



## COMPLETED GRANT SYNOPSIS

### Diabetes Prevention in Pharmacies

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#### Objectives

The goal of this project is to demonstrate the efficacy and feasibility of offering the Group Lifestyle Balance™ Diabetes Prevention Program (GLB DPP) at community pharmacies.

#### Methods

Design	<ul style="list-style-type: none"> <li>Pre-post intervention study evaluating outcomes of participants in GLB DPP classes delivered at community pharmacies.</li> <li>Participants enrolled in a 12 month, 22 session GLB DPP class taught by student pharmacists, nutrition and exercise physiology students and faculty trained as GLB DPP certified lifestyle coaches.</li> </ul>
Study endpoints	<ul style="list-style-type: none"> <li>Changes in biomedical data (weight, blood pressure, HbA1c, BMI, body fat %, BMI, waist circumference, lipids) were evaluated using paired-sample t-tests.</li> <li>Changes in attitudes and satisfaction were evaluated using related-sample Wilcoxon signed rank tests.</li> </ul>

#### Results

- Twenty-participants completed the intervention and biomedical data assessments. The majority of the sample was female (86.4%) and the mean age of the participants was 57.27 years of age.
- Results indicated statistically significant decreases in weight (180.94 to 175.17 pounds,  $p=0.45$ ), HbA1c (5.74 to 5.44 %,  $p= 0.027$ ), BMI (30.28 to 29.27,  $p=0.028$ ) and waist circumference (40.62 to 38.50 inches,  $P=.002$ ).
- Responses to most survey items on attitudes and satisfaction statistically significantly increase from baseline to post-program assessment demonstrating participants increased confidence in their abilities to implement skills necessary for successful weight loss.

#### Conclusion

Group Lifestyle Balance™ Diabetes Prevention Program can be successfully delivered in a community pharmacy setting. Using pharmacists to deliver this proven diabetes prevention program in their readily accessible pharmacies leverages great potential for reaching citizens and impacting the diabetes epidemic in the United States.