

Results First Child & Family Health Program Inventory Chronic Diseases

The Pew-MacArthur Results Initiative helps states identify programs that are proven to work and inform policymakers and other stakeholders on how to best invest limited resources. The Office of State Budget and Management (OSBM), in partnership with the Pew Charitable Trusts and MacArthur Foundation, works with state agencies to collect data to complete the inventory of currently funded programs, review the evidence base behind each and conduct a benefit-cost analysis.

For each policy area, OSBM publishes program inventories and reports. This inventory presents information about selected programs that have impacts on chronic disease outcomes, such as reducing the incidences of obesity and type 2 diabetes. The research includes outcomes verified by systematic reviews conducted by respected sources such as [Washington State Institute of Public Policy \(WSIPP\)](#) and [What Works for Health](#). The inventory was created in collaboration with the Department of Health and Human Services (DHHS).

Rating Category	Definition
Highest Rated	The program had a positive impact based on the most rigorous evidence.
Second-highest Rated	The program had a positive impact based on high-quality evidence.
Insufficient Evidence	The program’s current research base does not have adequate methodological rigor to determine impact.
No Evidence of Effects	The program had no impact based on the most rigorous or high-quality evidence. That is, there was no difference in outcomes between program participants and those in the comparison group.
Mixed Effects	The program had inconsistent impacts based on the most rigorous or high-quality evidence. That is, study findings showed a mix of positive impact, no impact, and/or negative impact.
Negative Effects	The program had a negative impact based on the most rigorous or high-quality evidence.
Not Rated	The program is not in the Results First Clearinghouse Database.
Not Applicable	This category reflects a name for a collection of related programs that reflect a common goal.

Other Definitions	
Source of Evidence	Source of evidence for the programs with evidence rankings. These include the Washington State Institute of Public Policy (WSIPP) and What Works for Health .
Other Evidence	Even though a program may not have a match in one of the clearinghouses or WSIPP’s meta-analyses, additional evidence may exist. Where available, DHHS experts and Results First provided additional context or research.

Results First Child & Family Health Program Inventory – Chronic Disease Outcomes

Program	Program Description	Target Population	Oversight Agency	Delivery Setting	Source of Evidence	Evidence Ranking	Other Evidence
Diabetes							
Diabetes Prevention Program (DPP)	Diabetes Prevention Program (DPP) is a 12-month diabetes prevention program. Providers offer on-site, online and combination DPP classes to adults at risk of diabetes in selected NC counties. Group classes are led by a trained Lifestyle Coach and offered in the community, often at YMCAs or local health departments. Weekly classes are offered for the first six months; and monthly sessions and phone calls for the second six months of the program. State funds primarily support training and program promotion. <u>Average Duration of the Program:</u> 12 months <u>Frequency of Service:</u> Weekly to monthly	Adults at risk for type 2 diabetes determined by glucose testing	NC DHHS/ Division of Public Health	On-site and online	Lifestyle Interventions to Prevent Diabetes: Shorter-term Programs with Group-Based Counseling (WSIPP)	Highest Rated	
DPP - Eat Smart, Move More Prevent Diabetes (ESMMPD)	Eat Smart, Move More Prevent Diabetes (ESMMPD) is a 12-month online diabetes prevention program. An instructor delivers the program to adults at risk for diabetes in an interactive, real-time format. Key concepts include planning, tracking, and living mindfully to prevent diabetes. 18 sessions are offered in the program's first six months. Eight sessions are offered in the remaining six months. The program is available for purchase nationally. <u>Average Duration of the Program:</u> 12 months <u>Frequency of Service:</u> Weekly to monthly	Adults at risk for type 2 diabetes determined by A1c or CDC's paper risk test	NC DHHS/ Division of Public Health, NC State University	Online	Lifestyle Interventions to Prevent Diabetes: Shorter-term Programs with Group-Based Counseling (WSIPP)	Highest Rated	ESMMPD offers similar programming as DPP but delivery is online. An evaluation would be necessary to ensure the predicted effectiveness is achieved.
DPP - North Carolina Minority Diabetes Prevention Program (NCMDPP)	The NC Minority Diabetes Prevention Program (NCMDPP) aims to increase minority access to and participation in diabetes prevention programs. Program components include an awareness and marketing campaign in minority communities, community screenings for prediabetes and referrals, and "Prevent T2" and "Prevenga el T2" classes. Group classes are led by a trained Lifestyle Coach and offered weekly for the first six months; NCMDPP then offers monthly sessions and calls for the second half of the year-long program. <u>Average Duration of the Program:</u> 12 months <u>Frequency of Service:</u> Weekly to monthly	Racial and ethnic minority adults at risk for type 2 diabetes determined by glucose testing	NC DHHS	On-site	Lifestyle Interventions to Prevent Diabetes: Shorter-term Programs with Group-Based Counseling (WSIPP)	Highest Rated	NCMDPP offers similar programming as DPP but the target population is different. An evaluation would be necessary to ensure the predicted effectiveness is achieved.

Program	Program Description	Target Population	Oversight Agency	Delivery Setting	Source of Evidence	Evidence Ranking	Other Evidence
DiabetesSmart – Diabetes Education Recognition Program and Support (DSMES)	<p>DiabetesSmart is a 10-hour group-based program that aims to increase access to diabetes self-management and support. Group classes are delivered in clinical or community settings to teach participants how to manage their diabetes. Participants learn how to manage blood sugar, control complications from diabetes, and keep costs down to an acceptable level for people with diabetes. An additional two hours of education are provided annually. Local health departments, pharmacies, and small clinics administer the program, while NC DHHS maintains the accreditation and provides technical assistance and training to local staff.</p> <p><u>Average Duration of the Program:</u> 10 hours once per participant and additional 2 hours annually <u>Frequency of Service:</u> Varies based on instructor availability</p>	Adults with a diagnosis of diabetes or whose diabetes is uncontrolled	NC DHHS/ Division of Public Health	On-site and telehealth where available	Chronic Disease Self-Management Programs (What Works for Health)	Highest Rated	
Heart Disease and Stroke							
Dental Professional Blood Pressure Training Curriculum	<p>The Dental Professional Blood Pressure Training Curriculum teaches dental health instructors the basics of high blood pressure, the appropriate technique of recording blood pressure, and how to manage dental care in patients with high blood pressure. DHHS sends a printed copy of the curriculum to schools that request it.</p> <p><u>Average Duration of the Program:</u> 1.5 hours <u>Frequency of Service:</u> Based on dental instructor interest</p>	Dental health instructors	NC DHHS/ Division of Public Health/ Oral Health Section	Online		Not Rated	
Health Care Provider Blood Pressure Refresher Course	<p>The Health Care Provider Blood Pressure Refresher Course updates health care providers on current concepts in hypertension detection, evaluation, and treatment. It provides information on accurately and reliably measuring blood pressures, properly maintaining and calibrating blood pressure equipment, and lifestyle changes to reduce high blood pressure. DHHS provides the course to providers.</p> <p><u>Average Duration of the Program:</u> 1.5 hours <u>Frequency of Service:</u> Based on health care provider interest</p>	Health care providers	NC DHHS/ Division of Public Health	Online		Not Rated	
Know It, Control It (KICI)	<p>Know It, Control It (KICI) is a high blood pressure management program for adults led by trained blood pressure coaches. Participants meet in a group setting of 8 to 12 people or individually twice a month for four consecutive months. Sessions consist of blood pressure</p>	Adults	NC DHHS/ Division of Public Health	On-site	Chronic Disease Self-Management Programs	Highest Rated	

Program	Program Description	Target Population	Oversight Agency	Delivery Setting	Source of Evidence	Evidence Ranking	Other Evidence
	checks, training on how to self-monitor blood pressure, and education on healthy lifestyle topics. <u>Average Duration of the Program:</u> 4 months <u>Frequency of Service:</u> Weekly to bi-monthly				(What Works for Health)		
Media Ads – Blood Pressure	The “Blood Pressure Campaign” is a media campaign aimed at NC adults with high blood pressure in the ‘stroke belt’ (East of I-95). The campaign is aimed at getting people to learn their blood pressure numbers, understand what they mean, and take steps to reach their blood pressure goals. The ads direct viewers to a web page with information and tools on how to control high blood pressure. The campaign reinforces blood pressure management programs and strategies. <u>Average Duration of the Program:</u> Varies according to funding and alignment with other initiatives or observances <u>Frequency of Service:</u> Varies according to funding and alignment with other initiatives or observances	NC adults with high blood pressure	NC DHHS/ Division of Public Health	On-site and online		Not Rated	
Media Ads – Live Healthy to Be There	The “Live Healthy to Be There” is a statewide media campaign aimed at adults over 35 who are at risk for heart disease, stroke, diabetes and certain types of cancer. The campaign encourages people to visit the website to learn steps that can be taken to decrease risk. The campaign reinforces diabetes and blood pressure prevention as well as management programs and strategies. <u>Average Duration of the Program:</u> Varies according to funding and alignment with other initiatives or observances <u>Frequency of Service:</u> Varies according to funding and alignment with other initiatives or observances	Adults over 35 who are at risk for heart disease, stroke, diabetes and certain types of cancer	NC DHHS/ Division of Public Health	On-site and online		Not Rated	
Physical Activity and Nutrition							
Active Routes to School	Active Routes to School is a NC Safe Routes to School Project, where 10 project coordinators work across NC to make it easier for elementary and middle school students to safely walk and bike to school. Program activities consist of awareness events (i.e. National Bike to School Day), training on project implementation, as well as school-specific programming and policy change efforts. Coordinators also work to identify and address a safety feature near a school. The program also works within communities to identify	Elementary and middle school students	NC DHHS/ Division of Public Health, NC Department of Transportation	Schools	Safe routes to schools (What Works for Health)	Highest Rated	

Program	Program Description	Target Population	Oversight Agency	Delivery Setting	Source of Evidence	Evidence Ranking	Other Evidence
	opportunities for shared use of facilities and Complete Streets to improve access to physical activity. <u>Average Duration of the Program:</u> N/A <u>Frequency of Service:</u> N/A						
Eat Smart, Move More, Weigh Less (ESMMWL)	Eat Smart, Move More, Weigh Less (ESMMWL) is a 15-week weight management program delivered in an interactive, real-time format by a Registered Dietician Nutritionist. The curriculum teaches participants strategies for healthy eating and physical activity behaviors. The program offers general enrollment and is also provided through employers and health plans. <u>Average Duration of the Program:</u> 15 weeks <u>Frequency of Service:</u> 1-hour weekly session	Adults	NC State University, NC DHHS/Division of Public Health	Online	Worksite obesity prevention interventions (What Works for Health)	Highest Rated	This NC-based randomized control trial shows favorable results for the program, and this NC-based preliminary trial also shows favorable program results.
Faithful Families Eating Smart and Moving More	Faithful Families is a program for adults and families that promotes healthy eating and physical activity in faith communities. Nutrition and physical activity educators co-teach the nine-session curriculum in small groups with trained lay leaders from faith communities. Program facilitators implement policy and environmental changes as well as connect faith communities with relevant community and clinical programs and resources. The program is available for purchase nationally. <u>Average Duration of the Program:</u> 1 year <u>Frequency of Service:</u> Subject to instructor choice	Adults with an emphasis on families	NC State University, NC DHHS/Division of Public Health	On-site at faith community settings	Community-wide physical activity campaigns (What Works for Health)	Second-highest Rated	
WorkWell NC	WorkWell NC is a resource developed and supported by NC DHHS that promotes and supports worksite wellness in NC. WorkWell NC provides a variety of no-cost online resources that employers, wellness leaders, and employees can use to establish, plan, implement and evaluate worksite wellness programs. Employers can use WorkWell NC to assess employee health needs with a CDC Scorecard, identify worksite and employee health resources, and improve employee health and safety. <u>Average Duration of the Program:</u> Subject to user interest <u>Frequency of Service:</u> Subject to user interest	Employers and employees	NC DHHS/Division of Public Health	Online		Not Rated	