



Virginia Diabetes Prevention Program
Annual Networking Meeting
February 5, 2021

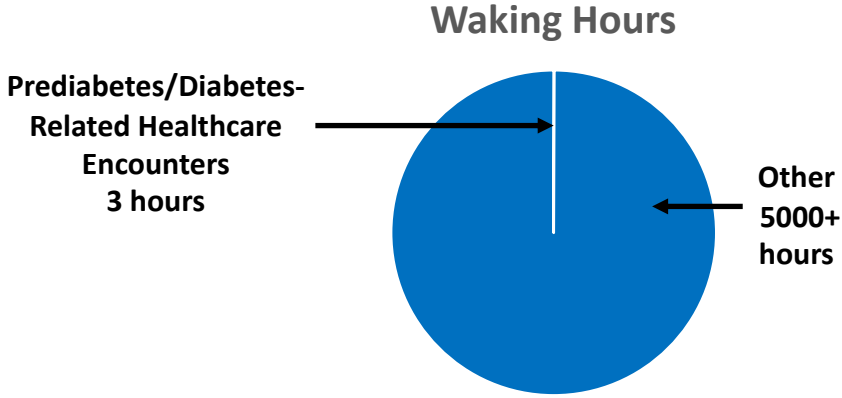
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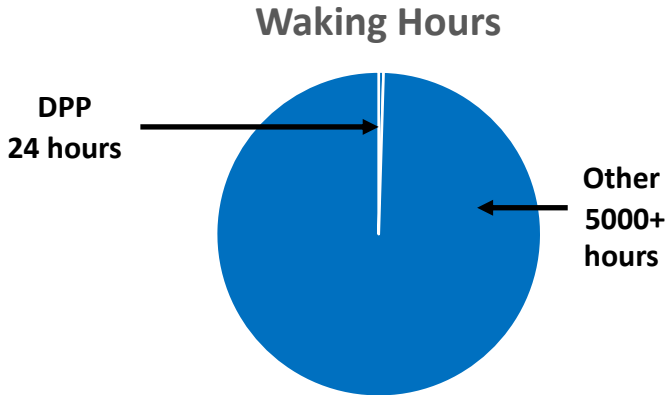
BEATDiabetes offers digital health programs that combine frequent text message-based engagement and financial incentives to help catalyze behavioral change and improve glycemic control in patients with prediabetes and Type 2 diabetes.



5000 Hour Problem



5000 Hour Problem



BEATDiabetes Prediabetes Program



ADVICE



PROMPTS



MOTIVATION



Advice

- Practical tips on diet, exercise, and diabetes prevention
- Delivered by text 3-5 times a week
- Designed to be simple, memorable, and actionable
- Semi-customized based on enrollment questionnaire
 - Different messages if participant smokes, drinks soda, is the primary grocery shopper, is disabled, etc.





Advice

BIG plates, BIG problem. Studies show that people serve more food on big plates. Switch to smaller plates (like salad plates) to help with portion size.

Use the Half Plate Rule: fill half your plate with vegetables or fruit. Be sure to stick to the half plate rule if you go back for seconds!

Take a walk after you eat. Walking for 15 minutes after meals can help keep blood sugars in the normal range.

Limit your intake of "white" foods – bread, pasta, rice, potatoes. Switch to whole grain, brown versions instead (100% whole grain bread and pasta, brown rice).

Without lifestyle changes, 7 out of 10 of people with prediabetes will go on to develop Type 2 diabetes. Don't be one of them!

Did you realize that some sweetened drinks (soda, juice, iced tea, coffee) have as much sugar as a dessert?! Rethink your drink! Stick with water, unsweetened tea, and plain coffee.



Advice

Follow the Half Plate Rule

Fill half your plate with vegetables and fruits.



Eat the Rainbow



It takes 15 minutes of walking...



...to burn off 100 calories.



THE GREATEST GIFT YOU CAN GIVE YOUR FAMILY & THE WORLD IS A HEALTHY YOU.
-JOYCE MEYER






Prompts

- Optional, customized reminders to exercise
- Frequency/timing determined by participant
- Set up during enrollment, can be modified over course of program

Hi Tina! It's time to exercise.

Time to exercise! The only bad workout is the one you didn't do!



Motivation

- Motivational Messages
- Financial Incentives





Motivational Messages

Personalized Messages

You can do it!

I can do all things through Christ who strengthens me. Phil 4:13

Get healthy for Yellowstone backcountry fly fishing trips.

Get your butt off the couch and get moving.

General Messages

Every day is a new start.

A river cuts through rocks, not because of its power, but because of its perseverance.



Incentives

	3 Months	6 Months	12 Months
Drawing Prize	<ul style="list-style-type: none"> Fitbit Fitness Tracker 	<ul style="list-style-type: none"> \$120 Gift Card for Meal Service 	<ul style="list-style-type: none"> \$250 
Earn Entries By	<ul style="list-style-type: none"> Attending ≥ 4 core sessions 	<ul style="list-style-type: none"> Attending ≥ 9 core sessions <ul style="list-style-type: none"> Weight loss $\geq 5\%$ Weight loss $\geq 10\%$ 	<ul style="list-style-type: none"> Attending ≥ 4 maintenance sessions <ul style="list-style-type: none"> Weight loss $\geq 5\%$ Weight loss $\geq 10\%$



Summary

- BEATDiabetes leverages technology to provide support and motivation during the “5000 hours” when people are making most of the decisions that affect their health
- Utilizes text messaging, which is a simple, widely available technology that most people are already using
- Utilizes financial incentives to add tangible, short term rewards for health behaviors that have a long time horizon for benefit



Useful tool to support and reinforce healthy behaviors between
DPP sessions

