The results are in!

Coaches held their final I CAN Prevent Diabetes® (ICPD) classes in January, participants filled out one last survey, and the evaluation team got to work. The evaluation team compared changes in weight and physical activity between the start of the class (baseline), the 16-week mark, and the one-year-mark. Here’s what they found:

- Weight changed significantly between the start and 16 weeks, as well as between baseline and 1 year.
  - Average weight loss over 16 weeks: 14 lb (6.5%)
  - Average weight loss over 1 year: 16 lb (7.5%)
- Minutes of physical activity reported changed significantly between the baseline and 1 year, increasing by an average of 87 minutes per week.

The ICPD team provided distance learning opportunities for participants in the form of three Facebook groups and fifteen biweekly newsletters. Participants let the evaluation team know how useful they found those opportunities:

- Participants identified these newsletter components as most valuable: recipes, food and nutrition information, and recipe makeover exercises.
- Participants said the Facebook group was most valuable in motivating them when they heard encouragement from the coach and classmates, or when they read about classmates’ struggles.

To learn more about the Western MN I CAN Prevent Diabetes pilot project, contact Houa Vue Her at vuex0067@umn.edu.

What’s next for ICPD?

One thing wasclear throughout the pilot project: Minnesotans are interested in and need the ICPD program.

University of Minnesota Extension Health and Nutrition Programs (HNP) is dedicated to contributing to the state’s effort to meet that need. Coaches have already started five additional ICPD courses and plan to start another five this spring.

In addition, staff capacity to lead these courses is increasing: Regional Coordinator Sara Van Offelen (see “Spotlight On...” on page 2) has been trained as a Master Trainer. Having an in-house Master Trainer will allow HNP to lead more courses across the state.

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What’s Next for ICPD, con’t

A year ago, University of Minnesota Extension and multiple partners embarked on a yearlong community-based lifestyle change pilot program for people with prediabetes or at risk for diabetes. The goals of the pilot project were threefold:

1. Assess the usefulness and effectiveness of implementing ICPD in rural communities.
2. Improve participants’ knowledge, skills, and self-efficacy for making lifestyle changes.
3. Determine and pilot the preferences of participants regarding distance learning methods.

The research team shared preliminary results throughout the pilot and are analyzing the findings from this past year. They plan to publish the results in peer-reviewed journals.

What’s the plan for ICPD?

HNP applied for the Diabetes Prevention Recognition Program through Centers for Disease Control and Prevent (CDC) and was awarded pending recognition. CDC will evaluate the effectiveness of HNP programming based on course data. HNP staff takes pride in delivering impactful programming and hopes to achieve full recognition status in the next year.

Through this pilot study, staff have built new or strengthened existing relationships with organizations working toward similar goals. Coaches and HNP leadership will continue to foster these relationships and encourage organizations to reach out to HNP for future partnerships. This program would not have been successful without all the effort from multiple interested organizations like yours!

To learn more about next steps, contact Houa Vue Her at vuxt0067@umn.edu.

Spotlight on… Sara Van Offelen

Working behind the scenes of this project in the Moorhead region is Sara Van Offelen, Regional Coordinator.

What’s your favorite part about being a coach?
Definitely getting to know the participants. We have such rich conversations as people get to know one another.

How do you like to be physically active?
These days I go the Detroit Lakes Community and Cultural Center to walk around the walking track. It’s fun to see so many people of all ages using the facility.

What’s your message to organizations who want to deliver ICPD?
Sometimes it takes multiple partners to bring ICPD to your community. Extension can help organize those partnerships. Extension is especially looking for ways to reach audiences with limited resources for the ICPD program.

What’s your message for community members thinking about making lifestyle changes?
Take small steps to change your eating and physical activity habits. It takes time to make changes, so it’s important not to let slips get in the way of making lifestyle changes.