



Potomac Valley Hospital – Tackling Diabetes

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Tricia Barbarito, RN, Cardiology Department Manager and Group Lifestyle Balance Master Trainer/Coach, and Brenna Earnest, RN, Group Lifestyle Balance Master Trainer/Coach and Certified Diabetes Educator (pictured from left) lead diabetes prevention efforts at WVU Medicine Potomac Valley Hospital (WVU-PVH).

Diabetes prevention programming at WVU-PVH is working. **Over the past year, 52 program participants have each lost, on average, 13.7 pounds.** This weight loss represents an important lifestyle change and an important step in preventing diabetes. As depicted in the chart (right), a substantial number of program participants were able to achieve 7% weight loss (indicated by the dotted yellow line) and retain that progress over time. **Strong recruitment, retention, and successful outcomes.**

What works:

- **Flexibility:** Program participants can take advantage of day or evening classes, and try the program when they feel ready.
- **Long-term, dedicated coaches:** Program coaches are invested in participant progress and overall program success.
- **Physician referral and follow-up:** Primary care providers are given regular progress updates on their patients' progress in meeting program goals, and status updates on patients not yet ready to take part.
- **Word-of-mouth:** Better than radio and newspaper, word-of-mouth has been a primary way in which community members learn about and become interested in diabetes prevention programming.
- **Opportunistic screenings:** Patients visiting WVU-PVH for procedures such as stress testing are assessed as appropriate and given information on diabetes prevention programming.
- **Support groups for those who have completed the program:** After completing the program, participants still receive follow-up and encouragement vital to diabetes prevention.
- **Partnering with community resources:** Resources are leveraged from partners such as the Mineral County Family Resource Network, the West Virginia Bureau for Public Health, and the West Virginia University Office of Health Services Research.

