

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

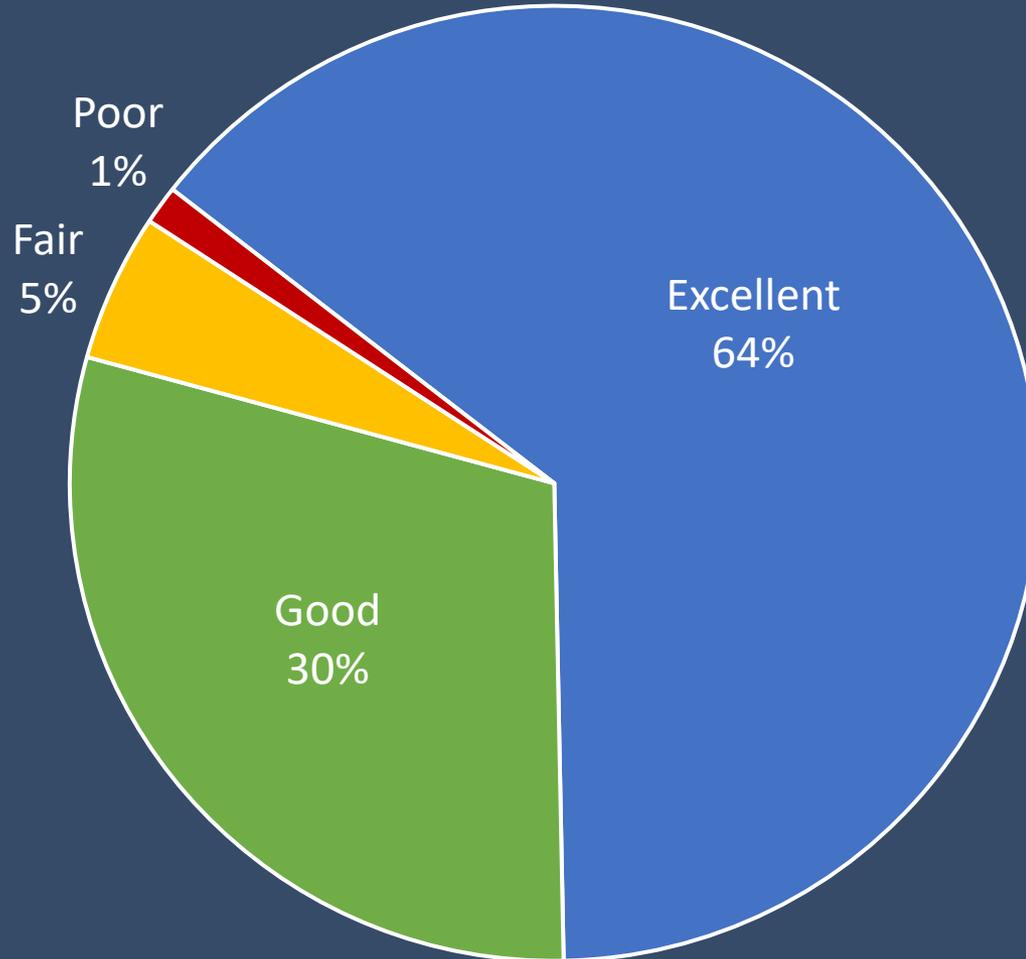
- Social connections
- Group accountability
- Improved communication

Hybrid/Virtual

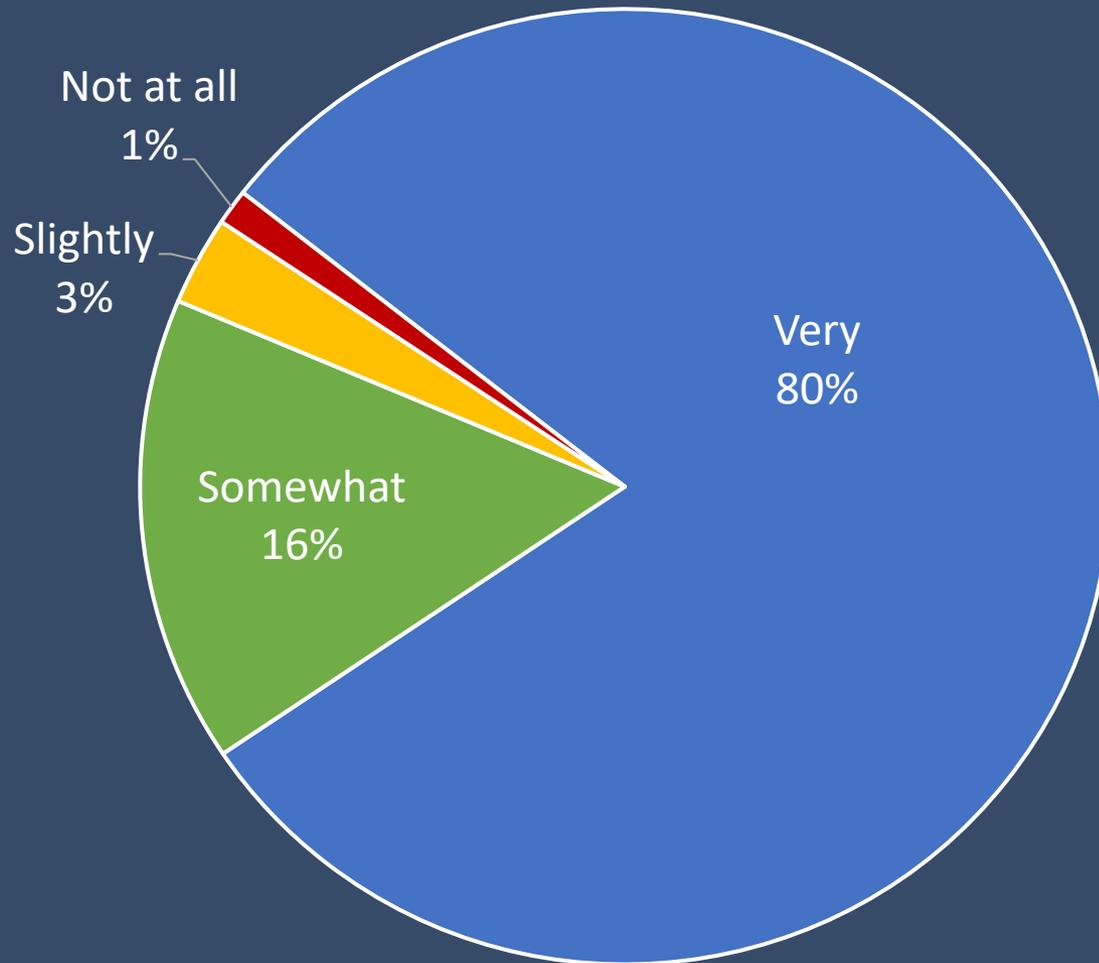
- Convenience
- Easier scheduling
- Maintain public health

Participant Experiences

Rating of Overall Experience in National DPP

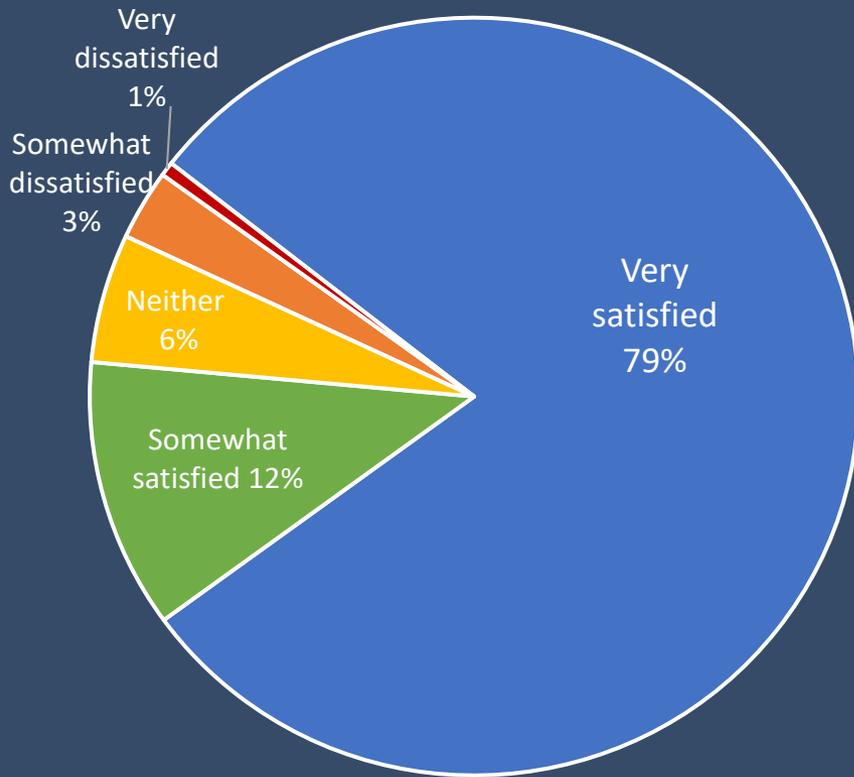


Usefulness of Program Content

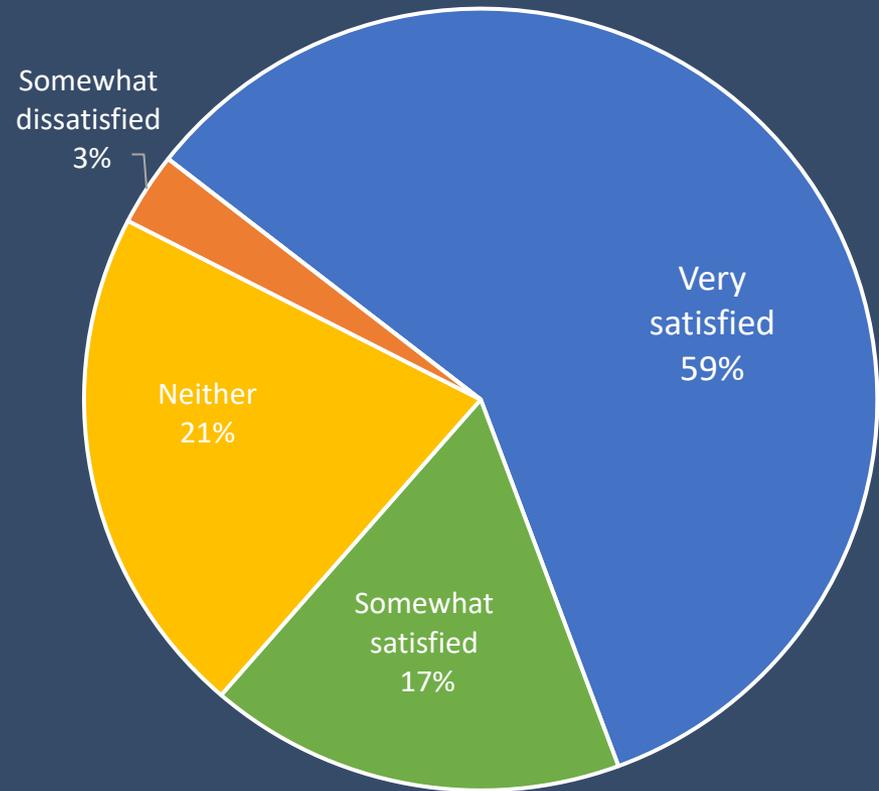


Satisfaction with Support from...

Lifestyle Coach

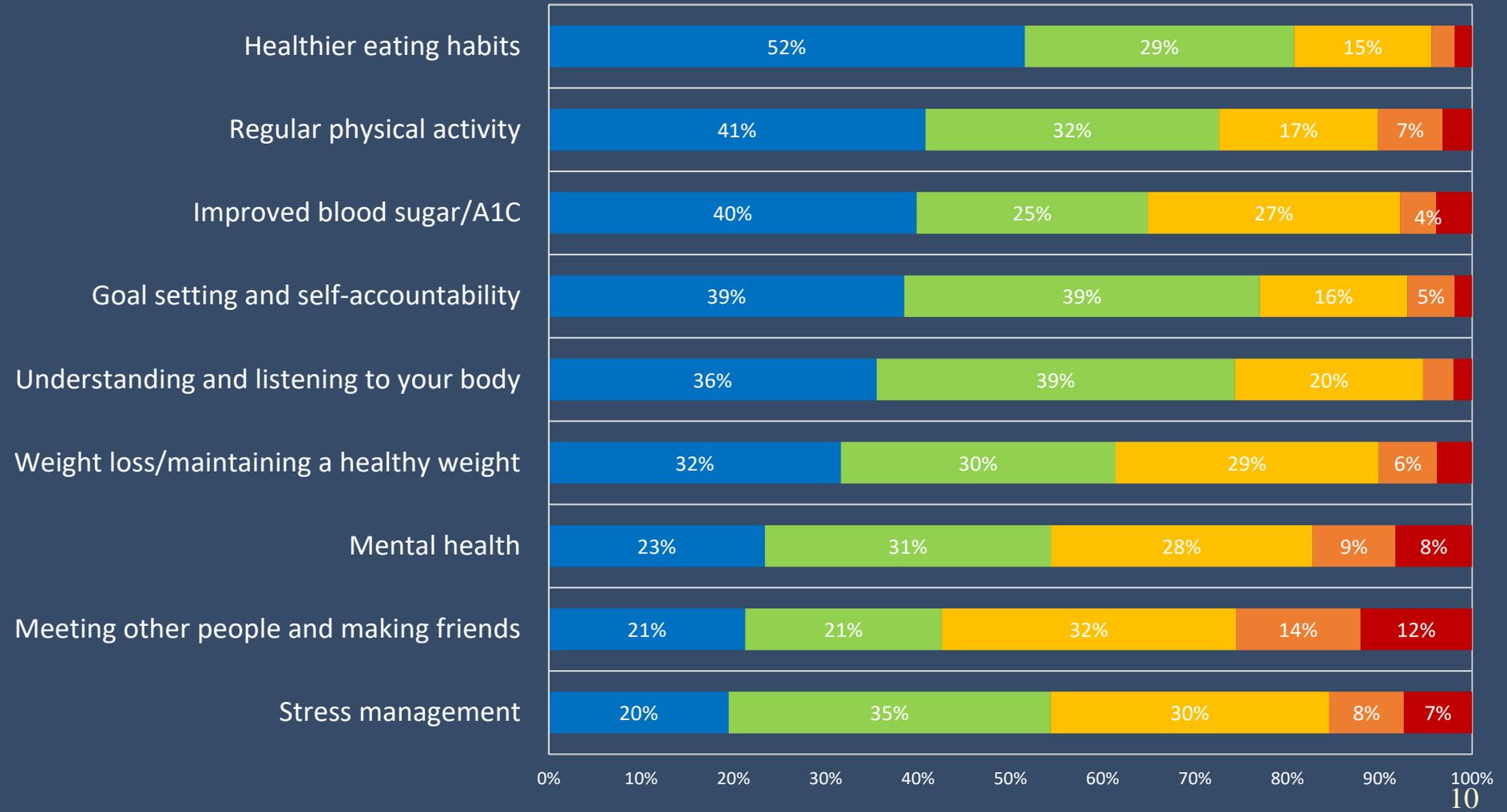


Fellow Participants



How Has Program Helped?

■ A great deal ■ Quite a bit ■ Somewhat ■ Very little ■ Not at all

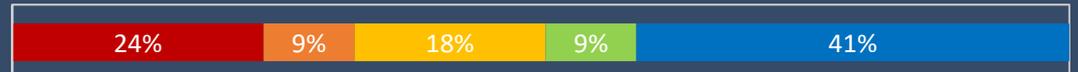


Barriers to Participation

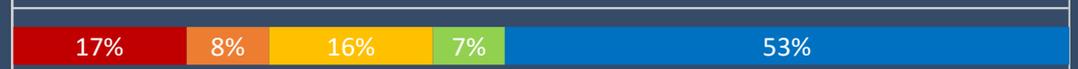
Challenges to Participation

■ A significant challenge
 ■ Quite a bit
 ■ Somewhat
 ■ Slightly
 ■ Not at all a challenge

COVID restrictions/resulting changes to program



Your own isolation due to COVID



Not seeing results quickly enough



Bad internet connection



Duration of commitment (year too long)



Lacking support from family or friends



Inconvenient meeting time



Frequency of meetings--not often enough



Cost of participation



Frequency of meetings--too often



Inconvenient location of meetings



Don't like group setting/too personal



Lack of transportation to/from meetings



0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

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

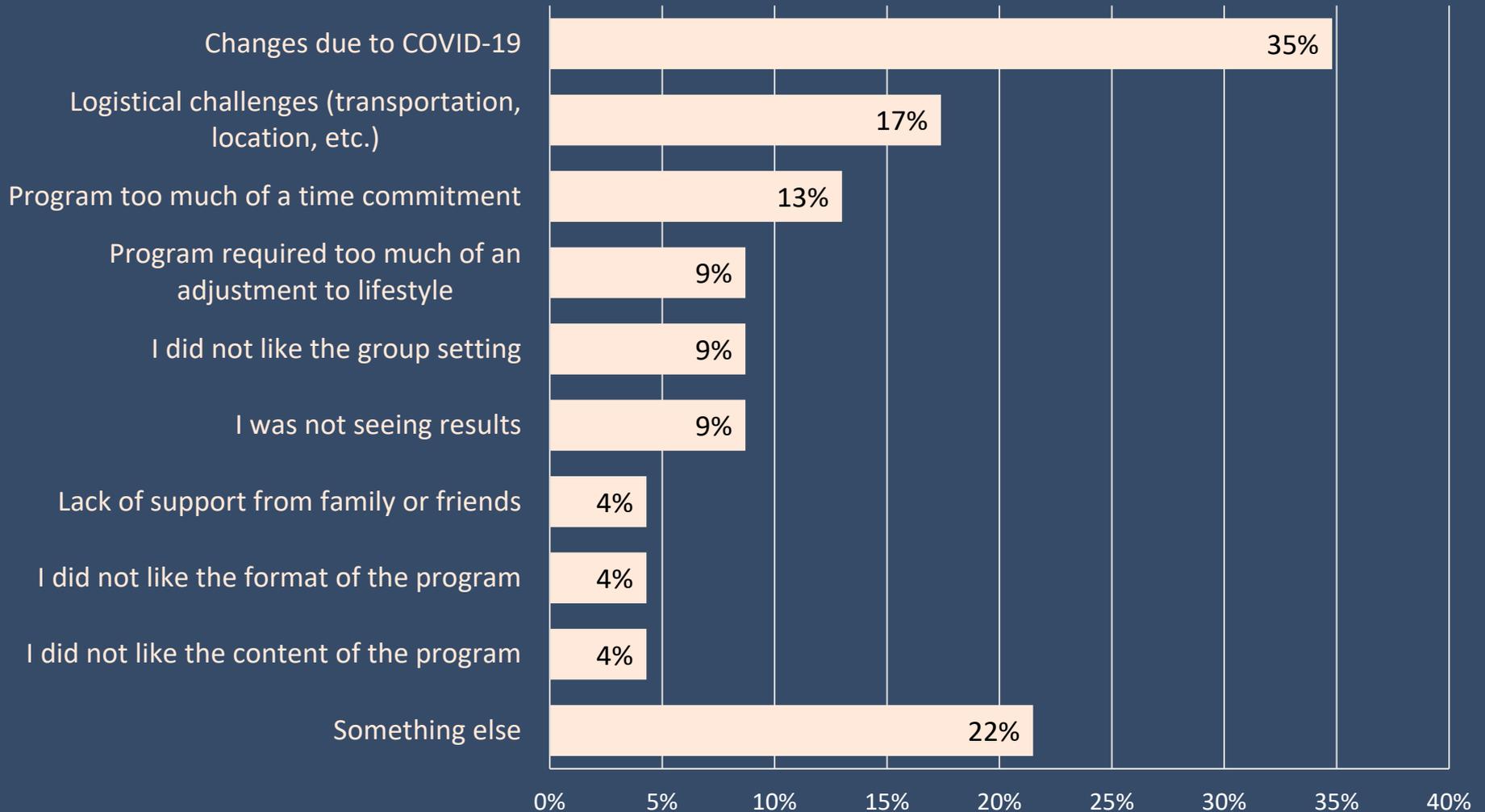
“I was exercising four days a week routinely prior to the pandemic. However, due to the lockdown and pandemic I dropped my gym membership so it has been struggle to maintain the level of exercise that I was doing prior to the pandemic. Walking the dog just doesn’t reach the level of impact that I am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

- Virtual → 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)



Keys to Success

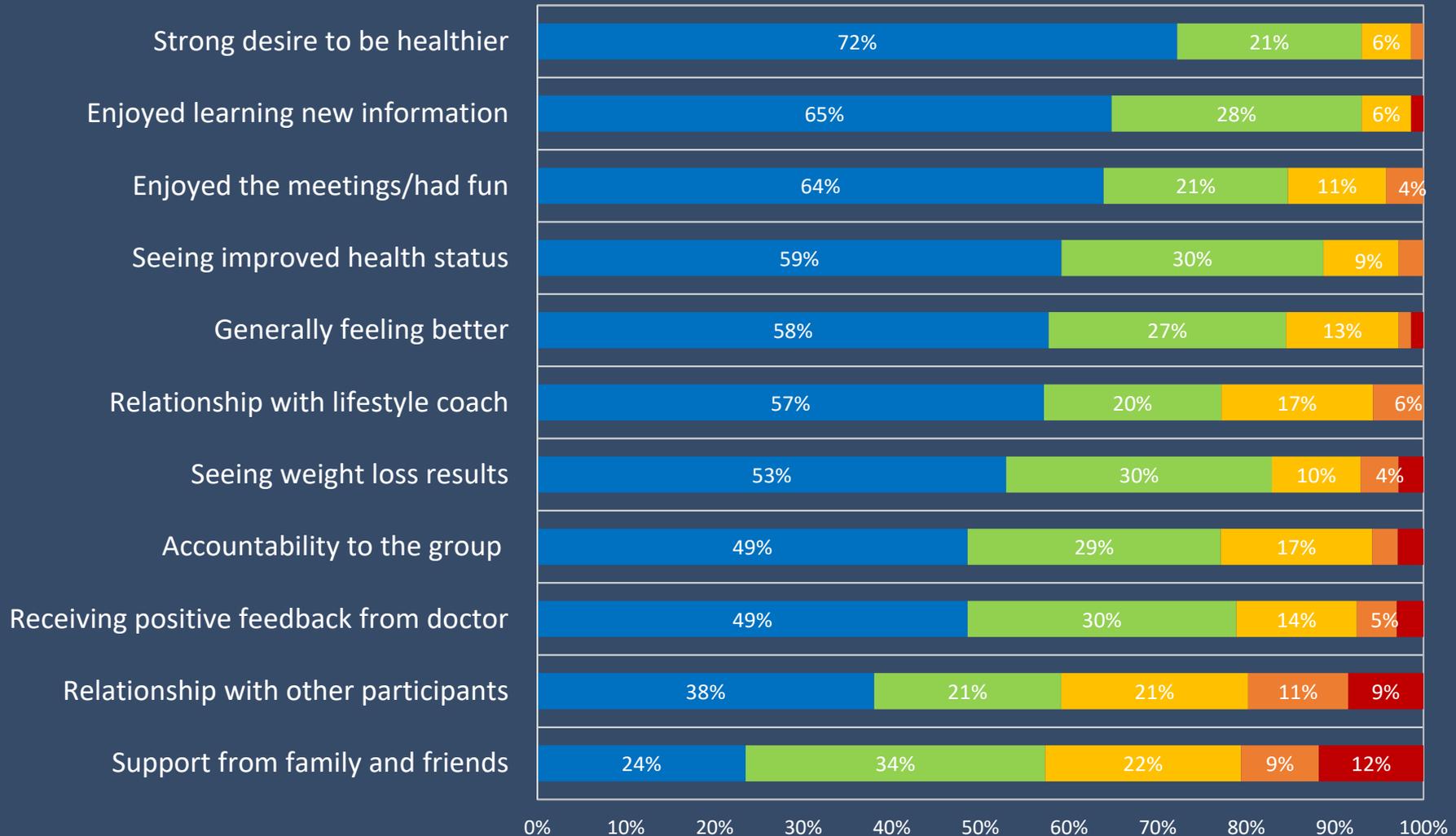
Who Completed Program?

- 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)

■ Significant contribution ■ Quite a bit ■ Somewhat ■ A little ■ No contribution



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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