

Chicago CARES Success Stories

Building Community & Skills for a Long-Term Lifestyle Change to Avoid Type 2 Diabetes

Eating healthier, being physically active, and managing stress may seem like a straightforward path to a healthier lifestyle but taking that first step and seeking support to build skills for long-term success is a challenge – one that Chicago CARES participants are ready for.

Chicago CARES' National Diabetes Prevention Program (NDPP) was administered and implemented by the Illinois Public Health Institute in partnership with the Chicago Department of Public Health with funding from the Centers for Disease Control and Prevention in 2018. Below is an overview of the program's goals, strategies, and successes over the last five years:





Program Goals

- 1** Raise awareness of the existence of prediabetes
- 2** Reduce diabetes disparities through community providers delivering the NDPP on Chicago's South and West Sides
- 3** Create long-lasting lifestyle change for participants through increased physical activity, healthier eating habits, stress management, goal setting, & healthy sleep

— Program Results by the Numbers —

850+

community members
have participated

75+

year-long cohorts

72

lifestyle coaches have
been trained to lead NDPP
programming

2.8% - 7.8%

average weight
loss range per cohort

17

providers have been funded
to deliver the NDPP

5

of these providers have
also been approved as Illinois
Medicaid NDPP providers

Provider Strategies for Success

Over nearly five years, Chicago CARES community providers have reported the key elements to the success of this program. Below are examples of these key elements of the program in action from Chicago CARES providers:



Building strategies for long-term lifestyle change among participants



Inner-City Muslim Action Network's (IMAN)

Floretta Wallace Johnson participated in the NDPP through IMAN, an organization dedicated to fostering health, wellness, and healing. As Ms. Johnson points out,

"It is much needed. There is a big focus on diabetes after people get diabetes, but diabetes prevention is really needed because there's a lot of people headed that way."



Near North Health

Many community providers like Near North offer incentives during the program that help participants support these lifestyle changes, including a pedometer, water bottle, cutting board, and more. As K. Kyles from the Near North NDPP shared,

"I still have my booklet and the notes taken from each session to reflect and utilize for future references if I run into potential roadblocks. If you are struggling with your weight and want to take the initiative to change small eating habits, I highly recommend that you join the program."



Universidad Popular (UP)

Valeria Farias joined UP's NDPP after a diagnosis of prediabetes opened her eyes to prioritize her health. With type 2 diabetes on the rise in her community, Ms. Farias shared,

"Knowing more about this topic has benefited me and my family, we have also increased our consumption of vegetables in our diet as well as physical activity... I would like to encourage other people in my community to be part of this program and be more aware of their health."

Meeting communities where they are



Erie Family Health

The key to Erie's continued success – and that of all other Chicago CARES providers – was shifting the in-person model to provide virtual offerings and increased flexibility in meeting program requirements during the Covid-19 pandemic.

Despite the technology literacy required, this approach has been critical to making the program accessible for the largest number of participants – and is still offered today.



The Chicago Lighthouse

LP is one of the participants at the Chicago Lighthouse who benefitted from the changes made to the NDPP during the pandemic. As she shares,

"I can't always make classes because of my work schedule, but I always track and submit my data each week. It keeps me accountable. I have learned so much from this program and am just implementing everything that I am learning. I am so thankful for my NDPP team."

Developing unique recruitment methods



Sinai Urban Health Institute (SUHI)

SUHI developed an elaborate network of referral partnerships with three community health organizations over four years. As the referral network grew, SUHI went on to partner with other organizations to increase capacity to educate and screen potential NDPP participants.

Through these partnerships, 1,722 patients with prediabetes were referred to the NDPP.



Mile Square Health Center (MSHC)

MSHC works directly with schools, churches, other community organizations, and families to coordinate NDPP classes.

To meet potential participants where they are already at, MSHC identified locations for classes to provide programming convenient for their day-to-day lives.

To learn more or find
an NDPP provider, visit
chicagocaresdpp.org

