

Reducing the Prevalence of Diabetes Among Persons with Disabilities (PWD) in Florida, 2018

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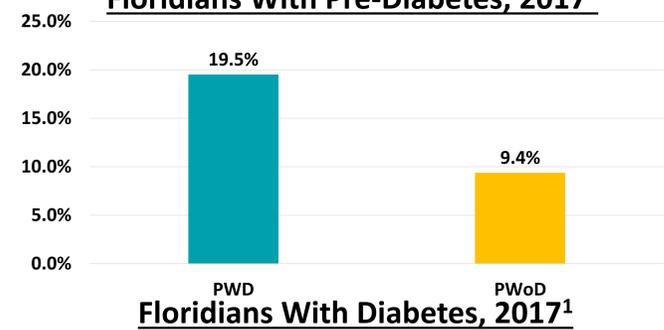
Background

The National Diabetes Prevention Program (DPP) is an evidence-based lifestyle change program designed to prevent or delay the onset of type 2 diabetes. This program helps participants develop healthy habits, such as increasing physical activity and improving nutrition in order to maintain a 5-7% weight loss and lower their A1C level. This intervention has been shown to reduce participants' risk of developing type 2 diabetes by 58%.²

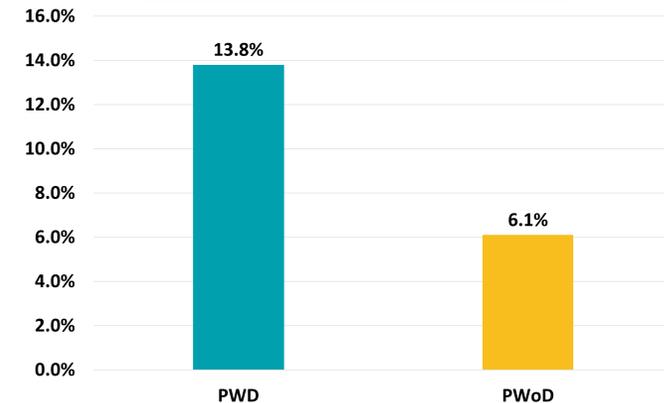
In Florida, this initiative is funded through two sources:

- Disability and Health Program (DHP) five year CDC grant (1603) to improve the health of PWD.
- National Association of Chronic Disease Directors (NACDD) (1705 Grant) to implement "Prevent T2 for All" with a focus on serving minority and vulnerable populations, including PWD and persons without disabilities (PWoD).

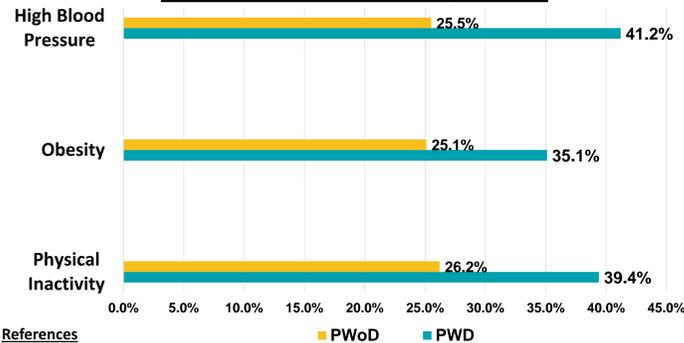
Floridians With Pre-Diabetes, 2017¹



Floridians With Diabetes, 2017¹



Diabetes Risk Factors, 2017¹



References
 1. Centers for Disease Control and Prevention. (2017). Disability and Health Data System. Behavioral Risk Factor Surveillance System Estimates. Retrieved from <https://www.cdc.gov/ncbddd/disabilityandhealth/dhds/index.html>.
 2. Centers for Disease Control and Prevention. (2018). National Diabetes Prevention Program Infographic. https://www.cdc.gov/diabetes/prevention/pdf/NDPP_Infographic.pdf

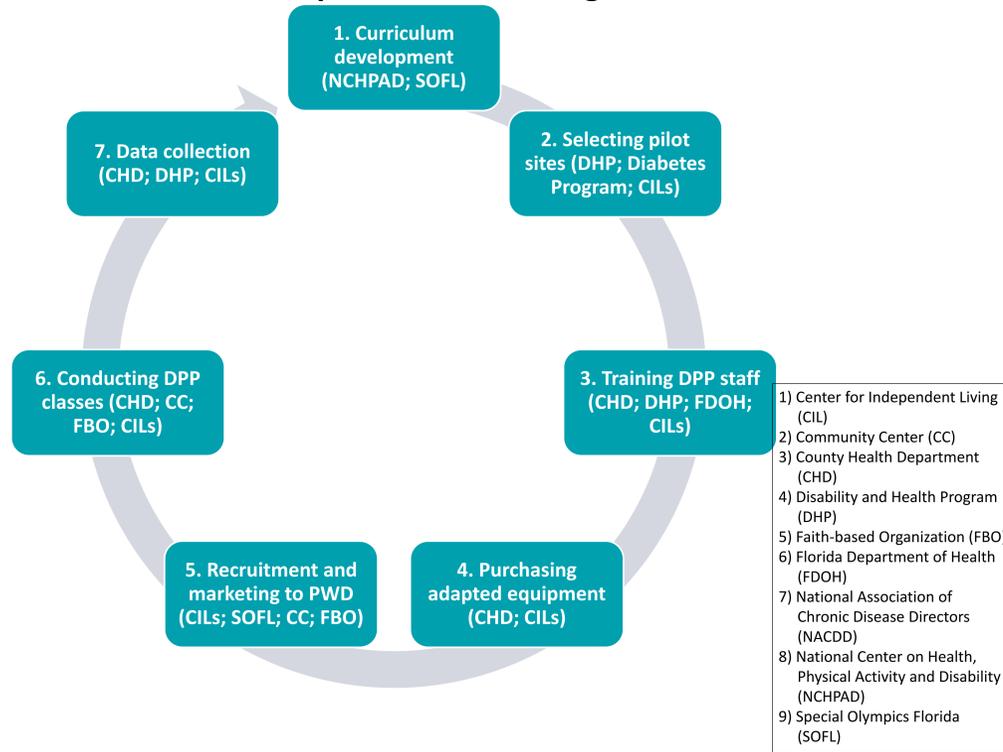
Working Together to Reduce Diabetes Among Persons with Disabilities

Centers for Disease Control and Prevention	National Association of Chronic Disease Directors
National Center on Health, Physical Activity and Disability	County Health Departments
Florida Centers for Independent Living	Special Olympics Florida
Community Centers	Faith-based Organizations

The Disability and Health Program collaborated with the Florida Diabetes Program, NCHPAD and NACDD to identify three existing DPP providers to serve as pilot sites and implement the adapted curriculum "Prevent T2 for All." During this process, the pilot sites established partnerships with their local Centers for Independent Living, local community centers and faith-based organizations to recruit and enroll PWD.

Beginning in 2019, the DHP and Special Olympics Florida will review "Prevent T2 for All" curriculum to identify ways to modify and make accommodations for persons with intellectual or developmental disabilities. Any modifications needed will be implemented during this programmatic year.

Partnership and Process Diagram



- 1) Center for Independent Living (CIL)
- 2) Community Center (CC)
- 3) County Health Department (CHD)
- 4) Disability and Health Program (DHP)
- 5) Faith-based Organization (FBO)
- 6) Florida Department of Health (FDOH)
- 7) National Association of Chronic Disease Directors (NACDD)
- 8) National Center on Health, Physical Activity and Disability (NCHPAD)
- 9) Special Olympics Florida (SOFL)

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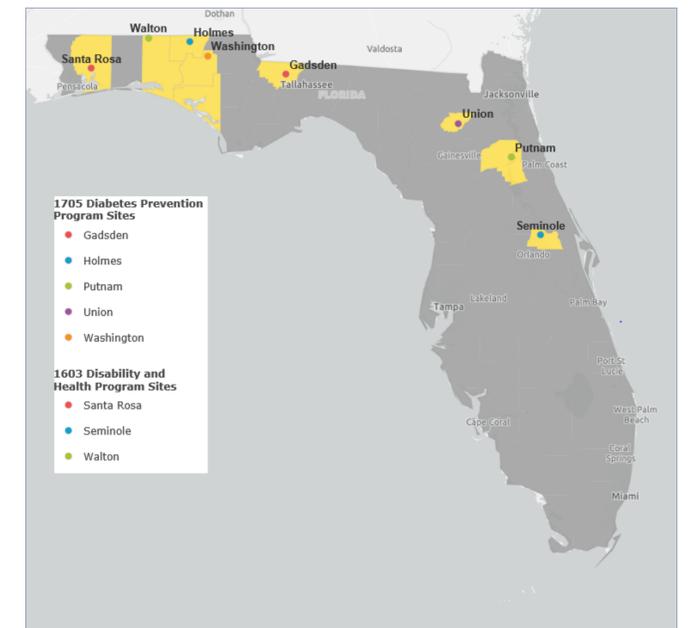
Barriers to Implementation

Engagement & retention of clients with disabilities	CDC Recognition Requirements	Limited Accessible Transportation options
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Facilitators to Implementation

Internal and External Partnerships	Ease of conducting accessibility assessments of pilot site locations
Flexibility of Lifestyle Coach Training	Evaluation and Data Collection

Adapted DPP Pilot Sites, 2018



Next Steps/Future Plans

- Expand the "Prevent T2 for All" programs to CIL sites across the state.
- Adapt current Diabetes Self-Management Education programs to be more inclusive for persons with disabilities.
- Expand participant recruitment and retention efforts.
- Pilot test additional inclusive DPP with alternative timelines.