

DIABETES PREVENTION SUPPORT CENTER OF THE UNIVERSITY OF PITTSBURGH DIABETES INSTITUTE

The University of Pittsburgh has been at the forefront of diabetes prevention since the development of the lifestyle intervention used in the Diabetes Prevention Program under the direction of Dr.'s Rena Wing, Beth Venditti and Andrea Kriska, all University of Pittsburgh faculty members. Dr. Venditti is currently the director and Dr. Kriska a member of, the Lifestyle Resource Core for the follow-up study (DPP Outcomes Study). Dr. Trevor Orchard, the PI of the Pittsburgh DPPOS site, Dr. Kaye Kramer, who was previously the Pittsburgh project coordinator for DPP and Drs. Venditti and Kriska, form the nucleus faculty for the Diabetes Prevention Support Center (DPSC) of the University of Pittsburgh Diabetes Institute (Linda Siminerio, PhD, Executive Director). Further support is provided by Linda Semler, MS, RD, LDN, who has played a key role in the DPP and DPPOS Lifestyle Resource Core.

Through a partnership with the military, and with support from the Department of Defense, the DPSC was established in 2006 to provide prevention services to both military and general populations. Subsequently, the DPSC is mirroring the successful intervention training and support scheme utilized in the DPP by acting as a central training center for intervention delivery via workshops as well as provision of subsequent post-training support. At the core of these workshops is training in delivery of a 12-session group-based, behavioral lifestyle intervention called the Group Lifestyle Balance (GLB) program, which is modeled closely on the original 16-session DPP individual intervention. Changing from the individual to group format and reducing to 12 sessions allows for greater reach and potentially greater cost-effectiveness in community settings. A DVD of the GLB program has also been developed and is currently being evaluated for use in both training of interventionists and as a mode of intervention delivery.

A two-day training workshop for health care professionals has been developed by DPSC faculty in order to provide a comprehensive, standardized overview of the GLB program and its implementation. Thirteen training workshops have been held to date, with over 400 health care professionals completing training. The DPSC also provides guidance for these trained individuals as they initiate the intervention program in their local setting and as a resource for assistance regarding issues that arise in the course of program delivery. To further supplement this training and support system, a materials and assessment support center, the Physical Activity Resource Center (PARC), has been developed to provide the supplemental materials needed for a successful prevention intervention program.

The GLB program, delivered by DPSC trained preventionists, has been examined in several settings within the community. The primary care practice setting was one of the first sites chosen for translation because it provides an ideal venue for institutional delivery and reinforcement of prevention intervention. It was recognized that some primary care practices may prefer to refer patients to an intervention program rather than provide it themselves, so the central clinical setting of the DPSC was also evaluated as an alternative approach to providing the GLB. A recent follow up survey of workshop attendees found that 46% of respondents have implemented the GLB program in a wide variety of settings including hospitals, primary care practices, worksites, churches, fitness centers and community or senior centers.

Diabetes Prevention Program Publications:

Knowler WC, Barrett-Connor E, Fowler SE, Hamman RF, Lachin JM, Walker EA, et al. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *N Engl J Med* 2002;346(6):393-403.

Diabetes Prevention Program Research Group. The Diabetes Prevention Program (DPP): description of lifestyle intervention. *Diabetes Care* 2002;25(12):2165-71.

Orchard TJ, Temprosa M, Goldberg R, Haffner S, Ratner R, Marcovina S, et al. The Effect of Metformin and Intensive Lifestyle Intervention on the Metabolic Syndrome: The Diabetes Prevention Program Randomized Trial. *Ann Intern Med* 2005;142(8):611-619.

Diabetes Prevention Program Research, G., 10-year follow-up of diabetes incidence and weight loss in the Diabetes Prevention Program Outcomes Study. *The Lancet* 2009. 374(9702): p. 1677-1686.

Group Lifestyle Balance Publications:

Kramer MK, Miller RG, Venditti EM, Kriska AM, Brooks MM, Burke LE, Siminerio LM, Solano FX, Orchard TJ. Translating the Diabetes Prevention Program: A Comprehensive Model for Prevention Training and Program Delivery. *Am J Prev Med* 2009. 37(6): p. 505-511.

McTigue KM, Conroy MB, Bigi L, Murphy C, McNeil M. Weight Loss Through Living Well: Translating an Effective Lifestyle Intervention Into Clinical Practice. *Diabetes Educator* 2009;35(2):199-208.

Seidel MC, Powell RO, Zgibor JC, Siminerio LM, Piatt GA. Translating the Diabetes Prevention Program Into an Urban Medically Underserved Community: A nonrandomized prospective intervention study. *Diabetes Care* 2008;31(4):684-689.