

# Maryland Rural Health Association 2011 Conference

## *Worcester County Lifestyle Balance*

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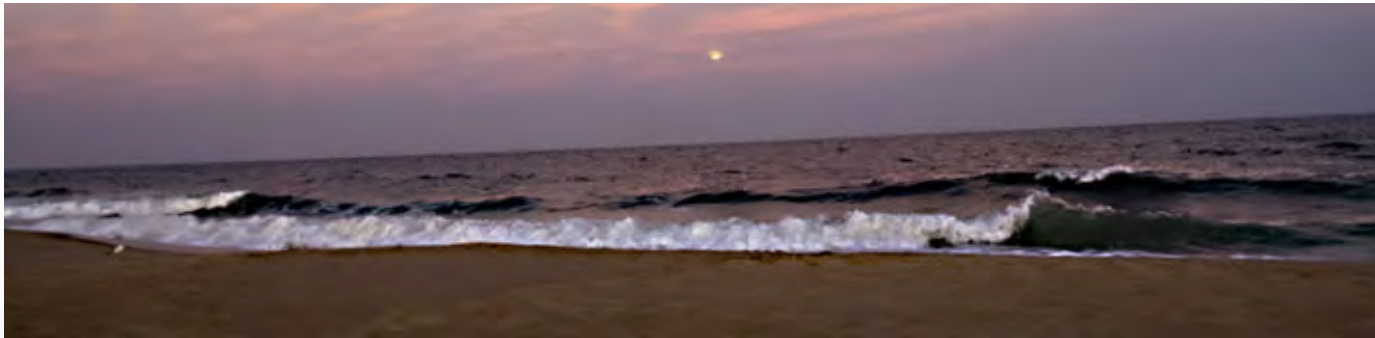
Mimi Dean, MS, Chronic Disease Prevention Program  
Coordinator



# Worcester County



# Worcester County



# So, What is the Problem?

- **Diabetes-** 13.5% of adults have diabetes
- **Heart Disease-** 197.5 per 100,000 for 2007-2009  
(3.4 above State)
- **Physical Inactivity-** 34.2% adults engage in moderate physical activity
- **Overweight or Obese-** 70.7% are overweight or obese
- **Poor Nutrition-** 30% of adults meet recommended levels of daily fruit and vegetable consumption

# So, Now What?

- Implementation of **Evidence-Based Diabetes Prevention Program (DPP)**
- 1996-2001, Landmark Prevention Study- 3 groups of individuals with pre-diabetes
- Control group, Metformin group, Lifestyle Change Group
- Type 2 Diabetes could be **PREVENTED** with lifestyle changes
- Reduce 58% through 7% weight loss, healthy eating, and 150 minutes/week physical activity

# Implementing in Worcester

- Grant funding to focus on Diabetes 2010-2012
- Renamed “ **Lifestyle Balance**”
- Group Intervention- Education + Exercise
- Team Taught- RD, ACSM Certified Clinical Exercise Specialist, Health Educator

# Implementing in Worcester

- 16 Week Program
- “ Coaching”
- Food/Activity Journals
- Locations- Workplaces, Recreation Centers, Community Sites, YMCA

# Locations



# Locations



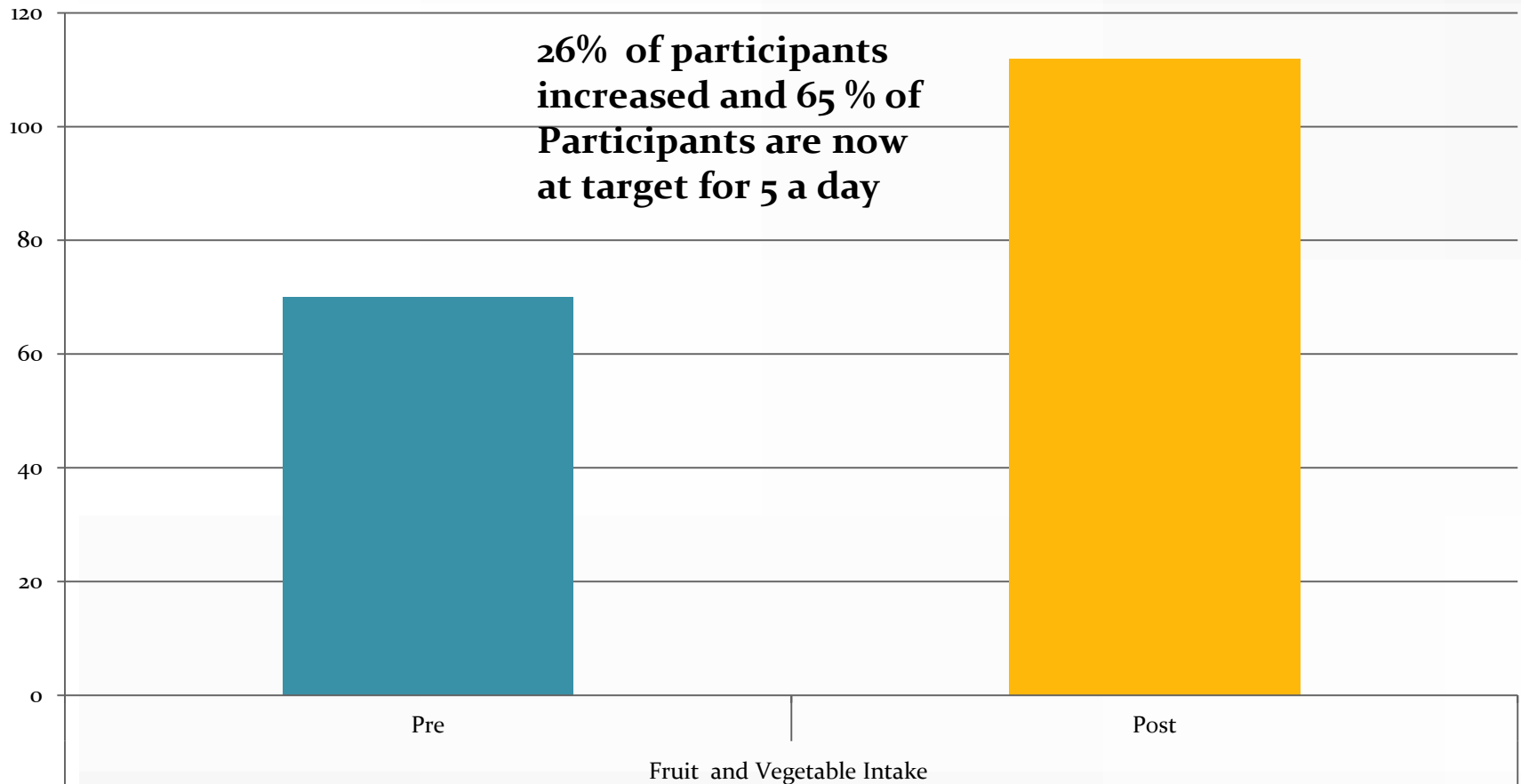
# Did it Work?

- Since July 2009, 247 individuals have participated in the program
- 168 individuals have completed the program (75% of classes)
- 13 sixteen-week programs have been completed (an additional 2 started in September, 2011)
- Offered at 11 different locations

# Did it Work?

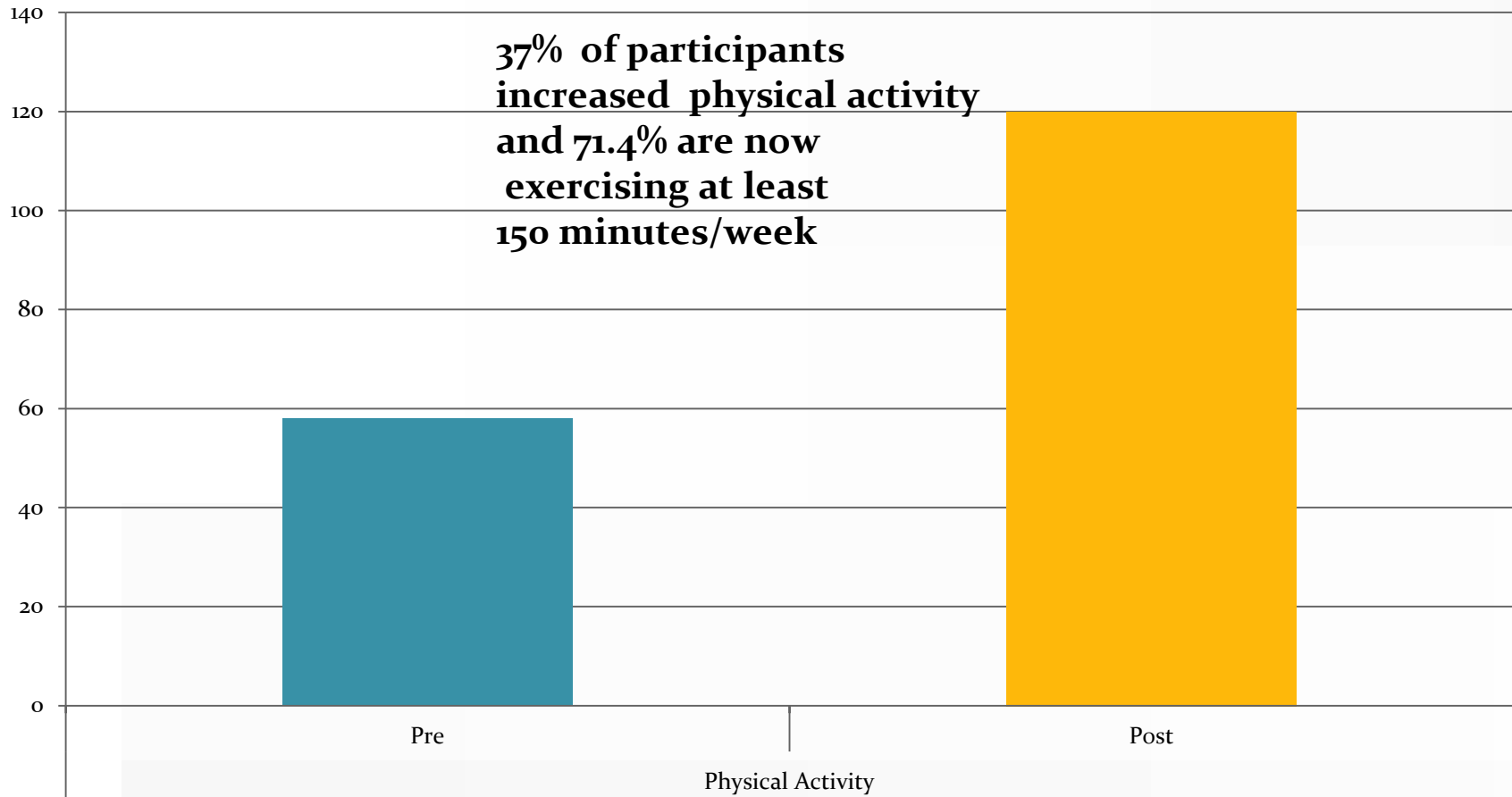
- Participants have lost a combined total of 1,549 pounds!
- All participants “satisfied” with program via Patient Satisfaction Survey results.
- All participants improved in at least one health indicator:
  - Fruit and vegetable intake
  - Physical activity
  - Body Mass Index(BMI)
  - Health-related quality of life

# Fruit and Vegetable Intake

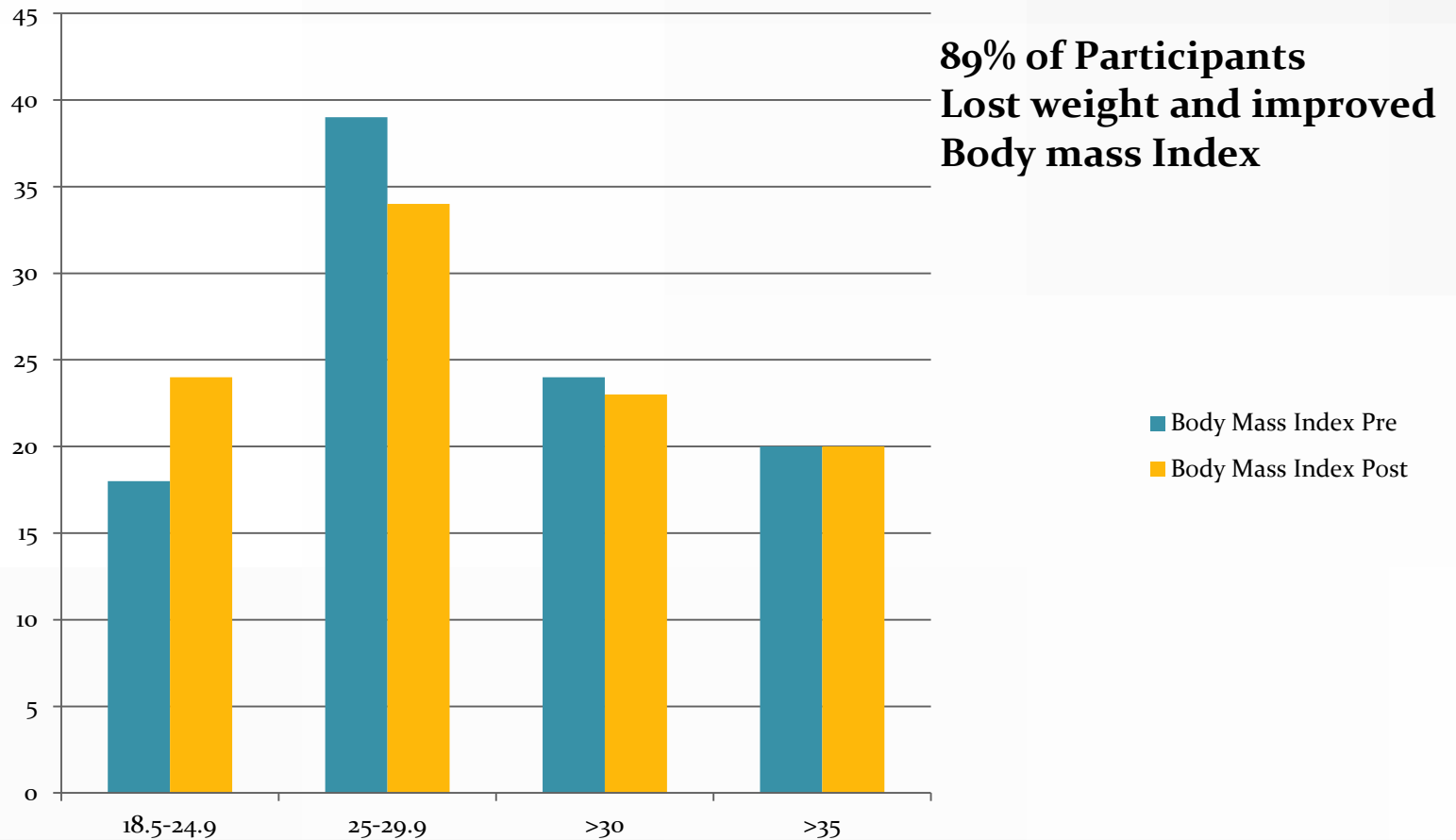


# Physical Activity

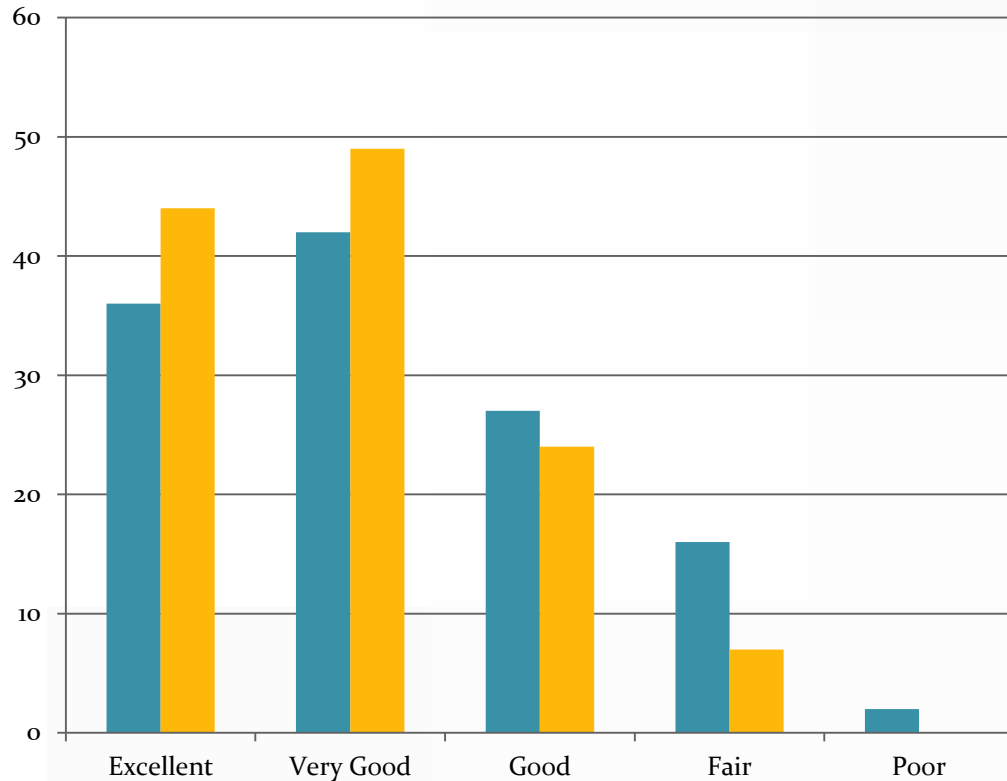
**37% of participants  
increased physical activity  
and 71.4% are now  
exercising at least  
150 minutes/week**



# Body Mass Index



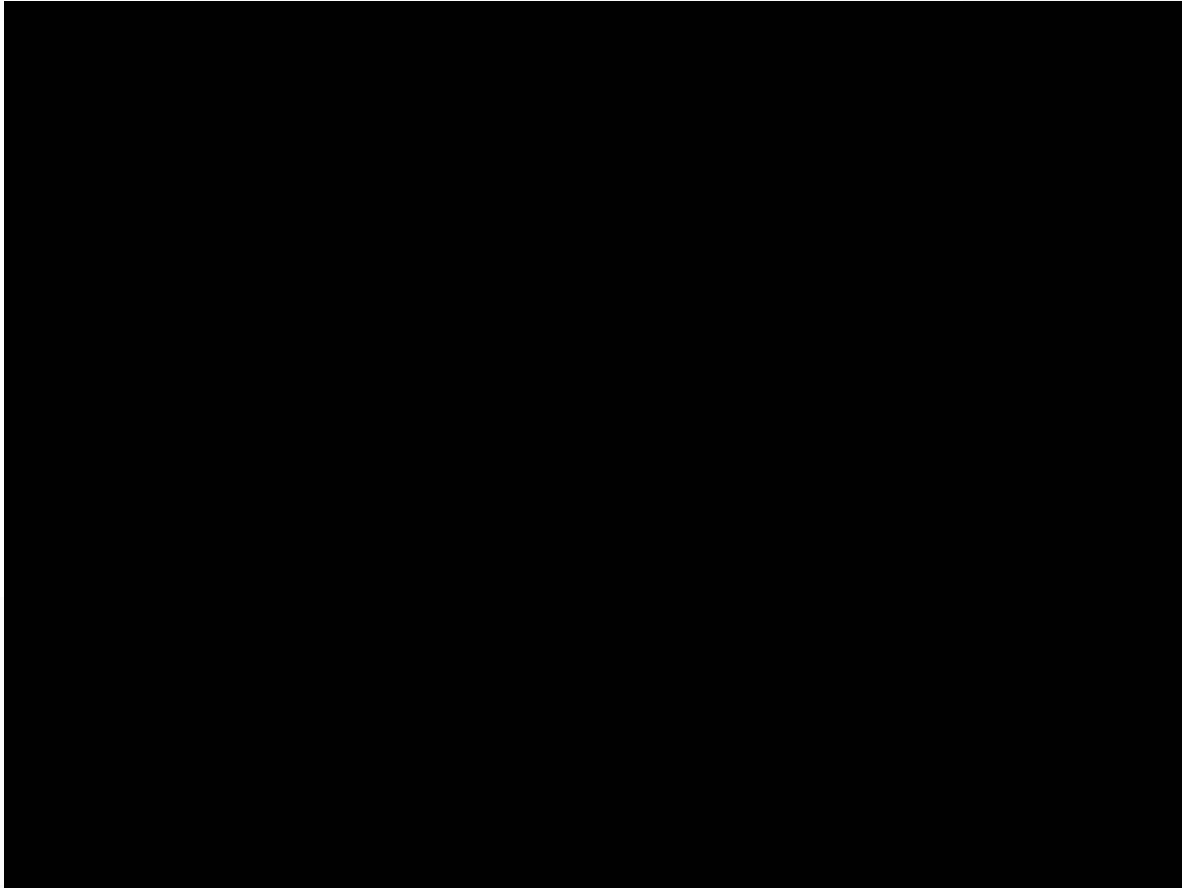
# COOP Quality of Life Assessment



**89.9% of participants  
Reported improved health  
related quality of  
life as a result of participating  
in the program**

■ COOP Quality of Life Pre  
■ COOP Quality of Life Post

# Testimonials



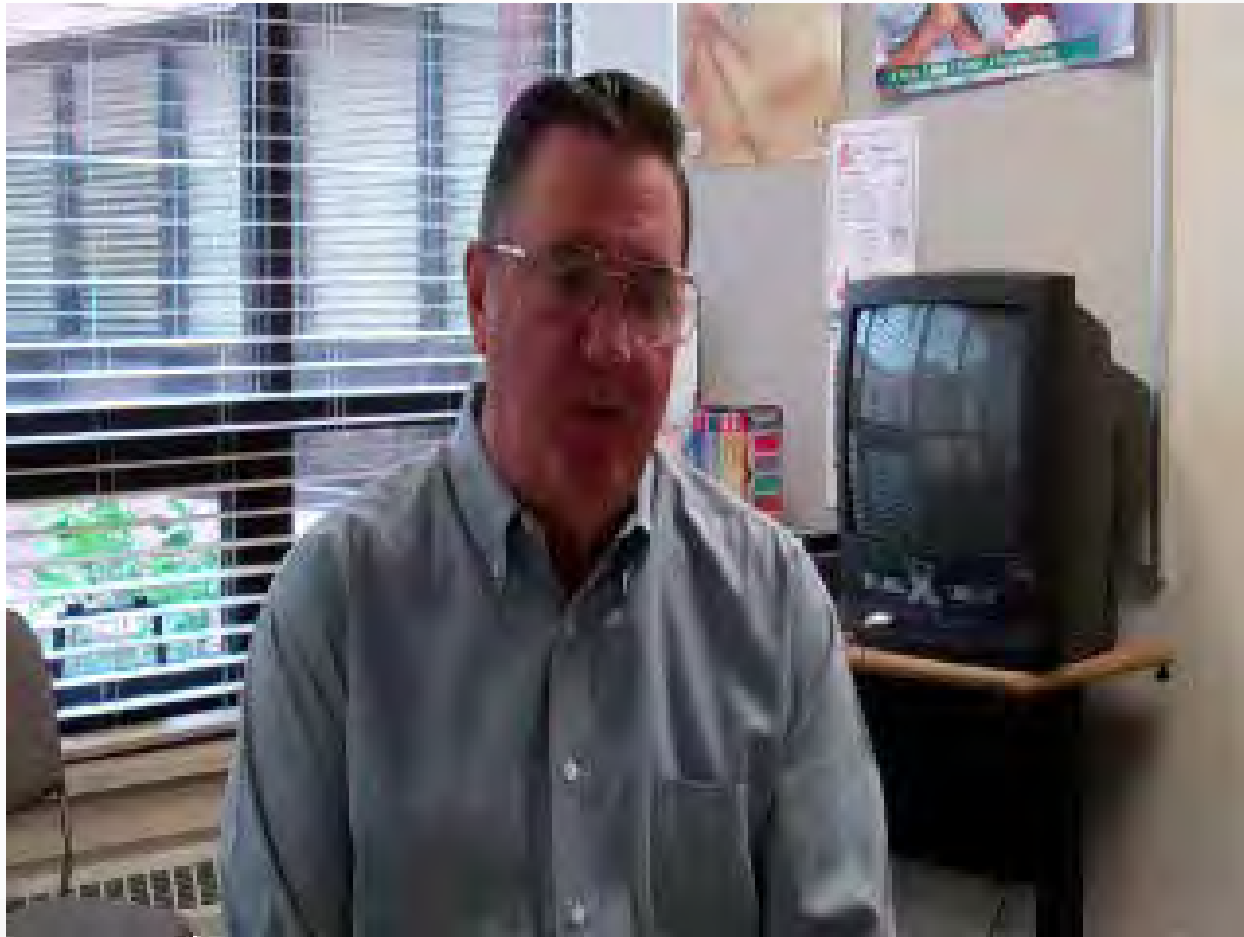
# Testimonials



# Testimonials



# Testimonials



# Why Did It Work?

- Partnerships
- Renaming “ Lifestyle Balance”
- Rotating throughout the County
- Coaching- Personal Relationships
- Word of Mouth
- CHAMPIONS

# Participants



# Participants



# Participants



# Participants



# Participants



# Participants



# Participants

