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222005 Translating the Diabetes Prevention Program to worksites: Results from a pilot study

Monday, November 8, 2010 : 2:30 PM - 2:45 PM

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This presentation will share the results of the pilot study of *FUEL Your Life (FYL)*, a worksite translation of the Diabetes Prevention Program (DPP) conducted with Union Pacific Railroad (UPRR). Formative research was conducted with UPRR employees and used to inform the adaptation of DPP to fit the unique characteristics of work organizations and the UPRR employee population. *FYL* is a six-month intervention aimed to improve eating and physical activity behaviors and includes participant self-study, targeted messaging, and worksite and home supports. The intervention was followed by a six-month maintenance period where participants were encouraged to continue healthy eating and physical activity behaviors. Body mass index (BMI) and health behaviors were measured at baseline, six months, and twelve months. Process data was collected during and after the intervention. Sixty-eight participants enrolled in the program and reflected the UPRR employee population with 81% male, a mean age of 44, and a mean BMI of 32. There were significant reductions in BMI after the intervention and following the maintenance period of 0.58 and 0.84, respectively. Change in BMI was influenced by participation level and by home support. Employees who had someone outside the worksite participate in *FYL* with them lost 8.2 pounds compared with 1.5 pounds for those employees who did not have similar support outside of the worksite. In this presentation, we will present program effects and process data and discuss factors that may promote or inhibit body weight and health behavior change in worksite settings.

Learning Areas:

Public health or related research

Learning Objectives:

1. Describe a worksite translation of the Diabetes Prevention Program. 2. Define the intervention effects on BMI and health behaviors. 3. Discuss factors that influence body weight and health behavior change in worksite settings.

Keywords: Obesity, Worksite

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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