

SUCCESS STORIES

by: Marcia Middleton

Diabetes Prevention for City School Staff

SUMMARY

Staff in the Rochester City School District had access to the Diabetes Prevention Program (DPP) as a worksite wellness opportunity. The DPP was delivered by the University of Rochester Medical Center's Center for Community Health (CCH), with funding from the Greater Rochester Health Foundation and linkages made through the HEART initiative. Almost 50 staff participated in this lifestyle modification program to achieve weight loss and increased physical activity. Participant feedback was very positive. DPP leaders will be trained from within the district for future programs.



CHALLENGE

In Monroe County, upstate New York, two-thirds of adults are overweight or obese and at increased risk for chronic diseases such as type-2 diabetes. Diabetes affects 10% of the county's adults and the rate doubled from 2001-2006. Nationally, the economic impact of this condition is estimated to be approximately \$245 billion annually. Since treatment does not eliminate all the disease's complications and adverse consequences, prevention is key.

The Rochester City School District (RCSD) in Monroe County has a new staff wellness opportunity aimed at diabetes prevention. The district is implementing Coordinated School Health to improve student and staff health, with support from HEART—Health Engagement and Action for Rochester's Transformation, through a community transformation grant. Because staff wellness was identified as a need, HEART helped to bring the Diabetes Prevention Program (DPP) to district staff.

YOUR INVOLVEMENT IS KEY

Is your workplace supportive of employee health?

1. Create or join a Wellness Team to help make your workplace supportive of employee health.

2. Conduct a worksite wellness survey to assess strengths, weaknesses, and needs in your workplace.

3. Develop an improvement plan and put it into action.

4. Secure management and staff support from the outset and keep them informed and engaged.

"The employees at the RCSD participating in the DPP have committed to increasing their physical activity, making healthier food choices, and supporting one another in achieving their health goals. They have taken ownership of their health."

- Kim Povec, CCH Dietician

SOLUTION

With funding from the Greater Rochester Health Foundation, the evidence-based Diabetes Prevention Program (DPP) was offered to district staff by the Healthy Living Center of the University of Rochester Medical Center's Center for Community Health (CCH). The DPP aims to prevent type-2 diabetes among adults at high risk for the disease by helping them achieve at least 7% weight loss and 150 minutes of physical activity per week. A Registered Dietician led the DPP in the RCSD. This intensive lifestyle modification program consisted of 16 weekly group sessions with 3 optional individual sessions.

RESULTS

Response to program promotion was excellent, so an initial DPP group started in October 2013 with 28 people and a second group began in January 2014 with 19. All participants had a Body Mass Index of 25 or higher.

Written feedback collected from participants halfway through the DPP was very positive! Staff said they valued the skilled program leader, the safe atmosphere, group accountability, the excellent nutrition information, and the gradual increase in exercise. Sample participant comments:

"Weekly meetings have helped me to keep focused on healthy eating and exercise. I am slowly acquiring better habits that I hope will become permanent."

"The program offers the right kind of help in the right way. It helped me to take control and put my health on the forefront."

"This is the most beneficial weight loss program I have ever been in."

Contact

Marcia Middleton

Center for Community Health
46 Prince St., Suite 1001
Rochester, NY 14607
585-224-3058 phone
www.urmc.rochester.edu/cch

FUTURE DIRECTIONS

Since the CCH's funding for the DPP will end in April 2014, the center has been fostering program sustainability by training future program leaders from community agencies, such as churches and clinics. Interested individuals from the RCSD will be attending leader training sessions in February 2014. This will enable trained DPP leaders from within the RCSD to offer the program to more district staff in the future.

HEART will also continue to help link the RCSD with wellness programs locally and beyond. These opportunities can help staff achieve and maintain healthier habits to improve their own health. Staff who are positive health role models at school can influence students to develop healthy lifestyles, too.