

## Attachment 2a. CDC Prenotification Email for Introductory Session Evaluation

**Subject line:** Participation in CDC's National Diabetes Prevention Program Introductory Session Evaluation led by RTI International

Dear [Name of Point-of-Contact],

The Centers for Disease Control and Prevention's (CDC) Division of Diabetes Translation (DDT) is working with RTI International to conduct an evaluation of **Introductory Sessions to increase enrollment in the National Diabetes Prevention Program (DPP) lifestyle change program**. Introductory Sessions are informational sessions that occur before the first session of a year-long lifestyle change program in order to introduce the National DPP to potential participants. We'd like to learn more about whether a CDC-developed introductory session, known as the Be Your Best (BYB) Discovery Session, increases enrollment in the National DPP lifestyle change program compared with other types of introductory sessions that organizations such as yours currently use.

The BYB Discovery Session is designed to address participant's ways of thinking that keep them from enrolling in the National DPP lifestyle change program. Specifically, it was created to help more people who are at high risk of developing type 2 diabetes learn about and enroll into the National DPP lifestyle change program. This introductory session was developed through the collective efforts of many people.

A few months ago, your organization indicated in a survey (the **Introductory Session Landscape Assessment Survey**) it was interested in participating in future projects with CDC. Therefore, we request that you consider participating in this project that will evaluate whether the Be Your Best (BYB) Discovery Session increases enrollment compared with other types of introductory sessions that organizations currently use. Based on the timing of your next introductory session, your organization may be eligible to participate. Your participation in this project is voluntary and **not** a part of CDC's DPRP recognition process. There is no consequence if you do not want to participate in this project. Choosing not to participate will not have any effect on your CDC DPRP recognition or CDC grantee status.

RTI will be reaching out to you, via email, in the coming days regarding your organization's participation in this important project. Please be watching for this email that will provide additional information on study enrollment as well as potential benefits to your organization and what your organization would need to do if you decide to participate. If you have additional questions please contact **Lisa Cox, RTI Study Site Manager**, at [LACox@rti.org](mailto:LACox@rti.org) or **770-407-4908**.

We greatly appreciate your work to prevent type 2 diabetes and we hope that you will consider participating in this important project.

Sincerely,

Bryce Smith, PhD  
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Division of Diabetes Translation  
National Center for Chronic Disease Prevention and Health Promotion  
Centers for Disease Control and Prevention