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# BRIGHT SPOT INITIATIVE

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## BACKGROUND

The **National DPP** is a partnership of public and private organizations working to build a nationwide delivery system for a lifestyle change program proven to prevent or delay onset of type 2 diabetes in adults with prediabetes. The National DPP provides a framework for type 2 diabetes prevention efforts in the U.S. founded on four key pillars: 1) a trained workforce of lifestyle coaches, 2) national quality standards supported by the CDC Diabetes Prevention Recognition Program, 3) a network of program delivery organizations sustained through coverage, and 4) participant referral and engagement. Additional information on the National DPP is available at <https://www.cdc.gov/diabetes/prevention/index.html> and <https://nationaldppcsc.cdc.gov/s>. CDC and NACDD have prioritized increased enrollment among priority populations, noting that recent demographic data from an assessment on enrollment in the National DPP show room for improvement in reaching these populations.

## INTRODUCTION

A key factor in reducing risks and promoting health equity for populations at risk of developing type 2 diabetes is increasing enrollment in the **National Diabetes Prevention Program (National DPP) lifestyle change program** and **Medicare Diabetes Prevention Program (MDPP)**.

The **NACDD/CDC State Engagement Model** has applied the **collective impact approach** toward these efforts since 2012, and it has progressed as the **National DPP Bright Spot Initiative** in 2022.

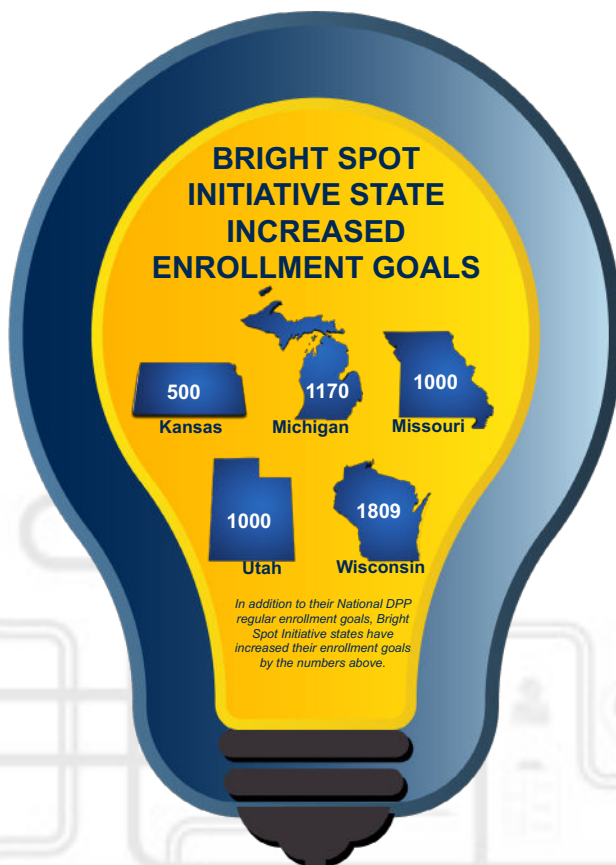
The **Bright Spot Initiative** provides an **opportunity for five states to receive:**

1. Funding to support a backbone organization and state-specific Bright Spot Project work plan activities;
2. Peer-to-peer learning; and
3. Technical assistance from the CDC's Division of Diabetes Translation, Leavitt Partners, and NACDD.

## MODEL



## BRIGHT SPOT INITIATIVE STATE INCREASED ENROLLMENT GOALS



## GOALS

1. Significantly increase enrollment in both the National DPP lifestyle change program and MDPP in five states.
2. Achieve higher capacity through innovative partnership models, committed individuals, and organizational champions working in a synchronized effort.
3. Achieve specific enrollment goals for the general population and varied populations of focus among the Bright Spot states.
4. Track and share progress from August 2022 through July 2023.

## OUTLOOK

- Reach the goal of significantly increased enrollment (collective enrollment goal ~5400) in the National DPP and MDPP.
- Improved models for multisectoral partnership sustainability and participant retention.

## PRIORITY POPULATIONS

### KANSAS

Kansas State  
Employee Health  
Benefit Plan Members

### MICHIGAN

Black adults in metro  
Detroit

### MISSOURI

Adults 45+ with a focus  
on African American and  
Hispanic populations and  
Medicare eligible age  
groups in the St. Louis  
Regions

### UTAH

Medicaid  
Recipients

### WISCONSIN

Asian adults age 35 to 85,  
Adult men 35 years and  
older, Asian adults,  
Adults age 65+, Hispanic,  
Black/AA, Asian,  
Native American Adults,  
Hispanic Adults, Hispanic,  
Black AA Adults

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