

HALT NATIONAL DPP + WALK WITH EASE COUPLING PROJECT



ABOUT THE PROJECT

The Arthritis Foundation, National Association of Chronic Disease Directors (NACDD), ProVention Health Foundation (ProVention), and the Diabetes Training and Technical Assistance Center (DTTAC) at Emory are partnering to couple two evidence-based interventions through an innovative technology solution. This project will **integrate the Arthritis Foundation's six-week Walk With Ease (WWE) self-directed program, which focuses on decreasing pain and increasing physical function, into ProVention's Health and Lifestyle Training (HALT) platform**, a web- and app-based tool that local coaches utilize to offer the National Diabetes Prevention Program Lifestyle Change Program (National DPP LCP) online.

WHY AND HOW

The National DPP Lifestyle Change Program encourages participants to engage in a consistent routine of moderate physical activity as part of the program curriculum. This coupling project will leverage the WWE program to **provide National DPP LCP participants with an evidence-based, structured physical activity component to help them meet their physical activity goals**, as well as other health goals related to the program.

To facilitate this integration, a WWE and National DPP LCP coupling guide for coaches and a one-hour training webinar will be designed and disseminated free of cost. Additionally, DTTAC will develop and make available an evaluation tool for lifestyle coaches coupling WWE and the National DPP LCP to support data collection and document the business case for coupling the two programs.

GOALS

An initial pilot of the coupling project is proposed to occur in two (2) states – Kansas and Iowa. A second phase of the pilot with additional NACDD 1705 state affiliate sites will occur in early 2023. **The goal is to leverage the HALT platform to engage 1,000 participants in the coupled intervention by the end of September 2023.**