

National Diabetes Prevention Program

American Indian and Alaska Native Communities

Background: National Diabetes Prevention Program

The National Diabetes Prevention Program (National DPP) is a partnership of public and private organizations working together to deliver a proven lifestyle change program nationwide to prevent or delay the onset of type 2 diabetes in adults with prediabetes. The National DPP provides a framework for type 2 diabetes prevention efforts in the United States using four key pillars:

- 1) A trained workforce of lifestyle coaches.
- 2) National quality standards supported by the Centers for Disease Control and Prevention (CDC) Diabetes Prevention Recognition Program (DPRP).
- 3) A national network of program delivery organizations sustained through health benefit coverage.
- 4) Health care provider referral of, and active participation by, adults with prediabetes.

Because of the growing rate of diabetes in the United States and the 79 million adults at high risk for type 2 diabetes at the time, in 2010, Congress authorized CDC to establish the National DPP. In leading these efforts, the CDC's Division of Diabetes Translation (DDT) strives to honor the United States' responsibility to ensure access to health care for American Indians and Alaska Natives.

CDC's mission is to reduce the preventable burden of diabetes, particularly for populations more affected by diabetes and its complications. The National DPP is key to this work.

Successful Type 2 Diabetes Prevention Programs for American Indians and Alaska Natives

The Diabetes Prevention Program (DPP), a landmark study led by the National Institutes of Health (NIH) and supported by CDC and the Indian Health Service (IHS), was initiated in 1996 to determine if type 2 diabetes could be prevented. The study revealed that type 2 diabetes risk was reduced by 58% among participants with prediabetes who participated in the lifestyle intervention program. American Indians comprised 171 of the total 3,234 DPP volunteers—contributing to a message of hope for indigenous people around the world.

The IHS Special Diabetes Program for Indians (SDPI), authorized by Congress in 1997, supported a Diabetes Prevention Demonstration Project from 2004 through 2014, which aimed to replicate the DPP in American Indian and Alaska Native communities using the tailored *Native Lifestyle Balance* curriculum. The project reported significant improvements in participants' weight, blood pressure, and lipid levels after the 12-month intervention and annually, after that, for 3 years. Communities participating in this project have continued their prevention work and share strategies and lessons learned through resources like the SDPI Diabetes Prevention Program Toolkit

<https://www.ihs.gov/sdpi/sdpi-toolkits/diabetes-prevention-program-toolkit/>,

Tribes with type 2 diabetes prevention program experience are well-positioned to participate in the National DPP and apply for CDC recognition. CDC recognition offers many benefits:

- *Quality*—linked to national quality standards and outcomes proven to prevent or delay the onset of type 2 diabetes.
- *Data*—provides a means to monitor progress individually by program and collectively across the United States.
- *Sustainability and Reimbursement*—many private and public payers, reimbursing for the program require CDC recognition, including Medicare and an increasing number of state Medicaid programs.
- *Support*—access to technical assistance, training, and support.
- *Marketing*—CDC recognition can be an effective marketing tool, and this program meets CDC national quality standards.

The National DPP Supports Tribes in Preventing Type 2 Diabetes

There are currently 54 tribes and tribal-affiliated organizations participating in the CDC Diabetes Prevention Recognition Program (DPRP). CDC has recently been involved in several efforts to support tribes in this work.

- **Grandfathering SDPI Diabetes Prevention Initiatives in the National DPP**
In recognition of the expertise of tribes and tribal organizations that participated in the successful SDPI Diabetes Prevention Demonstration Project or Initiative (DP), the CDC, with input from the IHS, allowed these Tribal, Urban, and IHS sites to advance automatically to the “preliminary” level of recognition for the National DPP under the CDC DPRP, thus expediting their ability to apply as Medicare Diabetes Prevention Program (MDPP) suppliers.
- **Scaling the National DPP in Underserved Areas (2017–2021)**
This CDC-funded cooperative agreement aims to increase access to the National DPP lifestyle change program for people with prediabetes in underserved areas across the country, with emphasis on populations currently under-enrolled in the program relative to their risk, including American Indians and Alaska Natives. One of the 10 funded organizations, HealthInsight, is working with tribes and tribal serving organizations in New Mexico, Oregon, and Utah.
- **Support to Tribes Funded Through Good Health and Wellness in Indian Country (GHWIC) (2019–2023)**
The 28 programs awarded in the 2nd cycle of GHWIC are working on ways to prevent type 2 diabetes, including identifying culturally relevant approaches to increase prediabetes awareness; establishing a sustainable CDC-recognized type 2 diabetes prevention program, screening for prediabetes, and referring people with prediabetes to those programs.
- **Testing an “Umbrella” Approach to Help More Tribes Participate in the National DPP (2018–2021)**
This project will help smaller tribes with limited resources to participate in the National DPP. The Choctaw Nation of Oklahoma achieved full recognition and was funded to establish the Diabetes Prevention Nations Project, an umbrella organization working in collaboration with the National DPP team to provide 7 tribes support in data collection and reporting, lifestyle coach training, and strategies to recruit and retain participants.
- **Coordinated Distance Learning Center (2020–2022)**
CDC will pilot a distance learning center and lifestyle coach training network to address common retention and implementation barriers, including a shortage of trained lifestyle coaches and staff, accessibility of in-person programs, and culturally relevant approaches to program delivery.
- **2019 Diabetes in Indian Country Conference**
Invited by the IHS Division of Diabetes Treatment and Prevention, DDT provided a full-day special session, a 1-hour workshop, and an informational booth about the National DPP at the 2019 Diabetes in Indian Country Conference in Oklahoma City, August 6–9, 2019.
- **Tailored Evaluation Reports from the CDC DPRP**
Using input from tribes participating in the DPRP, CDC revised evaluation reports for program coordinators to be more user friendly and to include strategies identified in the SDPI Diabetes Prevention Toolkit.
- **CDC Website Featuring the Contributions of American Indians and Alaska Natives to Type 2 Diabetes Prevention**
CDC posted a web page honoring the contributions of American Indians and Alaska Natives to type 2 diabetes prevention efforts, including the history and accomplishments of the SDPI DP, a link to the SDPI Diabetes Prevention Toolkit, and connections to the National DPP www.cdc.gov/diabetes/ndwp/prevent-type-2



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