

You Had Me at My Best Life: New Resources to Foster Meaningful Conversations in National DPP Session Zero

February 15, 2022



**Diabetes Prevention
Recognition Program**

**NATIONAL
DIABETES
PREVENTION
PROGRAM**

Moderator



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ORISE Fellow

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Centers for Disease Control and Prevention (CDC)



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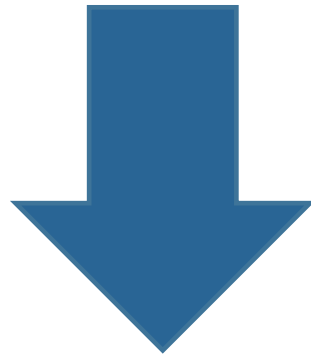
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Have a Question for our Speakers?

Submit your question by clicking the Q&A icon located below. We'll do our best to answer all questions during the Q&A portion at the end of this webinar.



Division of Diabetes Translation



Dr. Christopher Holliday, Director



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion





Over 37 million
US adults
have diabetes.

Our Public Health Challenge

96 million US adults
have prediabetes.

84% of adults with
prediabetes **don't**
know they have it.

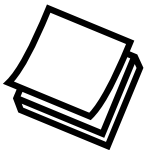
Learning Objectives



Describe what **Session Zero** is and the **evidence** behind it



Understand how **National DPP orgs** are using **Session Zero**



Understand what **resources** are included in the Discovery Session and their **theoretical basis**



Describe **lessons learned** from a **Lifestyle Coach**



Understand how the Discovery Session **resources** may be **adapted** for **Diabetes Self-Management and Education Support (DSMES)** services

Presenters



Krista Proia,
MPH

- Senior Health Scientist
- DDT/CDC



Matt Jackson,
PhD, MPH

- Evaluation Specialist
- CyberData Technologies



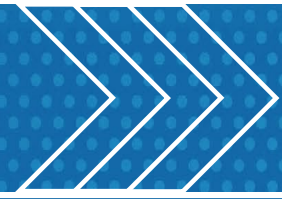
Yvonne Mensa-
Wilmot, PhD,
MPH

- Health Scientist
- Lifestyle Coach
- DDT/CDC



Betsy Rodriguez,
BSN, MSN,
DCES

- Senior Public Health Advisor
- DDT/CDC



WHAT DO WE KNOW ABOUT SESSION ZERO?



What is Session Zero?

- » Information session that **introduces the National DPP lifestyle change program** to potential participants
- » Used to **recruit, engage, and enroll participants** into their lifestyle change program
- » Occurs **before** Session One of the lifestyle change program
- » Also called:
 - Pre-Session
 - "Taster" session
 - Discovery Session
 - Class 0



Current Evidence on Session Zero



Pre-Session for National DPP¹

- » Pre-Session participants:
 - Stayed in lifestyle change program longer and attended more sessions
 - Lost 2.0% more weight
 - 3.5 times more likely to reach 5.0% weight loss goal



Taster Session for Smoking Cessation²

- » Taster session participants:
 - 2 times more likely to attend first smoking cessation session



Session Zero for Chronic Disease Management³

- » Participants attending a chronic disease management workshop with a Session Zero:
 - Had higher workshop completion

¹Ritchie ND, Kaufmann PG, Girtz RM, Sauder KA, Summers J. Presessions to the National Diabetes Prevention Program may be a promising strategy to improve attendance and weight loss. *Am J Health Promot.* 2019;33(2):289-292.; ²Gilbert H, Sutton S, Morris R, Peterson I, et al. Start2quit: A randomized clinical controlled trial to evaluate the effectiveness and cost-effectiveness of using personal tailored risk information and taster sessions to increase the uptake of the NHS Stop Smoking Services. *Health Technol Assess.* 2017;21(3).; ³Jiang L, Smith ML, Chen S, et. al. The role of session zero in successful completion of chronic disease self-management program workshops. *Frontiers in Public Health.* 2015;2(205).



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Poll Question 1



HOW ARE ORGANIZATIONS OFFERING THE NATIONAL DPP
USING SESSION ZERO?

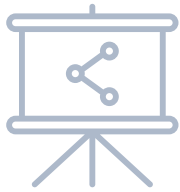


Overview of Landscape Assessment Methods

- » Conducted July 2020 – October 2020
- » Sent to all CDC-recognized National DPP organizations and their affiliated class locations
- » Information gathered:
 - Whether programs offered a Session Zero
 - Session Zero implementation such as delivery methods, staffing, and content
- » 2,082 lifestyle change programs received the survey and 870 completed the survey (response rate: 41.8%)
- » 826 lifestyle change programs were included in this analysis



Session Zero Characteristics



80%

of respondents
**reported offering
a Session Zero**

*(657 lifestyle
change programs)*

Main reason for offering Session Zero:



as a recruitment
strategy:

81.1%



as an orientation
session:

72.8%

Average # of Session Zero offered in the past year:

4.1

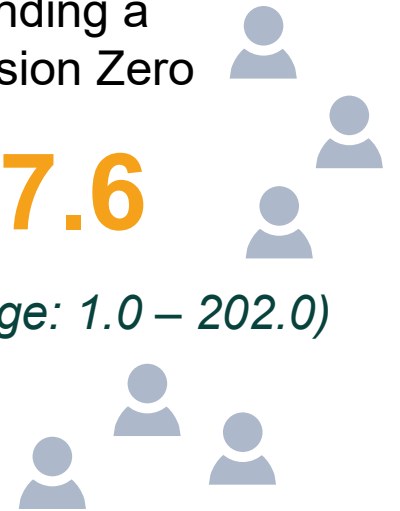
(range: 1.0 – 60.0)



Average # of participants attending a Session Zero

17.6

(range: 1.0 – 202.0)



Delivery Methods



DELIVERY LOCATION

Each Session Zero delivered at the **same location (60.7%)**



FREQUENCY OF OFFERINGS

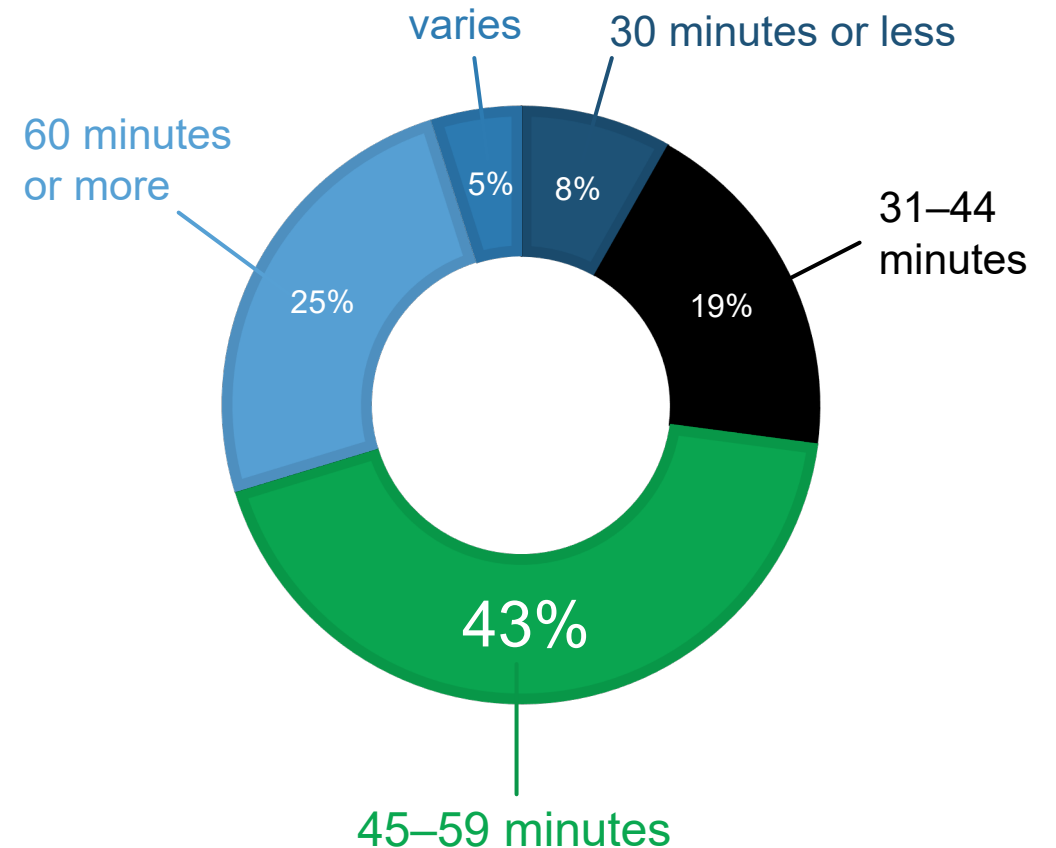
Most offered **one Session Zero prior to the start** of each lifestyle change program **(66.7%)**



SESSION TIMING

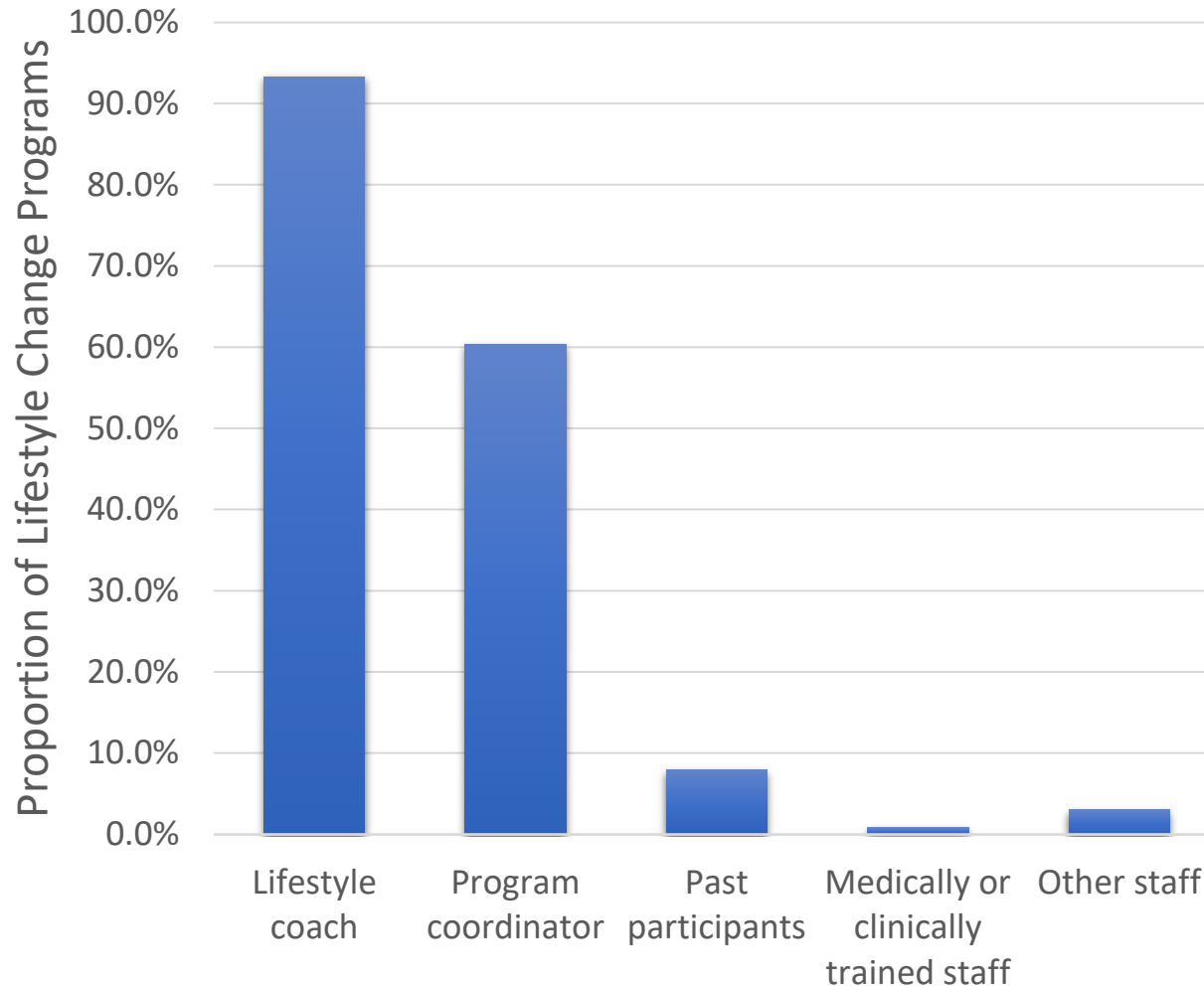
Day/time of the week Session Zero was offered **varied (63.6%)**

Typical Duration of Session Zero (n=657)



Staffing

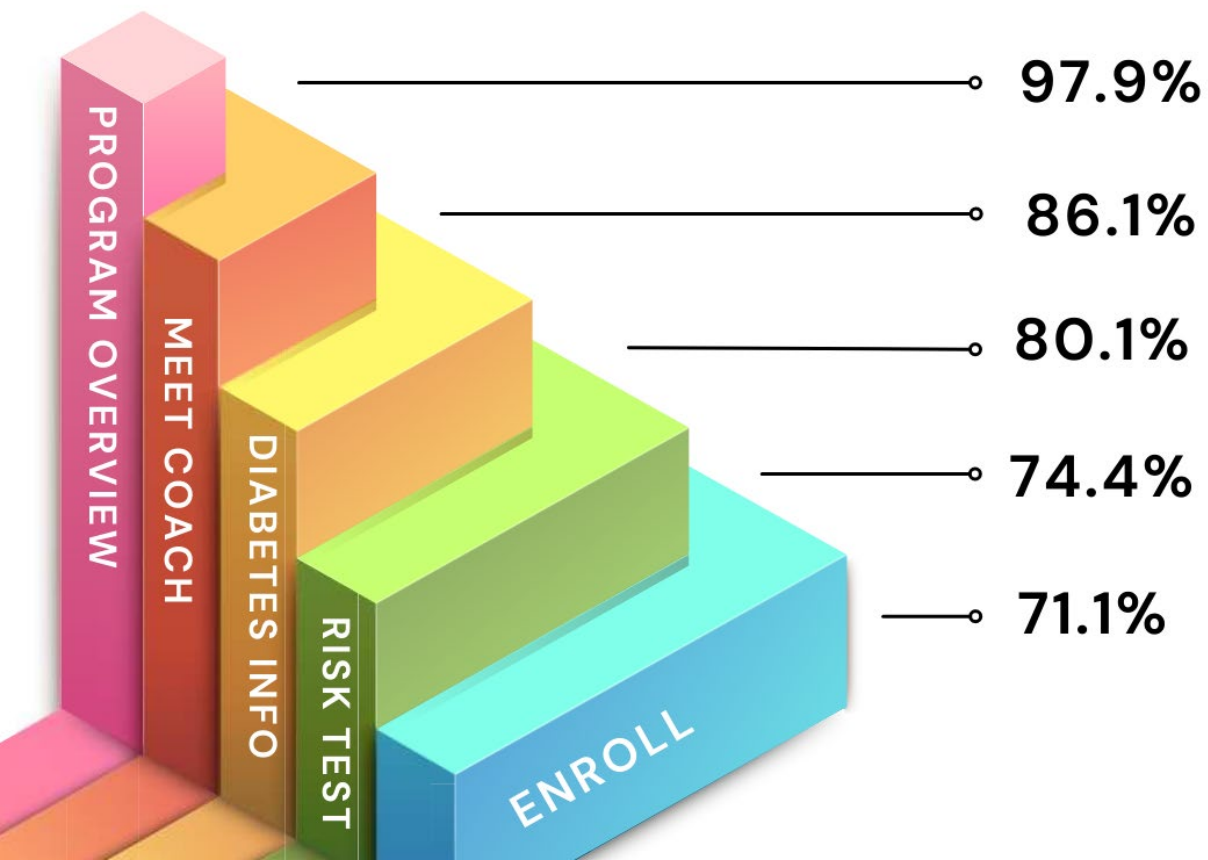
Type of Staff (n=657)



Average of 1.9 staff (1.0-30.0) delivering Session Zero

Average of 1.6 (range 0.0-36.0) full-time equivalent staff to organize and deliver Session Zero

Main Concepts Covered During Session Zero



Other topics:

- » Activities to show participants can be successful
- » Sharing testimonials
- » Assessing program readiness
- » Offering refreshments
- » Resources for participants who are not eligible



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Poll Question 2

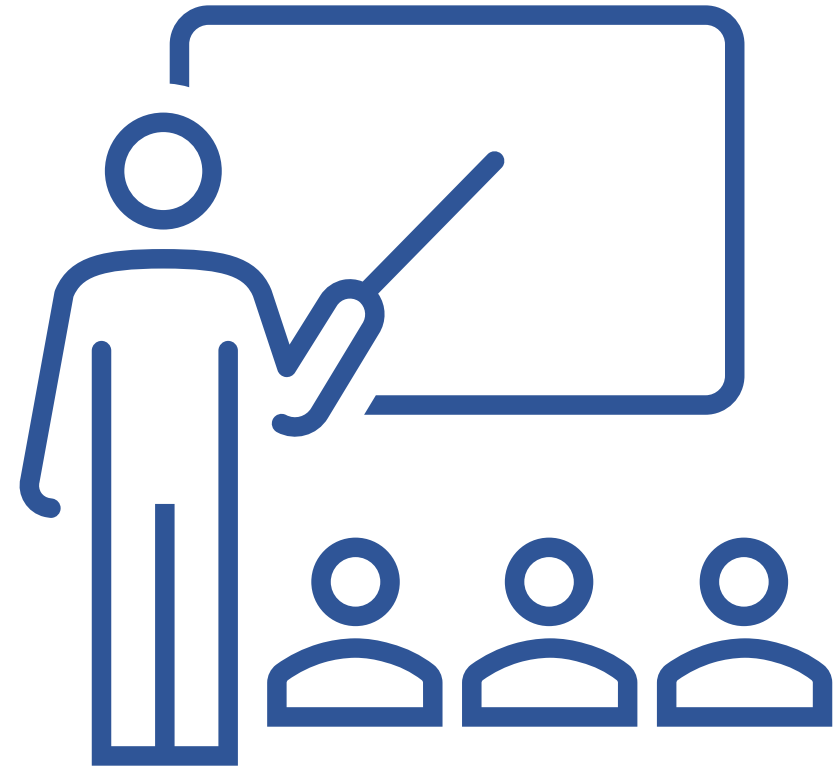


INTRODUCING THE DISCOVERY SESSION (CDC SESSION ZERO)

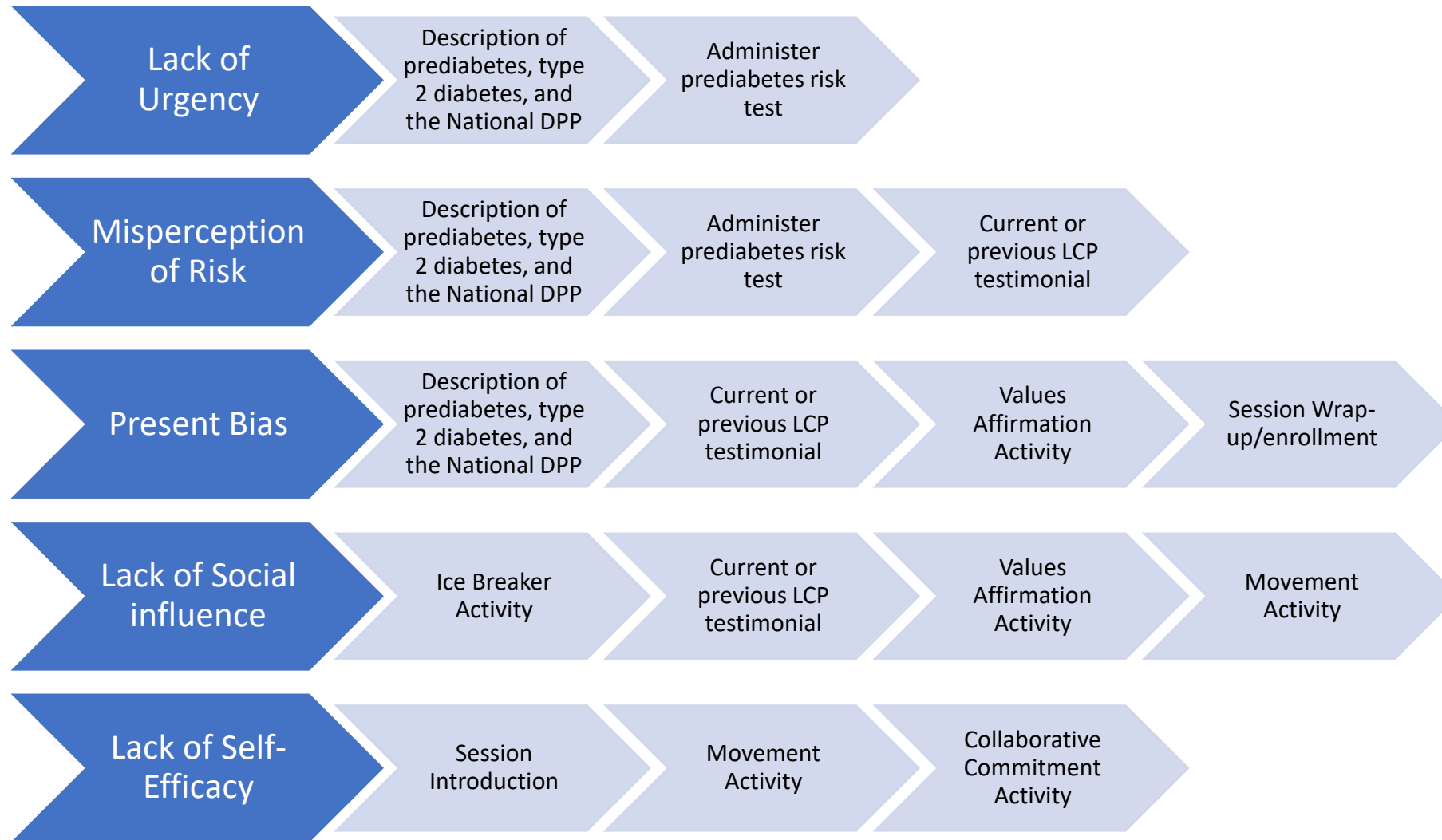


Primary Barriers for Enrollment

- » Lack of urgency
- » Misperception of risk
- » Present bias
- » Lack of social influence
- » Lack of self-efficacy



Intervention/Discovery Session Development



Demonstration Project and Feasibility Study

DS was tested in six sites that already offered some form of Session Zero



Participants who attended DS had **9% higher enrollment** into Session One of the LCP than the standard session

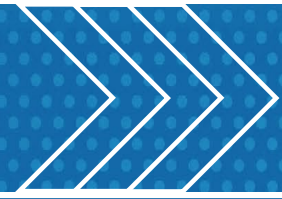


Most sites were able to implement the DS with fidelity and feasibility outcomes were positive

Discovery Session: Next Steps

- » **Easy access** to the guide, the script, and all related appendices
- » **Facilitator's Guide** will be your starting point
 - Provides a brief rundown of the session and what you'll need to conduct
- » The **Script** takes you through the session
 - Word for word and suggestions





GETTING STARTED



Discovery Session Resources

Facilitator's Guide

Facilitator's Script

Informational Email
Template

PowerPoint
Presentation

Checklist of Tasks

Values Affirmation
Worksheet

Follow-up Email
Template

Lifestyle Change
Program Enrollment
Form

Lifestyle Change
Program Enrollment
Checklist for
Attendees

Lifestyle Change
Program Session
One Reminders and
Notifications



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Word Cloud



IMPLEMENTING THE DISCOVERY SESSION FOR NATIONAL DPP AND DSMES SERVICES



Lessons Learned from a Lifestyle Coach



Yvonne Mensa-Wilmot, PhD, MPH

Health Scientist

Lifestyle Coach

Division of Diabetes Translation (DDT)

Centers for Disease Control and Prevention (CDC)

Perspectives from a DSMES Subject Matter Expert



Betsy Rodriguez, BSN, MSN, DCES
Senior Public Health Advisor
Division of Diabetes Translation (DDT)
Centers for Disease Control and Prevention (CDC)



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Poll Question 3

Diabetes Self-Management Education and Support (DSMES) Services

Plain Language Description

New for 2022:

Updated National Standards for DSMES Services

Learn more:

<https://www.diabeteseducator.org/practice/practice-documents>

Whether you are new to having diabetes or have had it for years, when you receive diabetes self-management education and support (DSMES) services you will:



Work with a Diabetes Care and Education Specialist to set and track your goals



Learn how to use knowledge, skills, and tools to build confidence and emotional strength to manage diabetes



Practice how to fit diabetes care into all parts of life—like eating and problem solving



Find ways to get support (in person and online) from your family, friends, community, and health care team

Questions?



**Send questions after the webinar to:
DDT_DiabetesWebinar@cdc.gov**

National DPP Customer Service Center

The screenshot shows the homepage of the National DPP Customer Service Center. At the top left is the CDC logo with the text "Centers for Disease Control and Prevention" and "CDC 24/7: Saving Lives. Protecting People™". To the right is the "NATIONAL DIABETES PREVENTION PROGRAM" logo. A search bar with "Search..." and a "Search" button is located next to the logo. A "Login" button is in the top right corner. Below the search bar is a navigation menu with links for "Home", "About Us", "Resource Topics", "Contact Us", "Calendar", and "Community Board". The main heading is "National Diabetes Prevention Program Customer Service Center". Below this is a welcome message: "Welcome to the National Diabetes Prevention Program (National DPP) Customer Service Center! The purpose of the National DPP Customer Service Center is to provide organizations easy access to information and resources about prediabetes and the National DPP. Organizations can access training materials, toolkits, and videos; ask questions; and receive technical assistance related to all aspects of the program. Individuals or members of the general public seeking more general information should visit CDC's [National DPP website](#)." Below the welcome message are three tabs: "RESOURCES", "DISCUSSIONS", and "NEWSLETTER". The "RESOURCES" tab is active. Below the tabs is a grid of six resource cards: "Learning about the National DPP", "Receiving and Maintaining CDC Recognition", "Delivering the Lifestyle Change Program", "Marketing and Recruitment for the National DPP", "Lifestyle Coach Resources", and "Data Reporting for the Lifestyle Change Program". To the right of the grid is a "New Content and Information" section with a sub-section for "CDC Coronavirus Pages (Current Updates)" for professionals, community health workers, and special populations. Below that is a "National DPP PreventT2 Curricula" section with a "Check it Out!" button and a description: "The National DPP PreventT2 Curricula and Handouts is out now! Check out the updated modules and supplemental materials to learn why your organization should choose the PreventT2 curriculum as your CDC approved curriculum!"

<https://nationaldppcsc.cdc.gov/s/>

Thank you

Link for this webinar continuing education (CE) on TCEO:
<https://tceols.cdc.gov/Course/Detail2/8473>

In order to receive CE for **WC4371-021522 - Innovations in Diabetes Behavior Change - February 15, 2022 (Webcast)** please visit [TCEO](#) and follow these [9 Simple Steps](#) before **March 21, 2022**

The Course Access Code is **Diabetes**.

Send questions after the webinar to:
DDT_DiabetesWebinar@cdc.gov.

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National Center for Chronic Disease Prevention and Health Promotion

Division of Diabetes Translation

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

