



# PATH TO LIFESTYLE CHANGE PROGRAM

The Path to Lifestyle Change is a new program being offered by the Mass General Diabetes Center and AllWays Health Partners to help people lose weight and prevent or delay type 2 diabetes.

This two-year program will be offered in group conference calls. In the sessions, Mass General Diabetes Center dietitians will encourage lifestyle changes like healthy eating, increased activity, and behavioral skills that have been proven to promote sustained weight loss and delay or prevent the onset of the disease. The program is open to anyone meeting the medical eligibility criteria. It will be a covered benefit for all AllWays Health Partners members, and covered family members.

## The EVIDENCE...

*The Path to Lifestyle Change Program is based on the Diabetes Prevention Program (DPP) lifestyle intervention.*

The DPP, a large prevention study of over 3,000 people at high risk for developing diabetes, showed that a lifestyle intervention resulting in weight loss and increased physical activity can prevent or delay the onset of type 2 diabetes. In some cases, lifestyle intervention can even return blood glucose levels to normal. The DPP aimed for a 7% weight loss and 150 minutes of weekly activity, which reduced the risk of developing diabetes by 58% over 2.8 years and sustained a 34% reduced risk of developing diabetes after 10 years.<sup>1, 2</sup>

The Shield Study has also shown that patients who have or are at risk for type 2 diabetes comprehend the severity of diabetes but lack the skills and support to make significant lifestyle changes.<sup>3</sup>

The Path to Lifestyle Change Program can offer positive outcomes for patient quality of life, overall cardiometabolic health, and healthcare costs<sup>4-11</sup> with a direct 16% risk reduction in the development of diabetes for every kilogram of weight loss.<sup>12</sup>

## The GOALS of the Program...

To translate the DPP lifestyle intervention for use in a clinical program to prevent or delay development of diabetes.

To evaluate changes in weight, activity, HbA1c and other health outcomes after participation in the program and provide feedback to primary care providers on patient outcomes.

## The PROGRAM...

Linda Delahanty, MS, RD, Director of the Path to Lifestyle Change, will oversee the program. Her team of lifestyle interventionists and dietitians who were all trained at the Mass General Diabetes Center, will lead the group conference calls. The program will include:

- A lifestyle intervention curriculum modeled after the CDC-endorsed original Diabetes Prevention Program
- Months 1-6: A minimum of 16 1-hour group sessions
- Months 7-12: Monthly 1-hour sessions to support participants' healthy behaviors and continued progress toward their goals
- Year 2: Monthly maintenance sessions to sustain lifestyle skills, behavior change, and weight loss



## Eligibility Criteria

- BMI  $\geq 25$  kg/m<sup>2</sup> and  $\geq 23$  kg/m<sup>2</sup> if Asian
- HbA1c between 5.7-6.4% OR a fasting blood glucose between 110-125 mg/dL OR a score of 5 or greater on the diabetes risk test OR history of gestational diabetes
- Ability to understand and communicate effectively in English
- Willingness to keep a food and activity diary

## Exclusion criteria:

- Diagnosis of type 1 or type 2 diabetes (this is a prevention program)
- Chronic kidney disease
- A medical or psychiatric condition that would interfere with the ability to carry out the lifestyle change program
- Pregnancy or planning pregnancy in the next year

## Contact Information

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