

# Wichita Family Medicine Specialists (WFMS) CHW Team DPP

## Background

WFMS CHW Team helping 'prediabetic' patients discover a healthy lifestyle to prevent Type 2 Diabetes (DM II) through the National DPP program.

Goals of the program:

- Lose 10% of their starting body weight
- Weekly activity of 150 min or more

## Changes Tested

In 2021, 97.6 million Americans aged 18 and older had prediabetes (ADA Website). WFMS CHW Team reviewed the clinic's prediabetes data and ran a list of all the patients who had A1Cs within the prediabetic range as well as a BMI within the range (BMI >25) for DPP. We gave this list to the providers to let us know who they thought would be good candidates for the program. The CHW Team called all the patients and personally invited them to be a part of the program at the clinic. The CHW Team started the DPP program beginning of January 2024 with 17 participants; (only 2 being female) to meet the above stated goals of the DPP program as well as:

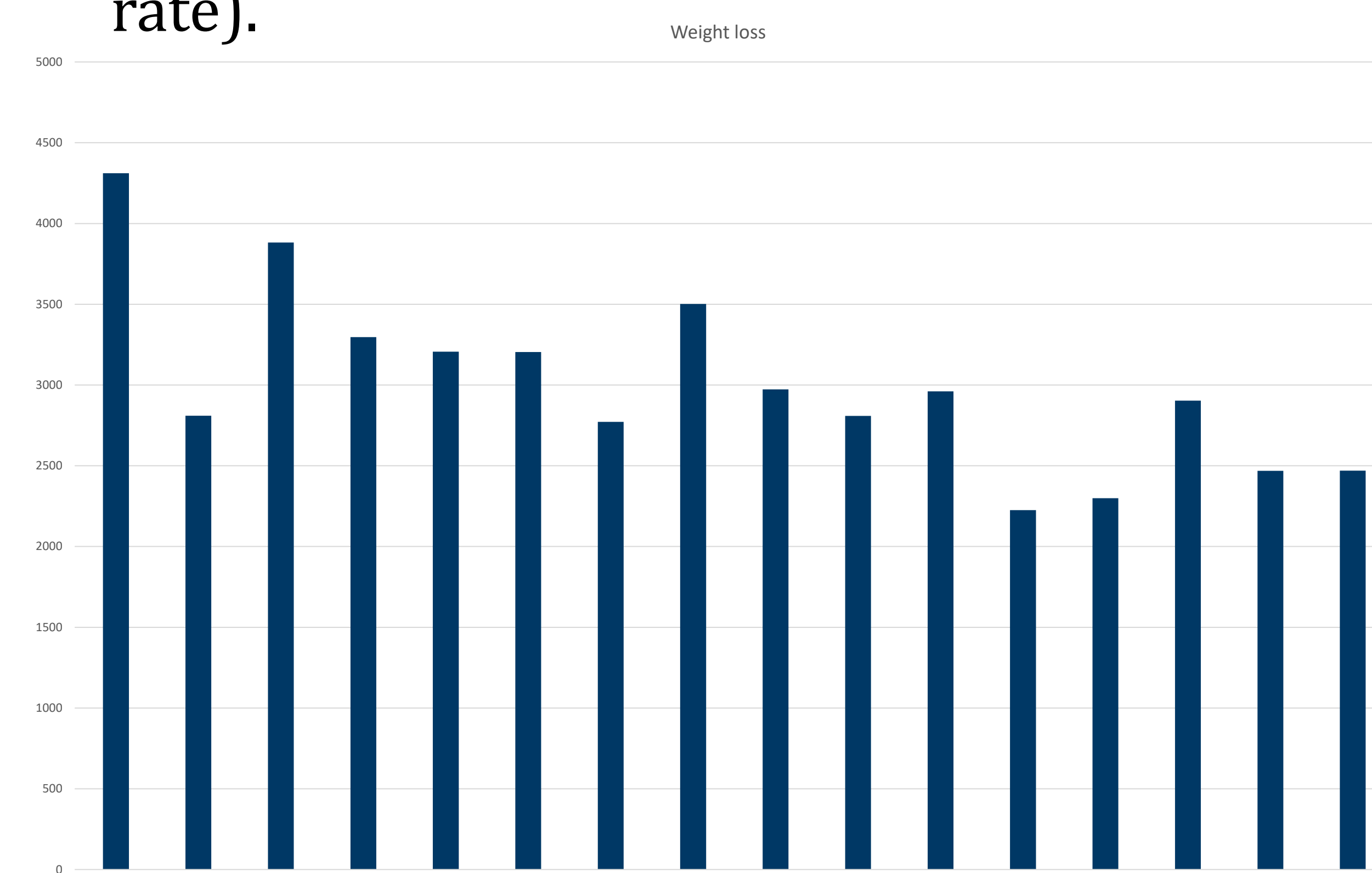
- Help patients to understand what prediabetes and Diabetes is and the effects to the body.
- Help patients to understand how to prevent DM II.



## Results (Mid-DPP Program Year One)

Participants weights were documented at every class, as well as minutes exercised. The CHW team noticed weight loss and eagerness to attend the sessions.

- Weight loss in the first 16 weeks for the entire class was 1841.4 lbs.
- Exercise average for the class for the first 16 weeks was 2003.9 minutes.
- Attendance in the first 16 session was 73% with the loss of only 1 patient (94% retention rate).



The above graph shows the weight loss for the class during the first 16 weeks.

## Patient survey results

**What keeps you coming back after the initial 16 week session?**

"I thought everything was beneficial." "The ease of the class and the instructors". "Fun, worthy." "Trying to stay informed." "The progress." "I'm losing weight and it keeps me on point!" "Helps keep myself accountable. Stay to my commitment and want to get to my goal of 7% body fat weight loss."

## Lessons Learned

One key take away would be how important making your health a priority should be. So far as the data shows, the changes have been successful with our patients. The patients saw the value in their health and started doing the things necessary to prevent DM II. So far in the 16 weeks we have not had any unpredicted factors, however we still have 5 months left in the program and we cannot predict the future. We credit our high retention rate to the personal rapport(s) developed between the patients and the CHW Team.

## Next Steps

Evaluate the programs success at end of year one to consider the CHW Team continuing to offer DPP in 2025. If the DPP program is not successful the CHW Team will look at the data/feedback to see what corrections are needed to make the program successful. The CHW Team is also looking into a program for patients newly diagnosed with DM II to give them the necessary tools to help keep DM II under control.

## Team Members

Wendy James  
Danielle Brazelton  
Karla Carbajal

## Contact

wjames@wichitafms.com