National Diabetes Prevention Program Retention Assessment in Virginia

Survey of National DPP Participants

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Study Overview

• Assessment of National Diabetes Prevention Program Lifestyle Change Programs (DPP) across Virginia with respect to:

  • Retention
    • Identify barriers to participation, preferred format of program, factors that could improve retention of NDPP participants

  • Referral
    • Assess awareness and impressions of DPP among medical providers, and barriers to referral

  • Recruitment
    • Measure level of awareness of DPP among public, potential barriers to participation, determine effective communication strategies
Retention Survey Methodology

• Online survey of current and past DPP participants
  • Non-probability, indirect recruitment via lifestyle coaches
• Data collected: 2/5/21 – 3/22/21
• 167 completions
  • 38% currently enrolled
  • 46% completed program
  • 16% left program
Survey Findings

• Program format preferences
• Participant experience
• Barriers to participation
• Keys to success
Program Format Preferences

- 62% prefer in-person format
- 25% prefer hybrid
- 13% prefer virtual

In-person
- Social connections
- Group accountability
- Improved communication

Hybrid/Virtual
- Convenience
- Easier scheduling
- Maintain public health
Participant Experiences
Rating of Overall Experience in National DPP

- Excellent: 64%
- Good: 30%
- Fair: 5%
- Poor: 1%
Usefulness of Program Content

- Very 80%
- Somewhat 16%
- Slightly 3%
- Not at all 1%

Total percentage: 100%
Satisfaction with Support from...

**Lifestyle Coach**
- Very satisfied: 79%
- Somewhat satisfied: 12%
- Neither: 6%
- Somewhat dissatisfied: 3%
- Very dissatisfied: 1%

**Fellow Participants**
- Very satisfied: 59%
- Neither: 21%
- Somewhat satisfied: 17%
- Somewhat dissatisfied: 3%
- Very dissatisfied: 1%
How Has Program Helped?

<table>
<thead>
<tr>
<th>Category</th>
<th>A great deal</th>
<th>Quite a bit</th>
<th>Somewhat</th>
<th>Very little</th>
<th>Not at all</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthier eating habits</td>
<td>52%</td>
<td>29%</td>
<td>15%</td>
<td>10%</td>
<td>2%</td>
</tr>
<tr>
<td>Regular physical activity</td>
<td>41%</td>
<td>32%</td>
<td>17%</td>
<td>8%</td>
<td>4%</td>
</tr>
<tr>
<td>Improved blood sugar/A1C</td>
<td>40%</td>
<td>25%</td>
<td>27%</td>
<td>16%</td>
<td>5%</td>
</tr>
<tr>
<td>Goal setting and self-accountability</td>
<td>39%</td>
<td>39%</td>
<td>16%</td>
<td>5%</td>
<td></td>
</tr>
<tr>
<td>Understanding and listening to your body</td>
<td>36%</td>
<td>39%</td>
<td>20%</td>
<td>6%</td>
<td></td>
</tr>
<tr>
<td>Weight loss/maintaining a healthy weight</td>
<td>32%</td>
<td>30%</td>
<td>29%</td>
<td>6%</td>
<td></td>
</tr>
<tr>
<td>Mental health</td>
<td>23%</td>
<td>31%</td>
<td>28%</td>
<td>9%</td>
<td>8%</td>
</tr>
<tr>
<td>Meeting other people and making friends</td>
<td>21%</td>
<td>21%</td>
<td>32%</td>
<td>14%</td>
<td>12%</td>
</tr>
<tr>
<td>Stress management</td>
<td>20%</td>
<td>35%</td>
<td>30%</td>
<td>8%</td>
<td>7%</td>
</tr>
</tbody>
</table>
Barriers to Participation
Challenges to Participation

COVID restrictions/resulting changes to program
- A significant challenge: 24%
- Quite a bit: 9%
- Somewhat: 18%
- Slightly: 9%
- Not at all a challenge: 41%

Your own isolation due to COVID
- A significant challenge: 17%
- Quite a bit: 8%
- Somewhat: 16%
- Slightly: 7%
- Not at all a challenge: 53%

Not seeing results quickly enough
- A significant challenge: 19%
- Quite a bit: 21%
- Somewhat: 21%
- Not at all a challenge: 53%

Bad internet connection
- A significant challenge: 5%
- Quite a bit: 7%
- Somewhat: 14%
- Not at all a challenge: 71%

Duration of commitment (year too long)
- A significant challenge: 7%
- Quite a bit: 20%
- Somewhat: 21%
- Not at all a challenge: 71%

Lacking support from family or friends
- A significant challenge: 9%
- Quite a bit: 13%
- Somewhat: 10%
- Not at all a challenge: 74%

Inconvenient meeting time
- A significant challenge: 6%
- Quite a bit: 12%
- Somewhat: 12%
- Not at all a challenge: 78%

Frequency of meetings--not often enough
- A significant challenge: 6%
- Quite a bit: 10%
- Somewhat: 12%
- Not at all a challenge: 82%

Cost of participation
- A significant challenge: 5%
- Quite a bit: 5%
- Somewhat: 5%
- Not at all a challenge: 85%

Frequency of meetings--too often
- A significant challenge: 5%
- Not at all a challenge: 90%

Inconvenient location of meetings
- A significant challenge: 1%
- Not at all a challenge: 90%

Don't like group setting/too personal
- A significant challenge: 4%
- Not at all a challenge: 91%

Lack of transportation to/from meetings
- A significant challenge: 1%
- Not at all a challenge: 97%
Challenges to Participation

• Variation in challenges by demographics
  – Lower household income:
    • Cost, transportation, meeting location, commitment length
  – Women:
    • Cost, support from family/friends, seeing results
  – Participants with children:
    • Meeting location, support from friends/family, seeing results, group setting
Challenges to Participation

• Variation in challenges by demographics
  – African American/Black participants:
    • Transportation, commitment length, frequency of meetings
  – White participants:
    • Support from family/friends, seeing results, bad internet

  – Participants who did not complete program:
    • Seeing results, frequency of meetings, commitment length, cost
Challenges to Maintaining Lifestyle Changes

• COVID-19

• Disruptions to routine

“I was exercising four days a week routinely prior to the pandemic. However, due to the lockdown and pandemic I dropped my gym membership so it has been struggle to maintain the level of exercise that I was doing prior to the pandemic. Walking the dog just doesn’t reach the level of impact that I am used too. I have been trying to exercise on my own but it’s a struggle.”

• Virtual \(\rightarrow\) lessened accountability

“It's harder when the sessions are virtual because the level of accountability to yourself, your coach, and your peers in carrying through with your goals (activity minutes, weight loss goals, etc.) feels like it is lessened. You're in the comfort of your own home, office, or somewhere you feel is a safe spot to you and no one else is in the room with you actually looking at you. Interaction with your peers is less as well. It's easier to push your goals to the back burner if you aren't careful and dedicated to the program.”
Reasons for Leaving
(Past participants who did not complete program)

- Changes due to COVID-19: 35%
- Logistical challenges (transportation, location, etc.): 17%
- Program too much of a time commitment: 13%
- Program required too much of an adjustment to lifestyle: 9%
- I did not like the group setting: 9%
- I was not seeing results: 9%
- Lack of support from family or friends: 4%
- I did not like the format of the program: 4%
- I did not like the content of the program: 4%
- Something else: 22%
Keys to Success
Who Completed Program?

• Variation by individual characteristics, program characteristics, and engagement

  • Individual characteristics:
    • Lower levels of education, younger, urban or rural, and higher BMI completed the program at lower rates

  • Program characteristics:
    • In-person (75%) and hybrid (79%) completed at higher rates than virtual (55%)
    • Match of preference and delivery completed at higher rates

  • Motivation and engagement:
    • Those with higher concern for developing type 2 diabetes completed at a higher rate (86% vs. 57%)
    • Higher attendance → higher rates of completion
## Contributors to Success

(Participants who completed program)

<table>
<thead>
<tr>
<th>Factor</th>
<th>Significant contribution</th>
<th>Quite a bit</th>
<th>Somewhat</th>
<th>A little</th>
<th>No contribution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strong desire to be healthier</td>
<td>72%</td>
<td>21%</td>
<td>6%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Enjoyed learning new information</td>
<td>65%</td>
<td>28%</td>
<td>6%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Enjoyed the meetings/had fun</td>
<td>64%</td>
<td>21%</td>
<td>11%</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td>Seeing improved health status</td>
<td>59%</td>
<td>30%</td>
<td>9%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Generally feeling better</td>
<td>58%</td>
<td>27%</td>
<td>13%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Relationship with lifestyle coach</td>
<td>57%</td>
<td>20%</td>
<td>17%</td>
<td>6%</td>
<td></td>
</tr>
<tr>
<td>Seeing weight loss results</td>
<td>53%</td>
<td>30%</td>
<td>10%</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td>Accountability to the group</td>
<td>49%</td>
<td>29%</td>
<td>17%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Receiving positive feedback from doctor</td>
<td>49%</td>
<td>30%</td>
<td>14%</td>
<td>5%</td>
<td></td>
</tr>
<tr>
<td>Relationship with other participants</td>
<td>38%</td>
<td>21%</td>
<td>21%</td>
<td>11%</td>
<td>9%</td>
</tr>
<tr>
<td>Support from family and friends</td>
<td>24%</td>
<td>34%</td>
<td>22%</td>
<td>9%</td>
<td>12%</td>
</tr>
</tbody>
</table>
How to be Successful in DPP

- Mindset
  - Individual drive/determination
  - Patience
  - Accountability
  - Open-minded, willing to learn

- Program behavior
  - Attendance
  - Engagement
  - Routine

- Social support
  - Coach, fellow participants, family/friends
Questions?

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