

DPP Distance Learning Resources

DTTAC

Tip Sheets:

- If you are new to facilitating groups virtually, ***Technology Tips for Virtual Facilitation of National DPP Sessions*** and ***Distance Learning Tips for National DPP Sessions*** provide tools and techniques to help you practice.
- **Promoting Lifestyle Change from Home.** Making changes during stressful and uncertain times is hard. Many participants - even Lifestyle Coaches - may find themselves working from home or staying home more in the coming weeks and month(s). As a result, it is important that Lifestyle Coaches offer support and opportunities for problem solving for participants. This tip sheet provides information to help us all throughout this challenging time.

Additional Resources, Webinars, and Ongoing Support:

- To access the above resources and much, much more, visit the [March issue](#) of *Common Ground News*, or [sign up](#) for the DTTAC-hosted *Common Ground*, an online learning community for Lifestyle Coaches who are delivering the National DPP lifestyle change program.

Virginia Center for Diabetes Prevention & Education (VCDPE)

Recorded Webinars:

1. ***Using Telehealth and Technology to Enhance your National DPP*** (1 hour). Recorded March 6, 2020. A more thorough presentation of using telehealth for delivering the National DPP lifestyle change program. It includes necessary definitions to understand telehealth, evidence behind distance learning for National DPP and weight loss, many examples of how your organization can use telehealth to deliver the lifestyle change program, and the primary considerations before you set up distance learning. Presented by two distance learning National DPP providers.
2. ***Going the Distance... Quick Tips and Practical Considerations when Transitioning your In-person National DPP to Distance Learning during COVID-19*** (26 minutes). Recorded March 19, 2020. This webinar provides need-to-know information to transition your lifestyle change program to a distance learning delivery mode. This is a practical, no nonsense, "get it done" webinar, presented by an experienced professional within the world of National DPP and distance learning.
3. ***What's the difference? Online vs. Distance Learning of the National DPP*** (6 minutes). This is a short, to the point, webinar explaining the difference between online vs. distance learning delivery methods.

Quick Tips:

- ***Delivery Tips for Distance Learning of the National DPP.*** 3-page tip sheet providing best practices for distance learning. Includes a link to a must-see 20-minute video on Telehealth Etiquette.

PowerPoint Slide decks of Prevent T2 for Distance Learning:

- Twenty-six (26) PowerPoint slide decks aligned to deliver the Prevent T2 curriculum. The slide decks provide a simplified, clear, and structured resource to navigate each class session when using distance learning. Slide deck is unbranded, contains open-ended questions, images, and information pertaining to the given session topic. Feel free to get creative, and add your own activities, questions, images, and facilitation techniques!

Go to <https://med.virginia.edu/vcdpe/educational-resources/tele-education-videos/> to access these great resources.

ProVention

- ProVention Health Foundation is providing its Health And Lifestyle Training (HALT) online video-based National DPP lifestyle change program curriculum free of charge to all states and all CDC-recognized delivery organizations during the current crisis. This offering is for those who need to serve existing in-person cohorts as well as begin new online cohorts. Please contact John Patton at: jpatton@PROventionHealth.org (770) 634-3007

Fruit Street

- Laurence Girard is the CEO of Fruit Street, a fully recognized CDC organization with a Distance Learning delivery mode. Fruit Street is an organization funded by 300 physician investors and they are making this software available for free to help make a social impact during the current crisis. Watch [this video](#) to learn more about Fruit Street. If you are interested, please contact laurence.girard@fruitstreet.com.