DPP Certified Lifestyle Coach Training: Lessons Learned in Minnesota

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Objective

To report the satisfaction and effectiveness of a training program to certify Diabetes Prevention Program(DPP) lifestyle coaches by examining:

- Post-training evaluation results from participants at the four trainings
- Recruitment and background of the resulting fleet of the certified coaches
- Comparison of results of coaches taught by different master trainers
- Overall impact of certified Coach's Training in Minnesota

Background

Based on Indiana's PLAN 4WARD and the national Diabetes Prevention Program (DPP) (Ref 1,2,3,4)

 The training's purpose is to prepare & certify small group lifestyle coaches to lead 16-week DPP lifestyle balance sessions for people with prediabetes, to motivate them to eat better, be more active and lose 5-7% of their weight

The Minnesota Diabetes Program(MDP) contracted with Dr. David Marrero, Indiana Diabetes Translation Research Center (IDTRC), and IDTRC staff to lead the first two trainings to certify DPP coaches.





Methods

- Recruitment of lifestyle coaches using various MDP networks. see Figure 1
- Post-training evaluation surveys (n=72) of four 16-hour trainings (T1 December 2007, T2 August 2008, T3 March 2009 and T4 July 2009). see Figure 2
- Interviews with coaches at Spanish-speaking training (n=7)
- Training Evaluation Survey

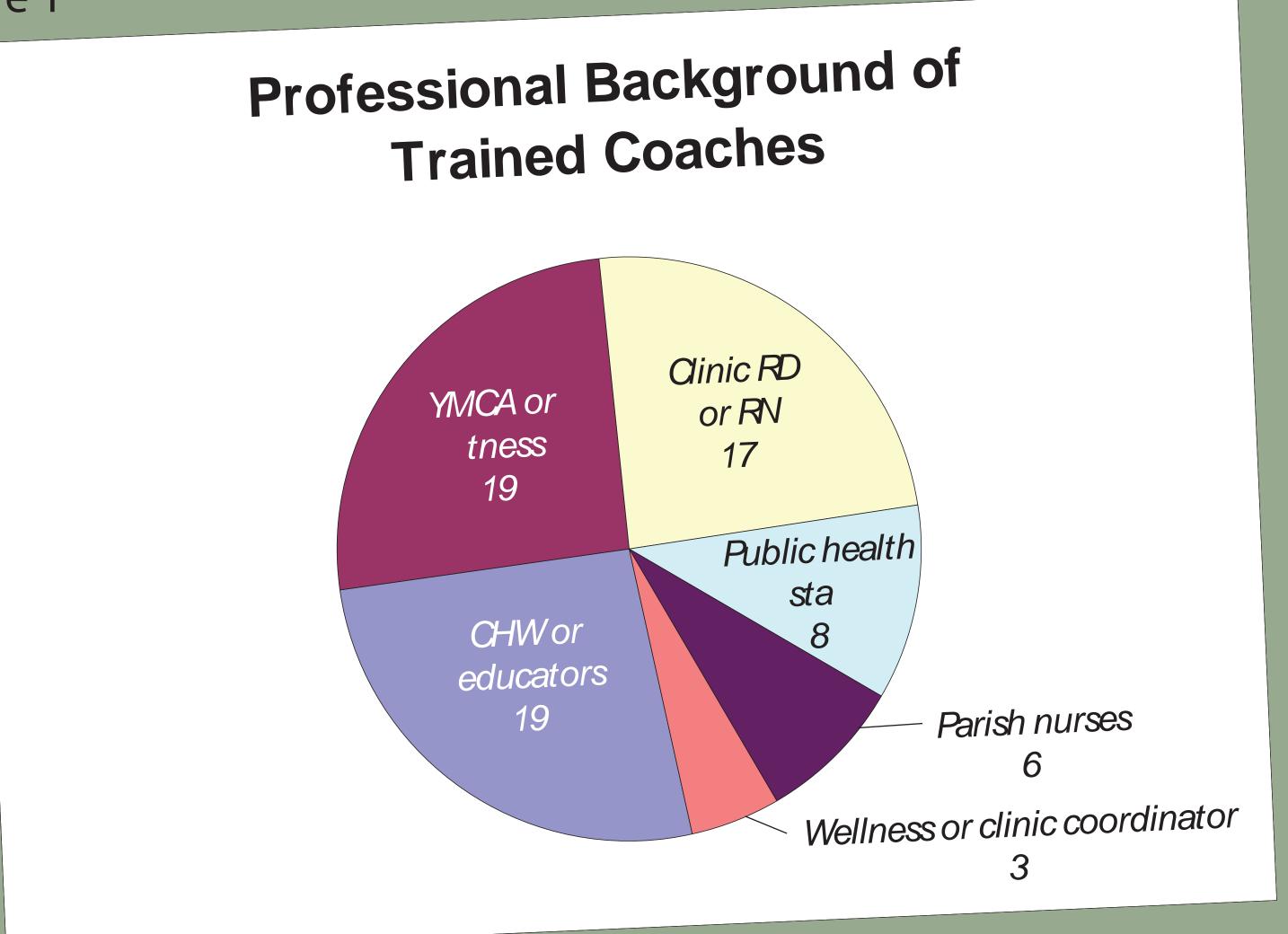
ICAN Prevent Diabetes Facilitator Training Evaluation July 20-21, 2009 Clinic Sta Community Health Work er Public Health Worker Other (please specify):______ Faith-based or Parish Nurse YMCA or Other Fitness Program 2. How well prepared do you feel you are to start and implement the ICAN Prevent Diabetes Program in 3. How clear are you on your personal role in planmig and implementing the ICAN Prevent Diabetes Program in your community or center?

Results

A. Recruitment of Coaches (n= 72)

- Initially, Steps to A HealthierMN (4 sites) were invited to partner with MDP to test the feasibility of a community DPP (T1 & T2)
- Each community selected public health, YMCA or community partner, & clinic champions
- Each team trained 2 or 3 coaches for sustainability
- Later, MDP and Steps networks that reach people at high risk for diabetes were invited to send coaches to training (T3 & T4)
- This resulted in Spanish-speaking (11), deaf and hard of hearing (3), American Indian Reservation (2), Hmong (1) and Somali (1) coaches

Figure 1



B. Post-Training Evaluation Results (n=71; 97% completed surveys)

Overall, participants gave high ratings to the training

- Average responses to most questions consistently ranged between 4.0 and 5.0 on a scale of 1 to 5 for all trainings, indicating a strong curriculum that can be readily duplicated by new Master Trainers
- Responses to "feeling prepared to facilitate groups" (Q2) were lower (mean ratings of 3.8, 3.6, 3.9 and 4.3, respectively for all four trainings). However, people just completing training will usually have apprehension about their
- Response of 3.5 to Q3 ("how clear are you on your role") on T1 lead us to add a 4 hr Logistics Training for administrators for T2 and T4

Participant responses did not differ by professional background across four trainings. (See Figure 1)

There are no differences in responses from different training dates taught by different Master Trainers, indicating no impact from using new Master

C. Interviews with Spanish-speaking coaches



Spanish-speaking coaches gave verbal feedback and prefer:

- More visual and fewer words for participant materials
- To be taught in Spanish rather than English
- More hands-on experience
- Longer in-class practice teaching
- Longer training (up to 5 days)
- Opportunity to observe other Spanish-speaking groups

D. Qualitative Feedback

Participants also completed open-ended questions about the training.

- Excited to be part of the program
- Interested in training due to its scientific evidence & practical application
- Wanted materials to be available electronically or on website
- Some felt there was too much time on practice teaching; others wanted more time
- Some (RDs & CDEs) wanted more advanced training

E. Additional Lessons Learned

- Ideal lifestyle coach training group size is 20 or fewer people to demonstrate group facilitation skills during training
- Sites with 2 or 3 coaches can have sustainable programs if there is staff turn-over. This results in a large reserve fleet, and not all coaches gain group experience.
- Train administrators even if they do not lead groups so they understand what is needed.
- A 4 hr Logistics Training has been added to address topics not covered in the 2 day certification program: how to get referrals, recruit participants and promote the program

F. Impact of Training on Minnesota Diabetes Prevention

Number of Coaches Certified (n=70)

39% have lead groups (n=27)

Number of Organizations Prepared (n=23)

- 65% have offered DPP programs at least once (n=15)
- 9% have offered more than one group (n=6)

Number of Groups Conducted As a Result of Trainings (n=29)

 185 people with prediabetes have started group sessions with I CAN PD. Completion rates and results pending.

Preliminary Group Results

- DPP groups lead by MN trained lifestyle coaches show:
- Weight loss results similar to the DPP (see Table 1)
- Sustainability repeat offering of groups Longest is 8 groups offered in Spanish at West Side Community Health Services to over 100 participants with 82% completing the program. Co-lead by Master Trainer A. Becker. Results pending
- Expansion to high risk populations
- Largely due to trainings conducted by Minnesota Master Trainers L. Jackson-Hoeft & A. Becker; Results pending.

Table 1: Preliminary Results of I CAN Prevent Diabetes Groups

	Phase I: 3 Steps to Healthier MN communities	Willmar community*	Minneapolis community	Current Programs
N = # of participants	36	38	44	90
Number of groups	4	4	6	9
Mean % weight loss	5.7	6.7	5.0	NA
% > 7 % weight loss	41%	53%	43%	NA
% attending 12 or more of 16 sessions	58%	71%	69%	NA
Master Trainer	Marrero & E Anderson T1	Marrero T1 & T2	Marrero T1 & T2	Jackson and Becker T3 & T4

* Includes Phase 1 results

Conclusion

DPP coach certification training programs can be successfully offered to both clinical & community staff who can successfully conduct lifestyle balance groups for people with diabetes

Satisfaction with training is similar between staff from IDTRC and Minnesota Master Trainers.

References

- 1 Diabetes Care 2002: 25 (12): 21265-2171 The Diabetes Educator 2007: 33 (1): 69-78
- 3 Am J Prev Med. 2008;35:357-363
- 4 The Diabetes Educator 2009: 35 (2): 224-232

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