

# COUPLING THE NATIONAL DIABETES PREVENTION PROGRAM AND WALK WITH EASE PROJECT OVERVIEW



## ABOUT THE PROJECT

The Arthritis Foundation, National Association of Chronic Disease Directors (NACDD), ProVention Health Foundation (ProVention), and the Diabetes Training and Technical Assistance Center (DTTAC) at Emory are partnering to couple two evidence-based interventions through an innovative technology solution. This project will provide lifestyle coaches with **training, tools, resources, and opportunities for peer-to-peer sharing around using the Arthritis Foundation's Walk With Ease (WWE) program with the National Diabetes Prevention Program Lifestyle Change Program (National DPP LCP) participants.**

## HOW AND WHY

The National DPP LCP encourages participants to engage in a consistent routine of moderate physical activity as part of the program curriculum. This coupling project will leverage the WWE program to **provide National DPP LCP participants with an evidence-based, structured physical activity component to help them meet their physical activity goals,** as well as other health goals related to the program.

To facilitate this integration, a WWE and National DPP LCP coupling guide is available for coaches and a training [webinar](#) is also available free of cost. Additionally, DTTAC and NACDD will develop and make available an evaluation tool for lifestyle coaches coupling WWE and the National DPP LCP to support data collection and document the business case for coupling the two programs. Finally, the WWE curriculum will be embedded into ProVention's online Health and Lifestyle Training (HALT) platform.

## GOALS

An initial pilot of the coupling project is proposed to occur in two (2) states – Kansas and Iowa. A second phase of the pilot with additional NACDD 1705 state affiliate sites will occur in 2023. **The goal is to leverage the HALT platform to engage 1,000 participants in the coupled intervention by the end of September 2023.** The coupling guide and recorded webinar are available to all lifestyle coaches.