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222047 FUEL Your Life: Results from a worksite diabetes prevention program

**Monday, November 8, 2010 : 8:45 AM - 9:00 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 and revised based on formative research conducted with UPRR employees. 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). Overall, BMI and weight in the intervention and control sites remained fairly constant with one intervention site reporting a significant reduction (-.38 BMI, 3 lbs) and one control site reporting a significant increase (+.43 BMI, 4 lbs.). 52% of intervention participants lost weight with 26% losing five pounds or more. Weight loss was significantly greater for employees completing the program or participating with their spouse. The issues and barriers of translating research to practice and implications for practitioners will be discussed.

#### Learning Areas:

Public health or related research

#### Learning Objectives:

1. Describe the theoretical and conceptual framework for the intervention. 2. Discuss the study findings. 3. Outline 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 qualified to present because I am the principle investigator of the described study.

**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.

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