

Program Evaluation: The Diabetic Prevention Program

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Abstract

Problem/Background: Diabetes mellitus is associated with significant morbidity and mortality and affects Hispanic Americans at almost double the rate of non-Hispanic Whites. Rising rates of obesity and diabetes in South Central Washington coupled with a large Hispanic population indicated a growing number of at-risk individuals. In 2017, a local health center initiated a community-based diabetes prevention program (DPP). A program evaluation was conducted to assess the outcomes of the DPP and to determine the impact on diabetes risk reduction. Also, a formative evaluation was performed to determine which elements of the DPP contributed to success.

Methods: The CDC Program Evaluation model, integrating quantitative and qualitative data, was used to conduct a process and an outcome evaluation.

Intervention: The outcomes evaluation was based on retrospective data review from a two-year time-period. Previously obtained data included participant weight at each session, physical activity per week recorded in minutes, and program attendance. The process evaluation was centered-around quantitative and qualitative data obtained from DPP staff surveys and from facility medical provider questionnaires.

Results: Approximately 39% of enrollees were referred by a clinician and program completion rate was 61% (158/257). Participants lost an average of 6% of their total body weight at six months and sustained a total of 8% weight loss by the program end. At the first session, 25% of enrollees reported weekly exercise and by the program end, all 100% of participants reported at least some exercise weekly. Of the 158 participants who completed the program, 89% reported

150 minutes or more of exercise per week. Five DPP staff members and 16 primary care providers (PCPs) participated in the qualitative survey. **Conclusions:** Lifestyle modifications including diet and routine physical activity through observational learning and self-efficacy can provide lasting benefits. The program has met three out of four outcome goals related to referral method, weight loss, and physical activity.