



Coupling the National DPP with Walk With Ease

About the Community HUB

The Iowa Community HUB is a nonprofit community care hub working with network partners to connect lowans with meaningful evidence-based programs with a focus on reducing health disparities for priority populations experiencing greater obstacles to health. We work with partner organizations to help you with coupling the Walk With Ease (WWE) into the National DPP Lifestyle Change Program.

Integrating WWE with Your DPP Cohort

WWE can be a great retention tool to keep DPP participants engaged throughout the year and enhance their successful completion. Generally, there are 3 ways you can introduce WWE, but it depends on how much time you have available to add the WWE into your DPP cohort delivery.

1. **WWE Promoter and Referral Source** – You can strategically promote the statewide self-directed WWE program to your DPP participants throughout the DPP curriculum. Your participants can start WWE at any time during the yearlong DPP and so your goal is to try to get all participants at some point having participated in the WWE program. To do so, you make a referral to the HUB on their behalf. Be sure to check on their status throughout your time with them in the DPP cohort. A participant can also self-refer. ***Self-Directed – Brown below**
 - a. There are several ways to make a referral to the HUB:
 - i. Website Referral – Click the ‘*Make a Referral*’ button at the top right of the screen and fill out a referral form. <https://iacommunityhub.org/>
 - ii. If you’d like to explore other methods, email Renee – HUB Administrator at rallard@iacommunityhub.org

2. **Referral Source + Lead Informal Group Walks with DPP Cohort** – You can strategically promote and refer to the statewide self-directed WWE program providing your DPP cohort with the opportunity to work on increasing their physical activity on their own time. But if you are able, you can enhance their success by organizing group walks before or after DPP classes or on other days of the week. You can also point participants to an online walking social group called [The HUB Walking Club](#), for connection with other walkers to share their experiences. ****Self-Directed Enhanced – Green below**

3. **Become a Certified WWE Instructor and Lead Group Programs** – By becoming a certified WWE Instructor, you can provide your DPP cohort the support they need to increase their physical activity within a group format. If interested, they could invite family and friends to join them through the experience. Once certified, you can offer WWE as a coupling to DPP and/or as a distinct program for your community. Here is a link to onboard your organization within the HUB to access WWE certification support and training: [Onboarding Form](#) *****Group – Pink below**

Here are the 3 ways in which the WWE program is delivered nationally:

*WWE Delivery Formats

***Group	**Self-Directed Enhanced	*Self-Directed
In the instructor-led group format, participants meet 3 times per	In the self-directed enhanced format, individuals participate in	In the self-directed format, participants read the WWE

week for class sessions that last 1 to 1.5 hours each time. This format of the 6-week program is delivered by a trained and certified Walk With Ease Instructor. If necessary, the program can be delivered 2 times per week, as long as 18 sessions are delivered.	the 6-week program on their own while a designated leader or coordinator utilizes engagement strategies (e.g., group walks) to keep participants organized and motivated. Participants complete the Guidebook, walk on their own and can join designated group meeting times.	Guidebook on their own over the course of 6 weeks, completing the various tasks and walking as laid out in the book.
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Additional Iowa Support Options for Self-Directed WWE

Below is what your DPP participants can opt into through our Iowa Self-Directed WWE

Self-Directed Book Only	<p>DPP Participant is assisted by HUB Navigator for enrollment in the program and helps them order their WWE guidebook. A HUB Navigator checks in with individual in 6 weeks to document completion.</p> <p>HUB Navigators will connect DPP participants to other resources within their community to address any other social care needs.</p>
Self-Directed Online/Text Support	<p>DPP Participant is assisted by HUB Navigator for enrollment in the program and helps them set up access to the WWE Portal where they will receive weekly emails and ongoing access to videos, handouts, and other resources. The portal is available in English or Spanish. HUB Navigator also helps them order their WWE guidebook.</p> <p>DPP Participant can also receive weekly text messages to further encourage engagement through the program.</p> <p>HUB Navigators will connect DPP participants to other resources within their community to address any other social care needs.</p>
Self-Directed HUB Navigator Check-Ins	<p>DPP Participant is assisted by HUB Navigator for enrollment in the program and helps them order their WWE guidebook. The HUB Navigator can schedule regular check-ins with the participants throughout the program to further support their participation and successful completion as needed.</p> <p>HUB Navigators will connect DPP participants to other resources within their community to address any other social care needs.</p>