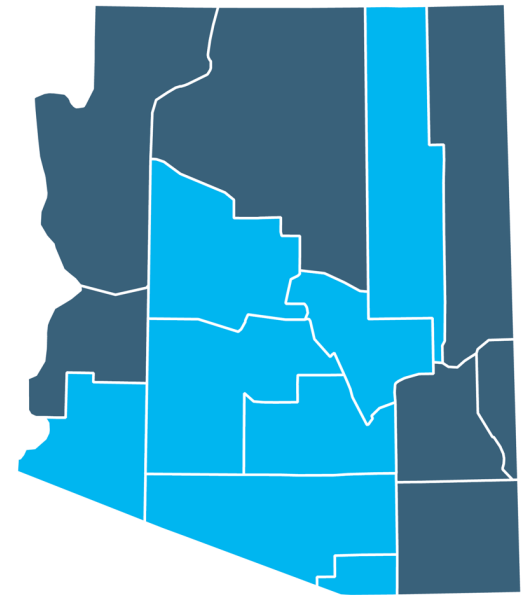
# Early experiences with AZ Native Communities

## Within Extension

- FRTEP agent in Navajo Nation
- White Mountain Apache, CRIT

## Partnering opportunities

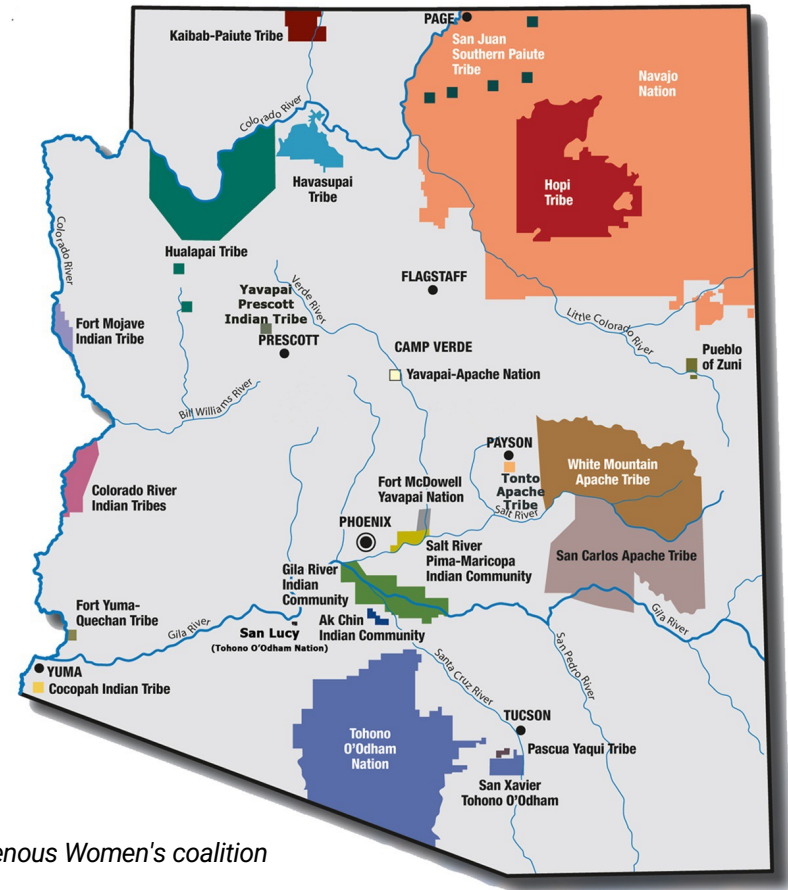
- Technical assistance – Cocopah Indian Tribe
- Intertribal Council of Arizona



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# Challenges and Opportunities offering the DPP through Extension to Native Communities in Arizona



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# Challenges

- Being culturally sensitive
- Community Partners
- Personnel turnover
- Eligibility criteria
- Focus on weight
  - Data collection
  - As an outcome
- Duration and intensity of program
- Funding and sustainability

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DIABETES PREVENTION PROGRAM  
Enrollment Form**

**NATIONAL  
DIABETES  
PREVENTION  
PROGRAM**

Name: \_\_\_\_\_  
Phone Number: \_\_\_\_\_  
Zip Code: \_\_\_\_\_ Age: \_\_\_\_\_  
Email: \_\_\_\_\_

Sex:  
 Male  Female

Gender:  
 Male  Female  Transgender  Not Reported

What is your latest HbA1c value? (Include approximate date of test)  
HbA1c value: \_\_\_\_\_  
Date of Test (Approximate): \_\_\_\_\_

Race:  
 American Indian or Alaska Native  
 Black or African American  
 Asian  
 Native Hawaiian or Other Pacific Islander  
 White  
 Other

Do you consider yourself Hispanic/Latino?  
 Hispanic or Latino  
 Not Hispanic or Latino

Last Grade Completed:  
 Less than grade 12  
 Grade 12 or CED  
 College: 1 to 3 years (some college or technical school)  
 College graduate (4 years or more)

Who/what motivated you the most to sign up for this program? Check the most influential factor.  
 Health care professional  
 Blood test results  
 Prediabetes risk test (short survey)  
 Someone at a community-based organization (church, community center, fitness center)  
 Family or friends  
 Current or past participant in the Diabetes Prevention Program  
 Employer or employer's wellness plan  
 Health insurance plan  
 Media advertisements (social media, flyer, brochure, radio ad, billboard, etc.)


Did a healthcare professional ask you to join this program?  
 Yes, a doctor/doctor's office  
 Yes, a pharmacist  
 Yes, other healthcare professional  
 No

Are you a State of Arizona employee interested in Health Impact Program points?  
 Yes  No

1. Have you been told by a health care provider that you have prediabetes, elevated blood sugar, or borderline diabetes?  
 Yes  No

2. If you are a woman, have you ever been told by a health care provider that you had Gestational Diabetes during pregnancy?  
 Yes  No

3. If yes, what type of blood test was performed? (Check all that apply)  
 Finger Prick blood test  
 Hemoglobin A1c test  
 Don't Know/Don't Remember  
 Fasting Blood Glucose  
 Oral Glucose Tolerance Test

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# Opportunities

- Appealing handouts (color vs b/w)
- Condensed version (16 lessons over 8 weeks)
- Adding food demo
- Open participation (anyone can join, multi-generational households)
- Educator is a community member and a member of the tribe
- Setting is in the community and not in the clinic
- Recruiting: Framing program as a health program (diabetes is a loaded word, we hear often)



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## Be mindful of Names

- If the name is familiar or looks similar change name in the story.



Alina Nguyen was not expecting to hear from her doctor that she was in danger of developing type 2 diabetes. She felt scared. However, when she learned that she could join a program to help her take charge of her health and lower her risk of type 2 diabetes, she was relieved.

That relief quickly faded as she began to feel overwhelmed thinking about the changes she would have to make. How would she fit exercise into her busy schedule? How could she afford to buy fresh fruits and vegetables making minimum wage? How would she be able to eat and fit in at family gatherings if she must eat differently? These efforts seemed almost impossible.



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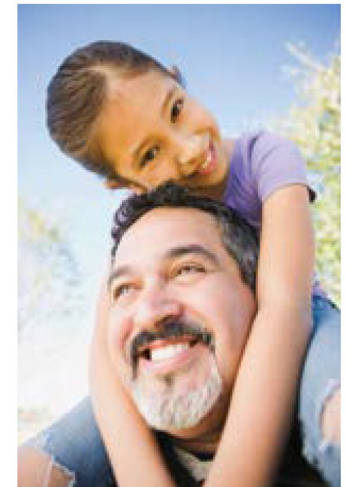


## Be mindful of Names

### Teo's Story

Teo is at risk for type 2 diabetes. His doctor urges him to lose 20 pounds and work up to at least 150 minutes of activity each week.

Teo and his wife have five children. The kids all play sports, and he spends a lot of time driving them to events. Teo also works full time. On weekends, he works a second, part-time job. When he has some free time, he likes to watch basketball on TV, but he rarely plays it. He spends a lot of time sitting.



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# Pictures of familiar places around the Rez

## Getting Active: Dude's Story

- Dude is at risk for type 2 diabetes. His doctor urges him to lose 20 pounds and work up to at least 150 minutes of activity each week.
- Dude and his wife have five children. The kids all play sports, and he spends a lot of time driving them to events. Dude also works full time. On weekends, he works a second, part-time job.
- When he has some free time, he likes to watch basketball on TV, but he rarely plays it. He spends a lot of time sitting.



## Ways to Get Active (Continued)

- **One small step toward getting active that I will commit to this week is:**

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# Summary: CDC-DPRP Requirements vs Reality

- 12 month duration
- Excluding participants w T2D
- Data collection & reporting: weight, HbA1c, and other personal information
- Weight loss criteria
- Funding / Reimbursement



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Thank you!

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