

The background features a soft-focus landscape with a range of mountains in the distance and a willow tree with drooping branches on the right side. The overall color palette is muted and naturalistic, with shades of beige, light green, and brown.

***A Step In The  
Right Direction:  
Prevention of Type II Diabetes***

# *Background*

- Performed a windshield analysis of a rural Illinois Community
- Identified community needs through community resource groups and county data
- COPC project was carried out during 16 week preceptorship in Charleston, IL with a family practice physician

# ***Diabetes Facts***

- Over 18.2 million Americans have diabetes.
- There are an estimated 41 million Americans with pre-diabetes who, if untreated, will eventually develop Type II Diabetes
- Pre-diabetes is defined as having a fasting blood sugar of 100-125 mg/dl

# ***Diabetes Prevention Program***

- ➔ The National Institute of Health conducted a diabetes prevention program
- ➔ The program entailed exercising 30 minutes a day and losing 5-10% of their body weight
- ➔ Participants demonstrated a 58% reduction in the incidence of development of type II diabetes

# *Purpose*

- ➔ To identify patients in the community who have pre-diabetes
- ➔ To involve these patients in a program that offers education on diet and exercise, as well as access to exercise equipment
- ➔ To evaluate the use of counseling regarding diet, weight loss, and exercise by primary care doctors to this patient population

# *Methods*

- Twelve patients were identified by primary care physicians in the area as having to fasting glucose measurements 100-125 mg/dl
- Access to cardiovascular exercise equipment was provided for 1 hour two days a week, including treadmills, stationary bikes, and recumbent bikes
- Weights and blood pressure readings were compared from the start of the program and eight weeks out
- Surveys were completed by the participants to assess the counseling performed by their primary care providers regarding weight loss/diet and exercise

# *Goals*

- ➔ Weight loss of 5-7%
- ➔ Exercising for 30 minutes five times a week or more
- ➔ Attending educational sessions regarding healthy eating and lifestyle modifications

# *Results*

- ➔ An average weight loss of 3.59 lbs or 1.84% of total weight was recorded after eight weeks
- ➔ 10 out of 12 participants lost weight, while 2 out of 12 gained weight
- ➔ One participant reached the weight loss goal of 5-7% of body weight after eight weeks

# *Results*

- ➔ An average drop in systolic blood pressure of 13.2 mm Hg and a drop in diastolic blood pressure of 7.1 mmHg were recorded after eight weeks

# *Results*

- ➔ Seven out of twelve participants surveyed reported that their primary care provider had counseled them on weight loss/diet and 9 out of 12 reported they had been counseled on exercise
- ➔ The most common form of counseling used was verbal 7 of 7 were verbally counseled on weight loss/diet and 2 out of seven were given handouts/pamphlets
- ➔ Verbal counseling was used in 8 of 9 regarding exercise and handouts/pamphlets in 1 of 9.

# *Conclusions*

- ➔ The program was successful in identifying and educating patients regarding diabetes and the prevention of the disease
- ➔ The survey revealed appropriate counseling on weight loss/diet in 58% of participants, and 75% counseling on exercise

# *Conclusions*

- With the growing incidence of diabetes it is important for primary care providers to be vigilant in identifying those at risk and counseling them on ways of preventing the development of type II diabetes
- Continuation of the exercise program would most likely demonstrate further decreases in body weight for the participants.