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Poster-300

Diabetes Prevention Program Enhanced with Online Personalized Diet Plan

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Background: Diabetes Prevention Program (DPP) aims to delay transition from prediabetes to Type 2 diabetes. The Rio Grande Valley 12-mo DPP program reaches about 200 participants/y, but average weight loss is lower than national DPP goal of 7%. Small Changes is an online structured nutrition program for weight loss. Our goal was to complement DPP with Small Changes and determine if more participants will reach the minimum weight loss goal of 7%. The intervention is ongoing, but we present initial implementation evaluation and 6-mo weight loss outcomes here.

Methods: Evaluation interview guides were based on Consolidated Framework for Implementation Research (CFIR) and completed with DPP coaches (n = 3) and participants (n = 19). Height and weight were measured by the research team. Participants were classified as active users if they had logged into the program within the 3 mo prior to the 6-mo data collection.

Results: Coaches reported a high Complexity in using Small Changes and DPP simultaneously and were unaware of the evidence behind Small Changes (despite a training session prior to program launch). Coaches perceived contradictions between Small Changes and DPP. Participants had mixed responses regarding Complexity. Those without technical difficulties reported it was “very user friendly” while those with technology barriers (no internet access, unfamiliarity with technology, discomfort with online safety) were unlikely to use the program. Adaptations were made midway through implementation to simplify log-in procedures and reduce technical difficulties, which improved program experience for participants. At 6 mo, active users had lost more weight (3.6% vs 1.4%, $p < 0.04$) and more reached 5% (40% vs 16%) and 7% weight loss (20% vs. 9%) compared to non-active users.

Conclusions: Small Changes with DPP shows promise for enhancing weight loss. Areas for improvement include additional training for coaches to increase their self-efficacy and facilitate alignment between programs.