

Extension Programming to Address Urban Issues

Case Study Snapshot University of Idaho Extension Diabetes Prevention Program

Diabetes affects approximately 30.3 million people (CDC, 2017). According to a study of the 50 most populous U.S. cities, racial disparity in diabetes mortality was consistently observed in almost every major city (Rosenstock, et al., 2014). Neighborhood-level conditions related to social and physical health are associated with the prevalence of diabetes in urban populations (Cuesta, et al., 2019). To address health and physical wellbeing in urban Idaho, Extension faculty and staff participated in a [CDC National Diabetes Prevention Program \(NDPP\)](#) training to become certified DPP Healthy Lifestyle Coaches.



The [American Diabetes Association](#) reports on the costs of diabetes (ADA, 2017). In Idaho, direct and indirect financial burden of diabetes on the state's health care system was approximately \$1.32 billion in 2012. The University of Idaho (UI) Diabetes Prevention Program (DPP) started in partnership with the Idaho State Department of Health and Welfare (IDHW). The IDHW program manager reached out to UI Extension to become a NDPP provider to serve the large population in the Boise area. Although Idaho is primarily rural, Ada and Canyon counties have a combined population of nearly 700,000 residents.

In addition to the IDHW, UI Extension partners with over 20 state agencies, employers, schools, health organizations and individuals to market, recruit, and offer the program. The UI Extension team engages through onsite, online, and a hybrid of both types of learning. Programs are hosted at worksites, health clinics, recreation facilities, libraries, and other locations. In the first five years, 9 certified lifestyle coaches engaged with 18 cohorts, providing education for more than 200 participants in the year-long program.

In 2019, the UI DPP received full recognition from the Center for Disease Control and is now listed on the national registry. The team is exploring options to process health insurance reimbursement for the program. The family and consumer sciences educator serving as the team leader credits supportive administration, colleagues, and stakeholders who helped champion the program. Extension nationwide is innovating, developing, and delivering new health outreach initiatives and programs, including a variety of diabetes education programs. The [Cooperative Extension National Diabetes Prevention Program Interest Group](#) is hosted through the Extension Foundation.

[Follow this link for the complete case study.](#)

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See more information about this program in the case study series led by Julie Fox, Ph.D., Ohio State University Extension, fox.264@osu.edu