

Final Report

Crossing Healthcare DPP

Crossing Healthcare would like to take the opportunity to say thank you to the Board of Directors and the Illinois Community Health Foundation for entrusting us to initiate this program with grant support. Since March of 2016 Crossing Healthcare has initiated every aspect of the Diabetes Prevention Program set forth in the initial application. See full report below for complete details.

I. Identification and recruitment of eligible patients

- a. With the help of MediQuire, we were able to identify patients that had HgbA1C's completed in the last 6 months between 5.7-6.4. Once we identified those patients we manually went through their charts to make sure they truly had prediabetes vs. controlled diabetes. 179 patients are currently eligible for the Diabetes Prevention Program. Once the patients were identified calls were made to each one explaining the program and eligibility. Of the 179 eligible patients 4 were not appropriate due to commute from home, 19 were unable to be reached by phone, 59 were left messages, 62 were not interested in the program, 9 said maybe and 26 individuals said yes they would attend.

b. Plus/Delta

Plus	Delta
Due to training staff on entering HgbA1C's in the EMR in the same place was completed we were able to get a better query of prediabetes candidates for the program	There needs to be continued work on screening patients and completing the test and putting in the chart the same way every time.
MediQuire turned the query around very quickly	Manual chart verification took around 6 hours going from 2668 candidates to 179 candidates-would like to brainstorm more effective ways to identify patients.
Phone calls were an effective way to add a personal touch and sell the program. We had 2 dietitians and one dietetic intern making calls with a script.	We will likely send out a program flyer through the mail for the second round prior to the first of the year. We will send them out to all of the not interested, left messages and those individuals that we were not able to reach
	Crossing Healthcare would benefit from a diabetes/prediabetes education coordinator to monitor the population health dashboard weekly and case manage referral process from provider to DPP program.

II. Certification in the CDC lifestyle coach training/ CDC Diabetes Prevention Program

- a. Three of the four designated employees have been through the CDC lifestyle coach training. Two of the employees are Registered Dietitians. One of the three employees is a behavioral health counselor.
- b. The fourth employee to be trained will be a registered nurse that will have an education role with Crossing Healthcare. There are plans to have a registered nurse trained in early 2017 to fulfill this aspect of our coaching program.
- c. Since the application was initially started the CDC released a new curriculum called PreventT2. We have chosen to use this curriculum and it seems to be effective with our class participants
(<http://www.cdc.gov/diabetes/prevention/lifestyle-program/curriculum.html>)
- d. We have applied to the CDC program and are considered a recognized program. Every April Crossing Healthcare will have to provide program statistics to be certified and continue recognition.
(https://nccd.cdc.gov/DDT_DPRP/Registry.aspx?STATE=IL)

* There continues to be no challenges to this part of the program. Once our registered nurse is trained we will have fulfilled our plans for this part of the program.

III. Progress for Diabetes Prevention Program

- a. Since initiating DPP we currently have two groups of DPP participants. The first group had a total of 10 enrollees with an average of 7 in attendance per class. This group has completed 22 classes in all with 4 classes remaining. The second group consists of 6 participants with an average of over 3 participants per class. The second group has completed 13 classes and will start the last six months in February.
- b. 16 of the original 26 patients (61%) that originally agreed to join the program started and have consistently attended group classes.
- c. Crossing Healthcare plans to have a minimum of two DPP groups going per year.
- d. 7 out of 16 participants have lost weight ranging from 1 pound to 14 pounds lost
- e. Participants increased exercise per week from an average of 60 minutes starting out in week 2 to 255 minutes in recent weeks.
- f. Participants did show a decline in minutes of exercise and weight loss after midyear break.

*The only challenge we face is self-efficacy of patients continuing healthy lifestyle habits when not meeting weekly. Also, topics repeat themselves throughout the year so we are looking to put hands on training and more realistic scenarios together that patients can use to make the healthier choice the easier choice.

IV. DPP Fitness/Exercise and Activity Component

- a. We continue to offer the following free services to patients and specifically those with prediabetes to support their efforts in the DPP program:
- Walk with a Doc- meets on Tuesdays from 8-9am. During inclement weather (raining, snowing, below 45 degrees and above 95 degrees) walkers will meet at the YMCA to walk with the doc.
 1. **We have walked 28 weeks with our patients.**
 2. **200 walkers have signed in and walked with us.**
 3. **16 walkers has been our highest with our lowest amount of 1 walker one week.**
 4. **Crossing Healthcare averages 5 walkers per week.**
 - Zumba Remix- This is by far our most popular program. We offer Zumba Remix 3 times per week; Monday, Wednesday and Thursdays from 4:45 to 5:30pm.
 1. **Since starting in June of 2016 there has been a total of 59 classes**
 2. **589 participants have signed in and participated in Zumba**
 3. **Average attendance is 10 with highest number of participants in class being 22.**
 4. **Total minutes of exercise provided by Zumba at Crossing Healthcare is 3,540 with participants receiving on average 137 minutes of exercise of the recommended 150 minutes per week through Zumba.**
 - Lose to Live Teens- Meets every Friday 3:30-5pm. This program was originally Kids fit Fridays and the participation level was too low. Looking at our pediatric population and prediabetes patients we developed Lose to Live Teens. Lose to Live Teens targets teens with prediabetes. Each Friday there is a weigh in and nutrition class for 30 min with a workout session for 45 min to 1 hour.
 1. **We currently have 7 teens enrolled**
 2. **We are meeting with a principal of one of our public high schools in January to discuss bringing this program to the school as an after school program**
 - Praise Moves- meets Wednesdays at 9am. Move your body; renew your mind as we think on scripture from the Bible and Praise God! Will remind you of Yoga.
 1. **One to three people participate weekly**

*there have been no challenges to this part of the program

V. Budget (expenses thus far)

CDC Coaching expenses: \$2,394.66

Fitness Equipment: The total cost thus far=\$1,984.25

JBL Cinema & Body Sport roll - \$401.61

Rogue Echo 2 sided timer w/stand - \$354.95

Medicine Balls & Stand - \$849.93

Outdoor Equipment - \$182.76

15 Yoga Mats- \$195.00

Personal Trainers: Total cost thus far= \$944.00 (2 trainers \$16/hr for 59 hours)

Total Program expenses thus far= \$5,322.91

Continued expenses for the rest of the year will be for training hours.