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247271 Effectiveness of a Worksite Diabetes Prevention Program: Results of Fuel Your Life

Monday, October 31, 2011: 10:30 AM

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This presentation will share the results of Fuel Your Life (FYL), a worksite weight management program conducted with Union Pacific Railroad (UPRR). FYL is a translation of the Diabetes Prevention Program that has been adapted to fit the unique characteristics of work organizations. UPRR employees are predominately middle-aged, male, blue collar workers at high risk for Type II diabetes due to a high rate of obesity. FYL is a six month intervention aimed to improve eating and physical activity behaviors. Six sites with approximately 2600 employees were randomly assigned to condition with equal numbers in intervention and control groups (three sites with about 1300 employees). A latent growth analysis was conducted between the intervention and control sites to test for differences in initial status and change in body mass index (BMI) and weight across time. There was a statistically significant difference between control and intervention with respect to the change in BMI. The treatment sites had a higher initial status (31.89 BMI, 218.8 lbs) than did the control sites (29.92 BMI, 202.3 lbs). With respect to change, there was a significantly positive increase in BMI and weight at the control sites (0.17 BMI, 1.3 lbs) and no change across time in BMI for the intervention sites. Overall, the majority of intervention participants lost weight. The issues and barriers of translating research to practice and implications for practitioners will be discussed.

Learning Areas:

Chronic disease management and prevention
Public health or related research

Learning Objectives:

1. Describe the theoretical and conceptual framework for the intervention, 2. Discuss the study findings. 3. Identify possible actions they may take to modify eating behaviors and physical activity levels of employees. 4. Discuss issues and barriers of translating research to practice.

Keywords: Worksite, Obesity

Presenting author's disclosure statement:

Qualified on the content I am responsible for because: I am the principle investigator for the research project.

Any relevant financial relationships? No

I agree to comply with the American Public Health Association Conflict of Interest and Commercial Support Guidelines, and to disclose to the participants any off-label or experimental uses of a commercial product or service discussed in my presentation.

See more of: [Weighty Issues: Topics in Obesity Prevention and Treatment](#)
See more of: [Public Health Education and Health Promotion](#)

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