



# Power to Prevent: A lifestyle diabetes prevention program for adults with and at risk for type 2 diabetes



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## Background

- **Power to Prevent: A Family Lifestyle Approach to Diabetes Prevention:**
    - Developed by the National Diabetes Education Program
    - Based on the Diabetes Prevention Program (DPP)
  - Findings of the DPP:
    - Participants receiving lifestyle interventions focusing on effective diet, exercise, and behavior modifications reduced their risk of developing diabetes by 58 percent.
    - This was true across all participating ethnic groups and for both men and women.
    - Prevention or delay of diabetes was achieved by losing 5 to 7 percent of their body weight.
- <http://diabetes.niddk.nih.gov/dm/pubs/preventionprogram/>
- Goal of the *Power to Prevent* curriculum:
    - Help bring diabetes prevention and control to African American communities, but program appropriate for any audience
  - Central theme to *Power to Prevent*: small steps lead to big rewards!
  - We elected to use the evidenced-based *Power to Prevent* curriculum for a chronic disease grant project funded by the Office of Chronic Disease Prevention of the Maryland Department of Health and Mental Hygiene.

## Overview

- The *Power to Prevent* program of the Frederick County Health Department:
  - Is a lifestyle diabetes prevention program that helps adults who have and are at risk for type 2 diabetes to become more physically active and to eat healthier more often
- Overall goal:
  - Reduce the burden of chronic disease by preventing or delaying type 2 diabetes onset and health complications associated with having type 2 diabetes

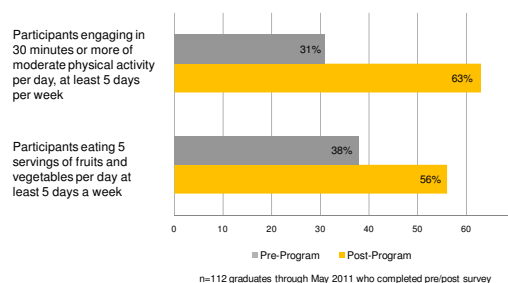
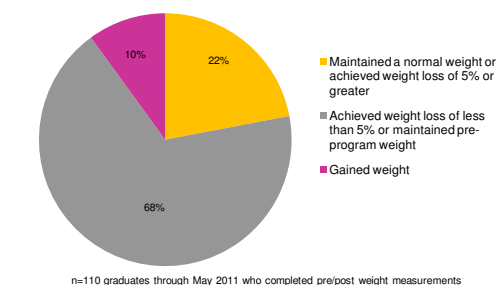
## Objectives

- (1) Overweight participants lose 5-7% of their weight. Normal weight participants maintain their weight.
- (2) Participants are moderately physically active for at least 30 minutes a day, 5 days a week.
- (3) Participants who have not seen a healthcare provider in the past year report follow-up with a healthcare provider. Participants without a medical home are connected with a healthcare provider.

## Features

- Participants attend one 2-hour class per week for 12-weeks
- Groups co-led by a Registered Dietician and Community Lay Educator
- Class time includes 30 minutes of walking or other low impact physical activity
- Two individual sessions with the Registered Dietician
- Care Coordinator helps participants find a healthcare provider or visit the healthcare provider they have for routine check-ups
- Two groups run simultaneously
- One group offers English/Spanish interpretation
  - Handouts available in Spanish
- Community involvement:
  - Oversight / support by the Frederick County Diabetes Coalition
  - One venue held at a church with a multicultural ministry
  - Guest speakers:
    - Podiatrist & Pedorthist
    - Stroke Program of the local hospital
    - Fitness instructor of the YMCA
    - Certified Diabetes Educator of the local hospital
    - Previous program graduates
  - Support use of local farmer's markets and YMCA via program incentives

## Key Outcomes



## Success Stories

- One of our participants, because she knew the signs of diabetes, got a family member to the hospital when his glucose was dangerously high. This same participant reported a drop in her A1C from 8.0 to 6.9. Our Health Access Coordinator made it possible for her to get new glasses and for her husband to get eye care.
- Another participant was told by her doctor that she was one step away from being put on insulin. Her A1C was 8.2. The next day she saw the ad in the paper for *Power to Prevent* and signed up. Around week 9 of the class, her A1C was 6.7. Her doctor was extremely pleased and amazed at her progress!

## Program Data (Through May 2011)

- Program began: November 2009
- Number of participants enrolled: 208
- Number of graduates (graduates complete 8 of 12 sessions): 124



## Participant Feedback

- Highly valued components of the program:
  - Sessions with the Registered Dietician
  - Motivation and support from facilitators and other participants
  - Guest speakers
- Repeated requests for post-program support group
- "Most important things I learned..." (common responses)
  - Exercise is vital
  - Portion sizes
  - Small changes make a difference

## Replication Suggestions

- Involve the community in the development and implementation of the program
- Choose easy-to-read handouts to augment curriculum
- Include a Registered Dietician to partner with the Lay Educator
  - Participant's have a great need for nutritional information /guidance
- Incorporate physical activity into class meeting time
- Encourage use of and educate about local resources (i.e. farmers' markets)
- Develop a support group option for graduates

## Resources

- National Diabetes Education Program
  - <http://ndep.nih.gov/>
  - Source for the *Power to Prevent* curriculum
- National Diabetes Information Clearinghouse - Diabetes Prevention Program research study
  - <http://diabetes.niddk.nih.gov/dm/pubs/preventionprogram/>
- National Diabetes Prevention Program – CDC
  - [http://www.cdc.gov/diabetes/projects/prevention\\_program.htm](http://www.cdc.gov/diabetes/projects/prevention_program.htm)