



FOR IMMEDIATE RELEASE

American College of Preventive Medicine Awarded Funds from the CDC to Work with ICHWC to Develop a National Diabetes Prevention Program Group Coaching Certificate

January 22, 2019 (Washington, D.C.) – With funding from the Centers for Disease Control and Prevention (CDC), the American College of Preventive Medicine (ACPM) is partnering with the International Consortium for Health & Wellness Coaching (ICHWC), a nonprofit subsidiary of the National Board of Medical Examiners (NBME), to develop group coaching competencies, a training program and a certificate examination that supports wide dissemination of the National Diabetes Prevention Program (National DPP) lifestyle change program.

NBME representatives will also participate and lend their expertise in producing high quality certification examinations. This collaboration marks the beginning of a multi-year concerted effort to improve the skills and outcomes of National DPP lifestyle coaches.

The CDC-led National DPP is a scientifically proven program to help prevent or delay type 2 diabetes among at-risk adults. The lifestyle change program is a critical component that helps participants develop lasting healthy lifestyle changes.

“The CDC funding allows ICHWC to combine our passion and leadership in developing a coaching workforce skilled in helping people engage in healthy lifestyles to prevent type 2 diabetes and other chronic diseases, at scale,” lauded Margaret Moore, co-founder and board member of ICHWC.

1 in 3 American adults are living with prediabetes and 90% of them don't know they have it. Prediabetes is a condition in which blood sugar is higher than normal but not high enough yet to be diagnosed as diabetes. In response, CDC developed the evidence-based National DPP lifestyle change program, now a covered benefit of Medicare and many private insurers. The [National DPP](#) lifestyle change program is a year-long lifestyle coaching program for people with prediabetes designed to improve eating habits, increase physical activity, and lose 5 percent or more of body weight. This program is founded on the science of the [Diabetes Prevention Program research study](#), and subsequent translation studies, which showed that making realistic behavior changes helped people with prediabetes lose 5% to 7% of their body weight and reduce their risk of developing type 2 diabetes by 58% (71% for people over 60 years old).

“In order to elevate NDPP lifestyle coaching skills nationwide, the collaboration has gathered together the top master coaches in group coaching, including National DPP coach trainers and

coaches, and National Board Certified Health and Wellness Coaches” shared ICHWC board member and subject matter expert Tim Cline who is developing the group coaching curriculum with National DPP master trainer Greg Hottinger.

ACPM collaborates with CDC on several capacity-building projects to support healthcare providers in helping their patients live healthier lifestyles.

“Group coaching skills are in high demand by healthcare providers interested in delivering group medical visits and/or referring their patients with prediabetes to the National DPP lifestyle change program offered by coaches who are credentialed and have acquired advanced skills training. We are excited to support the creation of the program and wide dissemination of these valuable skills in clinical and community settings to stem the epidemic of type 2 diabetes and other chronic diseases related to unhealthy lifestyles,” exclaimed Danielle Pere, Vice President of Programs and Education at ACPM.

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About the International Consortium for Health & Wellness Coaching (ICHWC)

ICHWC and the National Board of Medical Examiners (NBME) launched national standards and national board certification of health and wellness coaches in 2017. There are currently 1,800 National Board Certified Health & Wellness Coaches (NBC-HWC), practicing across health care, employee wellness programs and in the private and public sector.

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About the American College of Preventive Medicine (ACPM)

The American College of Preventive Medicine is a medical society for physicians with expertise in both clinical care and population health. The College is a national leader in increasing physician awareness of prediabetes and improving their capacity to screen and refer their patients to a National DPP lifestyle change program. ACPM offers the [Lifestyle Medicine Core Competencies Program](#), a comprehensive, evidence-based curriculum for providers with an interest in offering lifestyle medicine as frontline therapy to reverse, treat and prevent lifestyle-related chronic conditions and hosts a premier [prediabetes resource center](#).

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International Consortium for Health & Wellness Coaching

The recent announcement regarding the Centers for Disease Control and Prevention (CDC) award to the American College of Preventive Medicine and partnership with the International Consortium for Health & Wellness Coaching (ICHWC) and National Board of Medical Examiners (NBME) to create a National Diabetes Prevention Program (National DPP) Group Coaching Certificate has generated many inquiries. The following document provides more in-depth information on what the coaching community can expect, and is intended to clarify the purpose of this work, the intended audience, and the implications for our approved programs and certified coaches.

The National DPP Group Coaching Certificate will include the development of group coaching competencies, a training program, and a certificate examination. This Certificate is being developed specifically to enhance the effectiveness of National DPP Lifestyle Coaches in delivering the yearlong National DPP lifestyle change program and helping participants achieve their goals. Presently in 2019 we are focused on defining the group coaching competencies and creating the training curriculum and materials. In 2020, the project focus will be on pilot testing the training curriculum and materials and scaling the training for broader dissemination. When the training is formally launched, it will only be offered to individuals who have completed the 12-hour, or 2-day minimum, formal training currently required to become a National DPP Lifestyle Coach. Holding a National Board Certified Health & Wellness Coach (NBC-HWC) credential will *not* qualify as a substitute for the formal National DPP Lifestyle Coach training.

Separate from this initiative, and to respond to the interest expressed by our NBC-HWCs and approved training programs, the ICHWC and NBME have initiated a collaborative effort to create group health and wellness coaching competencies and training standards. The intent is for approved training programs and continuing education (CE) providers to be able to offer training that meets the requirements for NBC-HWCs to earn an ICHWC Certificate in Group Health and Wellness Coaching. More information on this exciting initiative will be forthcoming as we progress. This separate work is not funded by CDC.

To provide further clarity, we have prepared responses to a list of the most frequently asked questions generated to date by the first announcement, as well as a few we anticipate. Please keep in mind that both the National DPP Group Coaching Certificate and the ICHWC group health and wellness coaching certificate initiative are both works-in-progress. The information below reflects our best understanding at this point in their respective development.

Frequently Asked Questions

Question: How can I become a National DPP Lifestyle Coach?

Answer: National DPP Lifestyle Coaches must be affiliated with an organization that has or is seeking CDC recognition to offer the National DPP lifestyle change program in accordance with the [Diabetes Prevention Recognition Program Standards](#). CDC does not award recognition to individual Lifestyle Coaches. For NBC-HWCs and others who are interested in becoming a National DPP Lifestyle Coach, the CDC provides information on existing CDC-recognized organizations in the [Diabetes Prevention Recognition Program Registry](#). A list of training entities that hold a Memorandum of Understanding with CDC to offer National DPP Lifestyle Coach training can be found at <https://www.cdc.gov/diabetes/prevention/lifestyle-program/staffing-training.html>.

Question: Can National DPP Lifestyle Coaches get reimbursed for delivering the lifestyle change program?

Answer: An increasing number of public and private employers and insurers reimburse CDC-recognized organizations offering the National DPP lifestyle change program, and then these organizations pay their coaches. There are a few exceptions where payers reimburse coaches directly, including Medicaid in selected states. CDC is actively working to expand coverage for the National DPP lifestyle change program. Currently, coverage includes over 100 private payers, Medicare, Medicaid (in some states), and state/public employee coverage in 19 states.

Question: Will attending the National DPP Group Coaching Certificate training program count as meeting the training requirements for the ICHWC group coaching certificate?

Answer: No. The ICHWC group coaching certificate training will be broader in scope, more in-depth, and designed for those with a working knowledge of health and wellness coaching competencies (NBC-HWCs).

For more information about the National Diabetes Prevention Program, please visit <https://www.cdc.gov/diabetes/prevention/index.html>.

If you have questions regarding the information contained in this document, please email Leigh-Ann Webster, ICHWC Executive Director at 858-395-5808.