

Leveraging a  
Community-Clinical  
Partnership to Support  
Diabetes Prevention In  
Kentucky

Emily Dewitt, MS, RD, LD  
Tami Ross, RD, LD, MLDE,  
CDCES, FADCES  
Cabrina Buckman, MA, RD  
Alivia Faris, MS  
Heather Norman-Burgdolf, PhD

BACKGROUND



- 1 in 3 adults in Kentucky live with diagnosed or undiagnosed prediabetes.
- Several regions across the country struggle to reach vulnerable populations, specifically those in rural communities.
- The National Diabetes Prevention Program (NDPP) effectively reduces or delays the onset of diabetes.
- Novel mechanisms are required to reach more individuals at risk of developing diabetes through the NDPP.

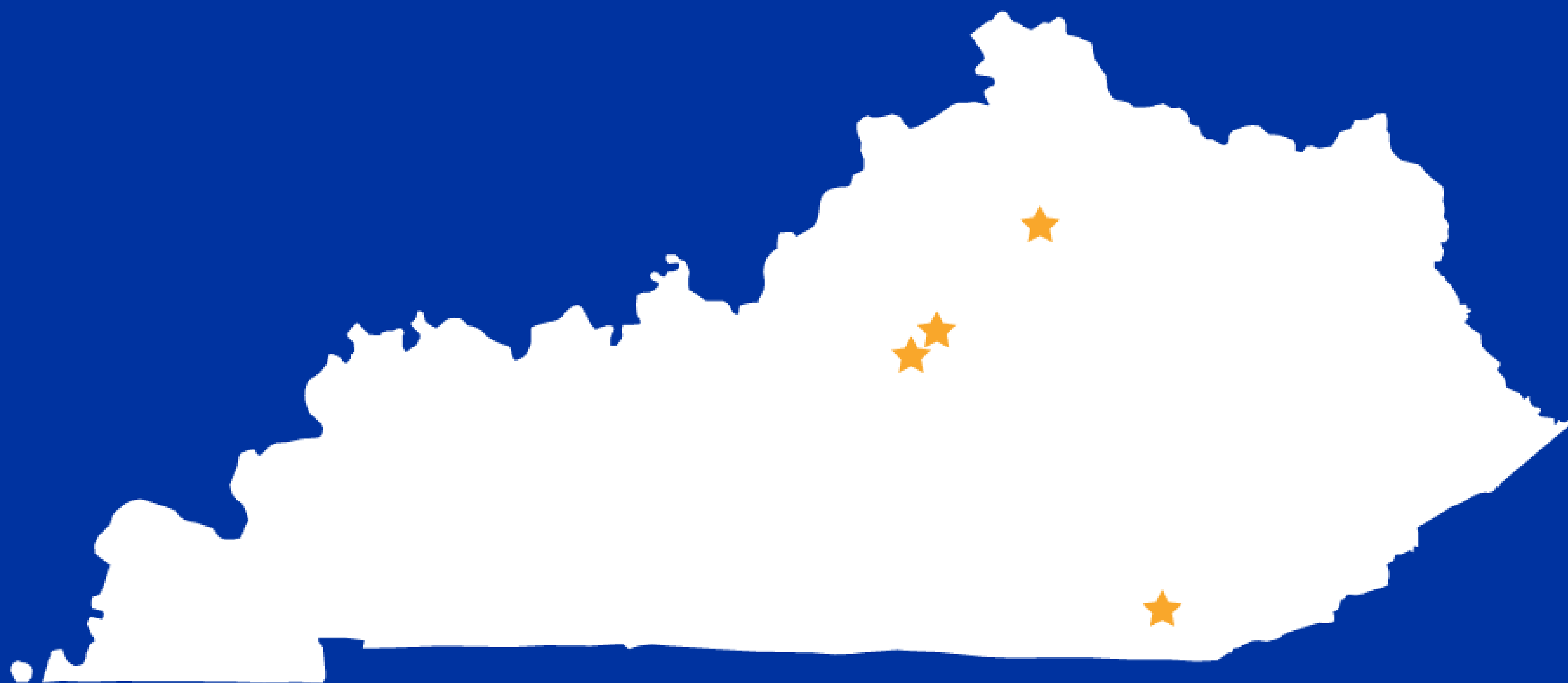
PURPOSE

To increase NDPP suppliers across Kentucky, an academic clinical-community partnership between UK HealthCare and Cooperative Extension was established as a proof-of-concept model.

PROCESS

Four county-based Cooperative Extension-led cohorts participated in the NDPP. Technical support was provided by the academic healthcare institution throughout the implementation of the project.

An academic clinical-community partnership may be a strategic and viable model for increasing NDPP suppliers in rural communities with limited primary prevention infrastructure.



SCAN HERE  
TO  
CONTACT  
THE  
AUTHORS

LESSONS LEARNED



Leveraging strengths of clinical and community-based partners enhances resilience and capacity to overcome challenges



Embracing technology and multiple delivery methods strengthens program implementation



Navigating program delivery with nuance and nimbleness allows for continuously addressing participant needs

IMPACT

Findings from this partnership are informative for other entities interested in expanding NDPP reach to underserved populations via academic institutions.

Additional research is needed to understand the long-term effectiveness of lifestyle interventions post-NDPP participation among rural residents.

ACKNOWLEDGEMENTS

This project was supported by funds from United HealthCare Services, Inc. on behalf of itself and its Affiliates (“UnitedHealthcare”). All research content and conclusions are solely the responsibility of the University of Kentucky Research Foundation on behalf of UK Barnstable Brown Diabetes Center and does not necessarily represent the official views of the UnitedHealthcare.

