

# Resources for Providers of the National DPP in Virginia - 2021

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## Recruitment

### **[PreventT2 Marketing Resources for Recruiting and Retaining](#)**

Use these tools and guidance to help recruit participants, encourage health care professionals to refer eligible patients to your program, and engage local employers and insurers in dialog about offering CDC-recognized lifestyle change programs as a covered health benefit.

### **[Sneak Peek into the Lifestyle Change Program](#)**

This short, 2 minute video provides an animated overview of the National DPP. Can be used for marketing and recruitment. Put on organization’s facebook page.

Video link: [https://youtu.be/w0NDVI4M\\_Bs](https://youtu.be/w0NDVI4M_Bs)

Low Resolution Video link: [https://www.cdc.gov/diabetes/prevention/videos/LCP-  
animated-video-low-res.mp4](https://www.cdc.gov/diabetes/prevention/videos/LCP-animated-video-low-res.mp4)

### **[Testimonials from Participants- Videos](#)**


See success stories from past participants of CDC-recognized lifestyle change programs.

### **[Program Champion Strategy Toolkit](#)**

The Program Champion Strategy was designed to support existing recruitment and outreach activities It uses current and past program participants as Program Champions to help recruit new participants into your lifestyle change program.

### **[CDC’s Recruiting and Enrolling – Faith Based](#)**

A tip sheet for Faith Based leaders on recruitment into the National DPP. Provides lessons learned and insights from two CDC-funded organizations and five local sites that



are implementing faith-based approaches to recruiting and enrolling participants for the National Diabetes Prevention Program

[Using Digital Strategies to Reach Rural Populations](#) A tip sheet

[Word of Mouth Marketing to Reach Rural Populations](#) A tip sheet

[Engaging Health Care Providers as Program Promotion Partners](#) A road map and tip sheet.

[Engaging physicians and providers](#) This resource offers tips for facilitating impactful events, including webinars, lunch and learns and in-person presentations.

## Referral

### **AMA Diabetes Prevention Toolkit**

Health care teams can use these materials, developed by the American Medical Association (AMA), to help prevent type 2 diabetes by referring patients to an in-person or online CDC-recognized lifestyle change program. The [AMA Diabetes Prevention Toolkit](#) provides tools and resources for the health care team, such as billing codes, information on how to optimize your electronic health record for diabetes prevention, and fact sheets about prediabetes and the National DPP.

Evidence-based Diabetes Prevention Fact sheet (modified by the Virginia Diabetes Council). [Link](#)

## Retention


[Personal Success Tool \(PST\) Modules](#) Share the links to the interactive motivational modules with your class participants after the appropriate sessions to keep participants engaged. Use the [Quick Reference Guide pdf icon](#)[PDF – 251 KB] to help you organize your schedule.

[Increasing Participant Retention Tip Sheet.](#) Programs with a proven record of successfully retaining eligible participants have shared the following tips and lessons learned from their experiences.

## Reimbursement

[Billing Codes for screening and management prediabetes.](#) This document outlines some of the relevant ICD-10 and CPT codes for diabetes prevention that can be used by physicians to document diagnoses in the medical record and for billing.

[CPT Code Guidance](#) This document provides insight on billing methods and CPT® (Current Procedural Terminology) codes for organizations that offer a National Diabetes



Prevention Program lifestyle change program, which can be used for billing, claims, or reporting purposes by key stakeholders. Frequently asked questions regarding CPT® codes are also addressed.

#### **[Diabetes Prevention Impact Toolkit](#)**

Use this tool to project the health and economic effects of CDC-recognized lifestyle change programs on populations at risk for diabetes.

#### **[AMA DPP Cost Saving Calculator](#)**

Calculate your potential medical costs savings from providing CDC-recognized lifestyle change programs as a covered benefit.

#### **[National DPP Coverage Toolkit](#)**

This online tool can help State Medicaid Agencies, Medicaid managed care organizations, commercial health plans, and employers understand the mechanics of offering the National DPP lifestyle change program as a covered benefit for their beneficiaries/members/employees at high risk for type 2 diabetes.

**[Medicare Diabetes Prevention Program](#)** Virginia has developed a MDPP Learning Collaborative where we share resources and experiences regarding becoming a MDPP supplier and provider. If interested in joining, please email Anne Wolf at [amw6n@virginia.edu](mailto:amw6n@virginia.edu)

Up-to-date resources from CMS are found [here](#)

### Distance Learning


**[CDC's Virtual Recruitment Toolkit](#)**:(on CSC website, must login)

Provides guidance on how to effectively recruit program participants in a virtual or remote environment. The toolkit comprises resources, tips, and examples of organizations that have found creative ways to market their programs.

**[VCDPE's Advanced Training in Distance Learning](#)**: Live, virtual 2-hour training on ways to engage participants when delivering the National DPP using Distance Learning. The course includes a one-hour on-demand webinar recording of how to set up an organizations capacity to use distance learning and a 28-page toolkit on ideas and resources to use when delivering the National DPP LCP through distance learning. Find more information [here](#). Free training for Virginia Lifestyle Coaches, email [amw6n@virginia.edu](mailto:amw6n@virginia.edu)

**[VCDPE's Free Resources on Telehealth Delivery](#)** of the National DPP are [here](#) including,

- Prevent T2 Slide Decks (English and Spanish) for DL Delivery
- Recorded webinars



[CDC's Using Telehealth Technologies in Diabetes Prevention and DSMES](#). A guide for using telehealth in DSMES and National DPP LCP.

## Advanced Training

### **VCDPE Trainings**

Lifestyle coaches can apply the following free and low-cost Advanced Trainings to CDC's two-hour per year requirement for Advanced Training.

#### **Advanced Training in Distance Learning – See above**

**Strategies to Sustain Weight Loss:** This 49 minute webinar, by Linda Delahanty, MS, RD, shares insights from the DPP Research Trial on how to maximize weight loss and weight maintenance. This presentation was part of the 2019 Annual NDPP Meeting in Virginia

**Nutrition 101:** A 19 minute learning module by Viola Holmes, MS, RD, CDE, covers the basics of healthy eating for disease prevention and overall health.

**How Physical Activity affects Weight Loss.** A 16 minute learning module by Rebecca Jolin, MS, answers 4 common questions posed by National DPP participants regarding physical activity and lifestyle change

**Building your participant's Self-Efficacy:** A 18 minute learning module, by Anne Wolf, MS, RD, reviews what is self-efficacy and four approaches to building it in your National DPP participants.


**Building Rapport and Trust:** A 15 minute learning module, by Anne Wolf, MS, RD, discusses nine key things you can do to establish rapport and build trust in order to maximize your program retention.

## CDC Toolkits

### **Faith Leaders Toolkit for Diabetes Prevention & Management**

#### **Pharmacists Toolkit:**

Access the "Rx for the National Diabetes Prevention Program: Action Guide for Community Pharmacists," which is designed to help community pharmacists and members of the pharmacy workforce reach people at high risk of developing type 2 diabetes who could benefit from the National DPP lifestyle change program



**Working with Employers and Insurers:** Promotional Material. Materials to help you promote your lifestyle change program to employees, employers, and insures.

**A Path 2 Prevention:** P2P bridges the gap between the ADA/CDC Prediabetes Risk Test and enrollment in the National DPP Lifestyle Change Program. P2P is an online resource to help people learn more about preventing type 2 diabetes.