



@WELLCONNECTSEM N



FACEBOOK/WELLCONNECTSEM N



INFO@WELLCONNECTSEM N.ORG



How To Discuss

This is an intervention for people at high risk of developing a disease. When discussing the program it is important to highlight this risk. You may also want to discuss the burdens of diabetes and encourage patients to talk to other people they know with diabetes about whether they would have taken the opportunity to prevent it. Do NOT feel compelled to use the term “prediabetes.” This is a label that may have little meaning to patients. It may also invoke unnecessary anxiety among people that will never progress to diabetes. It is best to encourage the patient and highlight your excitement and support for his or her journey toward better health.



WHAT IS IT?

A **group-based**, participatory workshop facilitated by a **single, trained and CDC-certified lifestyle coach**. Participants commit to losing 5% of body weight and increasing physical activity. The **26 sessions** are delivered **over 1 year**, beginning weekly and transitioning to monthly. **Curriculum** focuses on **healthy eating** and **exercise** with **emphasis on calorie balance**. Participants learn and apply practical strategies for staying motivated, **managing stress**, **preparing food**, solving problems, avoiding negative thoughts, and **preventing relapse**. Participant **weight and physical activity is tracked throughout**. The **CDC collects and monitors data** to ensure program effectiveness and certification status. **Covered by Medicaid** in MN currently (code 0403T) and **some employers (e.g. State of MN)**, **Medicare planned for 2018** (otherwise about \$500). Learn more on [CDC](#) and [MDH](#) websites.



WHO IS IT FOR?

Any adult (**age \geq 18**) with **obesity** and **high risk of diabetes**. Eligible with **BMI \geq 24** (\geq 22 if Asian) and **ONE of HgbA1C 5.7-6.4%, FPG 100-125 mg/dL, GTT 140-199 mg/dL, or previous gestational DM**. Effect on progression to DM increases with higher A1C so reasonable to target obese individuals with A1C $>$ 6%. Participant must be motivated to lose weight and live a healthier life as program is significant commitment. Especially appropriate for **Latino** and **African American** populations when culturally matched programs are available and for **older adults** and individuals with **depression** and/or **social isolation**. **Not for people that currently have DM**.



WHAT DOES IT DO?

Equips and encourages individuals at high risk of diabetes to enact sustainable lifestyle changes that result in a **4-7% loss of body weight**. **Original RCT** showed **58% reduction to progression to diabetes** (outperformed metformin). More recent, CMS-funded **translational study** conducted in YMCAs across America confirmed average 5% weight loss and net **savings of \$2600** per beneficiary in lay-led and group-based settings.