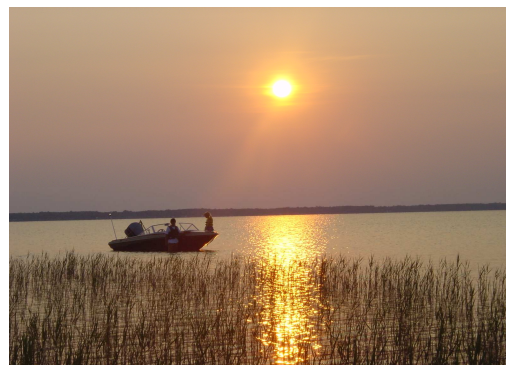




Columbus County

Diabetes Prevention Program

June 3, 2016



Mt. Olive Missionary Baptist Church



- ▶ We began identifying community organizations/partners to implement the program in November 2015
- ▶ We specifically were targeting faith communities(not industry)
- ▶ We contacted hospital to inform them about the program and how to refer
- ▶ Pastor from Mt. Olive agreed to host the program at his church
- ▶ Sign-ups were posted in the church fellowship hall as well as announced in church for 3 consecutive weeks
- ▶ Announcements were also made within church association
- ▶ Announcement was also put in community section in paper



Sessions

- To date, we have had 16 sessions and will start the second half of DPP June 6
- A total of 37 participants signed up for the program
- A total of 29 participants completed the program (about a 78% retention)
- Most of the participants were females and all were African American

Early Results

- ▶ Average weight loss 4.3 pounds
- ▶ Total pounds combined 157.4
- ▶ 6 people gained weight(10.2 pounds)



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Retaining

- ▶ We did offer small incentives(NOT with DPP money)= water bottles, pedometers, etc.
- ▶ One weighed participants and the other taught the class
- ▶ Weigh-ins were coupled with individual guidance, especially centered around food journals and exercise logs
- ▶ We made a point to recognize individuals, even for small weight loss
- ▶ We do NOT practice methods which make participants feel uncomfortable

