

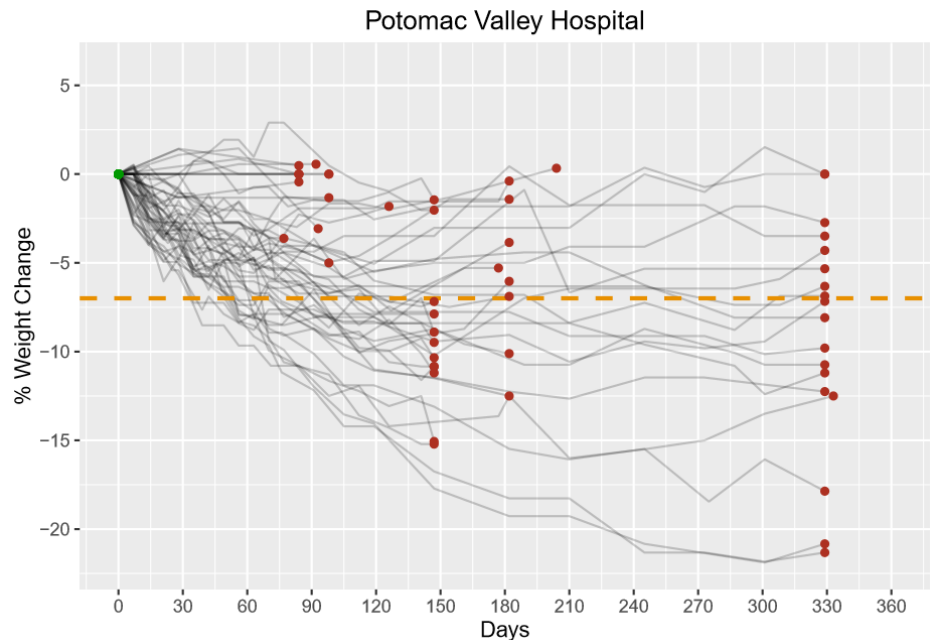


Potomac Valley Hospital – Tackling Diabetes

9.12.2016

Tricia Barbarito, RN, Cardiology Department Manager and Group Lifestyle Balance Master Trainer/Coach, and Brenna Earnest, RN, Group Lifestyle Balance Master Trainer/Coach and Certified Diabetes Educator (pictured from left) lead diabetes prevention efforts at WVU Medicine Potomac Valley Hospital (WVU-PVH).

Diabetes prevention programming at WVU-PVH is working. **Over the past year, 52 program participants have each lost, on average, 13.7 pounds.** This weight loss represents an important lifestyle change and an important step in preventing diabetes. As depicted in the chart (right), a substantial number of program participants were able to achieve 7% weight loss (indicated by the dotted yellow line) and retain that progress over time. **Strong recruitment, retention, and successful outcomes.**



What works:

- **Flexibility:** Program participants can take advantage of day or evening classes, and try the program when they feel ready.
- **Long-term, dedicated coaches:** Program coaches are invested in participant progress and overall program success.
- **Physician referral and follow-up:** Primary care providers are given regular progress updates on their patients' progress in meeting program goals, and status updates on patients not yet ready to take part.
- **Word-of-mouth:** Word-of-mouth has been a primary way in which community members learn about and become interested in diabetes prevention programming.
- **Opportunistic screenings:** Patients visiting WVU-PVH for procedures such as stress testing are assessed as appropriate and given information on diabetes prevention.
- **Support groups for those who have completed the program:** After completing the program, participants still receive follow-up and encouragement vital to diabetes prevention.
- **Partnering with community resources:** Resources are leveraged from partners such as the Mineral County Family Resource Network, the WV Bureau for Public Health, and the WVU Office of Health Services Research.

For more information, visit <http://wvumedicine.org/potomac-valley-hospital/scope-of-services/diabetes/> or call 304-597-3565