



Bon Secours Virginia

Diabetes Prevention Program

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Who is Bon Secours?



Bon Secours Health System, Inc. (BSHSI) is a not-for-profit, faith-based health care organization that operates 21 acute care, 5 long term care, 4 assisted living facilities, 6 retirement communities/senior housing, and 14 home care and hospice services on the east coast of the United States. BSHSI employs more than 23,000 employees nationally. Bon Secours Virginia is the largest market and employs approximately 15,000.

Mission

The mission of Bon Secours is to bring compassion to health care and to be *good help* to those in need, especially the underserved, poor and dying.

Employee Wellness Recognition



*Recognizing Innovation in
Healthcare Quality and Efficiency*



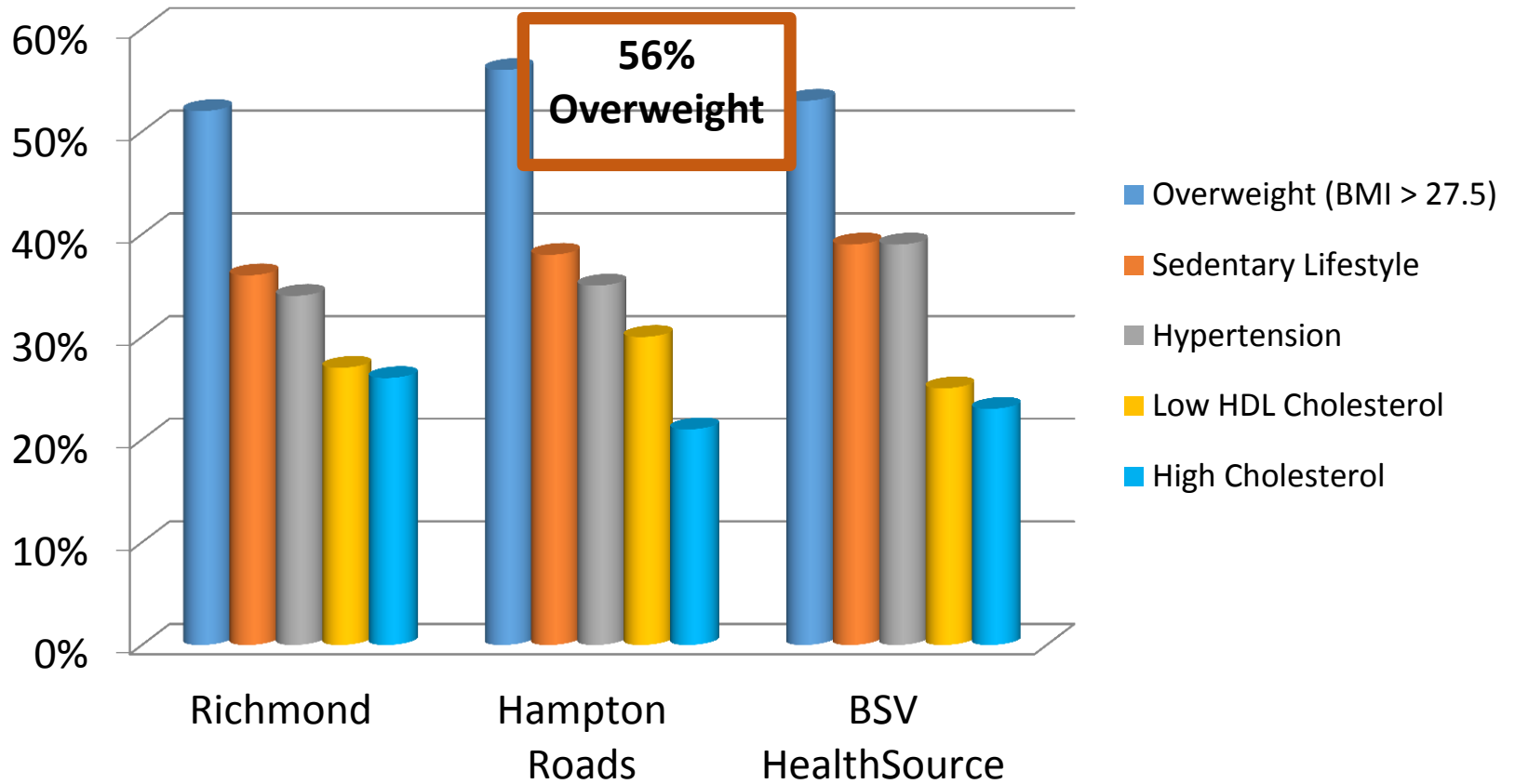
This workplace has been recognized by the American Heart Association for meeting criteria for employee wellness.



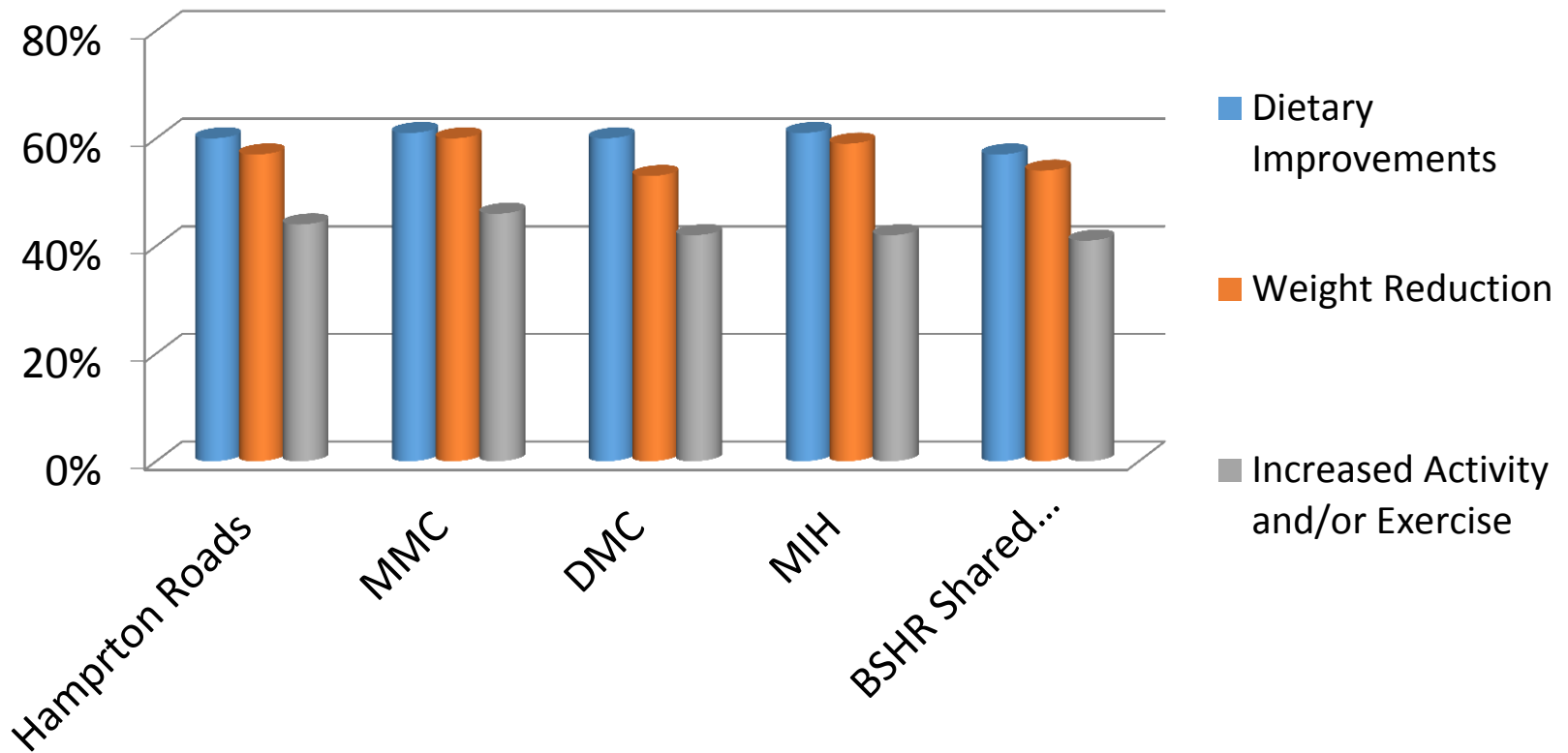
Awareness, Education, Intervention

- Diabetes Prevention Webinar
 - 88 live participants, 45 archived views
- Understanding the Glycemic Index
 - 24 live participants, 145 archived views
- Coordination with ADA for Diabetes Alert Day
- Weekly tips during Diabetes Awareness Month
- Promotion of hospital Diabetes Classes on monthly calendar and wellness portal

Top 5 Controllable Risk Factors Reported in our Population (Virginia)



Readiness for Change (Hampton Roads)



Most Recent Cohort

- # of Graduated Participants: 19
- Average wt. Loss: 8.5 lbs.
- Total wt. loss: 161 lbs.
- 19 Participants awarded the Well-Coached badge.
- 16 Core Sessions
 - February 4, 2016- May 19, 2016
- 6-8 Post Core Sessions
 - Begin June 16, 2016

“I learned so much in the Diabetes Prevention Program. The information about calories and fats was especially helpful. When I tracked my meals and determined how many fat grams I ate it helped me become mindful of my nutrition. Realizing the need for exercise pushed me to actually do it . Abigail was a great teacher and all the helpful tips on how to eat healthier have already prompted me to make healthier choices and stay on track. Thanks so much for a great program!”

Most Recent Cohort Specific Results



<u>DPP MMC</u> <u>5:00pm-6:00pm</u>	Beginning Weight	Weight – end of 16 wks.	Weight Lost	% Wt. Loss
Participant 1	196	192	-4	2.04%
Participant 2	225	226	+1	+
Participant 3	170	165	-5	2.94%
Participant 4	192	188	-4	2.08%
Participant 5	233	226	-7	3.00%
Participant 6	200	196	-4	2.00%
Participant 7	169	165	-4	2.37%
Participant 8	191	183	-8	4.19%
Participant 9	216	184	-32	14.81%
Participant 10	178	173	-5	2.81%
Participant 11	182	176	-6	3.30%
Participant 12	130	133	+3	+

Specific Results Cont.

<u>DPP MMC</u> <u>12:00pm-1:00pm</u> Participant	Beginning Weight	Weight – end of 16 Wks.	Weight Lost	% Wt. Loss
Participant 13	204	199	-5	2.45%
Participant 14	170	164	-6	3.53%
Participant 15	246	215	-31	12.60%
Participant 16	160	146	-14	8.75%
Participant 17	196	192	-4	2.04%
Participant 18	198	185	-13	6.57%
Participant 19	232	217	-15	6.47%

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- “The program has been very informative and helpful. I enjoy being in the group setting, listening to other members suggestions on incorporating the tools we are given. Abigail has been a wonderful leader and we love hearing her funny antidotes. My most helpful tool for exercise has been to have my workout clothes ready to go right after work or in the morning before work. The suggestions for altering recipes to make them healthier have also been very useful.”

The Future

- Continue to facilitate in person Diabetes Prevention Program courses
- U.S. Preventative Medicine to offer e-coaching and telephonic coaching using Diabetes Prevention Program curriculum
- Continue to partner with the American Diabetes Association for events
 - National Healthy Eating Day
 - National Get Fit Don't Sit Day
 - Step Out for Diabetes