

# DIABETES PREVENTION PROGRAM

## PROGRAM IMPLEMENTATION AT UC DAVIS

### PARTNERS

The Diabetes Prevention Program was a collaboration between Healthy UC Davis, Health Management and Education (HME) and the Staff and Faculty Health and Well-being program. The program gained valuable insight from UC Davis Health's Living Light, Living Well program offered by HME in Sacramento and this department was able to serve in an advisory capacity in developing the DPP for UC Davis, as well as providing resources and tools for implementing the program. Staff and Faculty Health and Well-being contributed staffing and planning.



### OVERVIEW

The Diabetes Prevention Program (DPP) was implemented to help prevent UC Davis staff, students and faculty from developing type 2 diabetes, while also promoting weight loss over a six-month period. The program used a hybrid model, similar to one successfully piloted at East Carolina University, and was offered through weekly meetings, alternating in-person with online sessions delivered on the Facebook group page. The DPP goal was 3 -5% weight loss at six months and 5 -7% at twelve months, as this level of weight loss has been shown to contribute to a reduced risk of developing type 2 diabetes by 58%.

### PROJECT DETAILS

The DPP was modeled after the Group Life Balance (GLB) program, a CDC approved DPP curriculum. The program sought to help participants reduce their risk of diabetes by offering diabetes and nutrition/lifestyle education with support toward lifestyle changes and helping achieve weight loss. The objectives of this project were (1) to establish a DPP on campus that serves faculty, staff and students; (2) to prevent participants from developing diabetes; and (3) to achieve weight loss over a six-month period through lifestyle change. Funding for this project was spent primarily on materials, communication efforts for recruitment, education events, lifestyle coach training, room rental and healthy snacks. Staffing was provided in kind by Staff and Faculty Health and Well-being and by one Student Research Associate as well as support from UC Davis student volunteers and student researchers. Participants were recruited through email, flyers, and a Know Your Numbers event.

### CONTACT

Linda Adams, RD, Ph: 530-752-6800, [lwadams@ucdavis.edu](mailto:lwadams@ucdavis.edu)

For more information, visit  
<https://healthy.ucdavis.edu/food-nutrition/DPP>

## DATA SNAPSHOT

- The primary endpoints of this program were participation (as measured by attendance at each session) and weight loss. Participants were weighed during each session to monitor changes in weight. The goal was for participants to achieve 3 - 5% weight loss at six months and 5 -7% at twelve months. Approximately half (46%) of participants achieved a weight loss of at least 5% body weight, with a mean weight loss was 8.7 lbs.

- 15% of participants lost > 9% body weight and there was a significant decrease from starting weight and weight at time of analysis ( $p=0.0039$ ). In terms of participation, in-person and online sessions were attended equally, with an average attendance of 13.6 people per session out of 19 enrolled.

## RESOURCES

- The DPP Outcomes Study: <https://dppos.bsc.gwu.edu/web/dppos/welcome>
- University of Pittsburgh : <https://www.diabetesprevention.pitt.edu/>
- Centers for Disease Control website: <https://www.cdc.gov/diabetes/prevention/lifestyle-program/curriculum.html>

## PROJECT DETAILS CONTINUED

Upon commencing the program, instructors provided a lesson during each session about a health topic with direct relevance to diabetes, which was followed by group work and individual assessments. Weights were recorded every two weeks and attendance was tracked at each session. Participant feedback was obtained with a program evaluation survey conducted using Qualtrics software.

### DIABETES PREVENTION PROGRAM



Reach your goals by making gradual, healthy, reasonable changes in eating and activity - the kinds of changes you can stick with for a lifetime.

#### Sessions Start

Tuesday, Jan. 15 - Hoagland Hall, Room 150, Davis Campus • noon - 1 p.m.

Thursday, Jan. 17 - Carlton Health Sciences Library, Room 24, Davis Campus • 5:30 - 6:30 p.m.

Meetings are weekly for the first 3 months, every other week for months 4 - 6 and monthly for the remaining 6 months. Basic qualifications are based on BMI, family history and lifestyle habits.



## PROCESS CHALLENGES

In planning and implementing the DPP, there were several challenges:

- Length of program:** A 6-month program was too information heavy in a short period of time.
- Delivery mode:** The Facebook sessions were not effective in supporting the participants every other week. These were phased out as they did not allow for team building and group work to support each person as they worked on changing lifestyle habits and behaviors.
- Distribution of information:** Too much time was spent presenting information and teaching, which was found to be less effective than group work. To make more time for group work, “homework” was assigned, consisting of a review of the next week’s materials prior to the session to ensure that participants were familiar with the topic.
- Food logging:** To enhance accountability for a participant’s dietary intake, all foods eaten were recorded by participants and time was dedicated to reviewing the calorie logs, exercise journals and offering opportunities to provide feedback.

## PROCESS INSIGHT

- Participants gain a lot from sharing their experiences with change, including what worked and what didn’t with others working towards the same goal. It is useful to suggest that participants select “buddies” and exchange phone numbers to provide support to each other outside of class as well as offering opportunities to work together at sessions.
- Involve participants in program development by using focus groups, direct feedback and a DPP ambassador to advise on future cohorts.
- Optimal duration of the program is at least one-year to ensure a natural pace, which is not overwhelming for participants, but still offers regular opportunities for reinforcement.
- Make time for an in-person meeting with each participant to help the lifestyle coach get to know them. This can be done while participants come in individually for a pre- and post-program biometric screening.
- Ask participants to review key materials prior to the session.
- Ask participants to report average calories and minutes of exercise for the week at the time of weigh-in to increase accountability.