



Diabetes Partners in Action Coalition Prevention Workgroup

Survey to Assess Education for People with Prediabetes in Michigan

The Prevention Workgroup within the Michigan Diabetes Partners in Action Coalition (DPAC) promotes the statewide prevention of diabetes and diabetes complications and is composed of members from multiple organizations across the state. One objective in the Prevention Workgroup plan was to assess education opportunities available to people identified with prediabetes across the state. Below is a brief description of the survey and final results.

The Survey

The intent of the prediabetes education survey was to assess education opportunities available to people with prediabetes, how the education was delivered, how often and at what cost.

The Co-chairs and the Staff Leader of the Prevention Workgroup drafted a short survey with 10 questions, which was then reviewed by Workgroup members. This draft survey was sent to the Data, Research and Evaluation Workgroup (DaRE) for review and comment. Changes were made to the survey based on DaRE feedback. Prevention Workgroup member Linda Nordeen researched and compiled a list of potential recipients and addresses.

The final survey retained all 10 questions with minor revisions, and was entered into the internet-based survey system SurveyMonkey. The list of recipients was updated and the Intern working with the Diabetes Unit, Derek Mikulski, researched email addresses and listservs for recipient groups (eg. free clinics, etc.). Individuals with access to specific listservs were contacted and asked to send the survey link to the listserv. Custom emails were written to recipients and recipient groups, including the link to the survey. The survey was opened on February 18, 2009 and closed on March 19, 2009.

The list of recipients and recipient groups included agencies and organizations in Michigan who potentially serve people with diabetes including, but not limited to:

- DPAC Partners
- Diabetes Self Management Education program coordinators
- Local Health Departments
- Directors of Nursing Homes/Continuing Care Facilities
- Directors of DHS Family Resource Centers
- Directors of Free Clinics
- Indian Health Services
- Migrant Program County Directors
- Michigan Pharmacies
- Child and Adolescent Health Centers
- YMCAs
- Office of Service to Aging
- MSU Extension Services.

Survey Results:

The survey was open and accessible for four weeks. We learned that the survey link was included in two newsletters, one targeting free clinic staff and the other to Michigan Organization of Diabetes Educators (MODE). Included in this report are results for the first nine questions of the survey. Question #10 asked for contact information from the recipient and is not shared in this report.

A total of 190 respondents provided the following responses:

Question #1: Does your agency/organization provide education to people with prediabetes?

Of the total 190 respondents, 48% (n=91) stated they offer education, and 52% (n=99) did not offer education to people with prediabetes.

Question #2: The 91 respondents who responded “Yes” in Question #1 were asked the following question: **If yes, which best describes the prediabetes education setting (check all that apply):**

Of the 91 respondents, 26% (n=24) offered the prediabetes education in only an individual setting; 23% (n=21) offered the education in only a class or small group setting; 19% (n=17) offered both individual and class or small group settings; 11% (n=9) combined the education with either diabetes group class or responded to offering some other type of education setting; 9% (n=10) offered an individual setting either combining the education with diabetes group class or offering some other type of education setting; 6% (n=5) offered education in a class or small group or some other type of education setting; and 6% (n=5) offered the education through class or small group, and individual, and combined with diabetes group class settings. Respondents offering “other” education

settings specified offering education through clinical visits, seminars, diabetes camps, and written materials such as posters and brochures.

Question #3: The 91 respondents who responded “Yes” in Question #1 were asked the following question: **If yes, how many times per month do you offer prediabetes education?**

Of the 90 respondents, 38% (n=34) offered the education less than once a month; 23% (n=21) offered the education 4 or more times per month; 22% (n=19) offered the education once per month; and 18% (n=16) offered the education 2-3 times per month.

Question #4: The 91 respondents who responded “Yes” in Question #1 were asked the following question: **If yes, what is the cost of the prediabetes education?**

Of the 90 respondents, 48% (n=43) said no cost is involved; 33% (n=30) charged \$26 or more; 14% (n=13) charged \$11-\$25; and 4% (n=4) charged \$0-\$10.

Question #5: The 91 respondents who responded “Yes” in Question #1 were asked the following question: **Does your agency/organization deliver additional activities/interventions for people who have prediabetes?**

Of the 90 respondents, 67% (n=60) said “Yes,”; and 33% (n=30) said “No.”

Question #6: The 60 respondents who answered “Yes” to Question #5 were asked the following question: **If yes, which best describes the activity/intervention (check all that apply):**

Of the 60 respondents, 36% (n=22) combined nutrition instruction/classes with some “other” specified intervention; 26% (n=16) offered only nutrition instruction/classes; 10% (n=6) offered all of the following: nutrition instruction/classes, physical activity instruction/classes, weight loss programs, and sleep or stress coaching; 9% (n=5) offered physical activity instruction/classes and nutrition instruction/classes with either a weight loss program or “other” intervention; 9% (n=5) offered both nutrition instruction/classes and physical activity instruction/classes; 7% (n=4) combined physical activity instruction/classes, nutrition instruction/classes, and weight loss programs with either sleep and stress coaching or “other” interventions; and 3% (n=2) offered all of the specified interventions and “other” interventions. “Other” interventions specified by respondents included support groups, additional screenings, diabetes self management courses, and prescription assistance.

Question #7 (Open to all respondents): **Do other agencies/organizations in your community deliver additional activities/interventions for people who have prediabetes?**

Of the 184 respondents, 43% (n=79) responded “I don’t know”; 40% (n=74) responded “Yes”; and 17% (n=31) responded “No.”

Question #8: The 74 respondents who answered “Yes” to Question #7 were asked the following question: **If yes, which best describes the activity/intervention (check all that apply):**

Of the 74 respondents, 26% (n=19) offered all of the following interventions: nutrition instruction/classes, physical activity instruction/classes, weight loss programs, sleep/stress classes, and wellness coaching; 19% (n=14) offered nutrition instruction/classes with either weight loss programs or physical activity instruction/classes; 18% (n=13) offered either nutrition instruction/classes only or combined them with physical activity instruction/classes; 12% (n=9) offered nutrition classes in with either: (weight loss programs and some other intervention) or with (physical activity instruction/classes and sleep/stress classes); 8% (n=6) offered only sleep/stress classes; 7% (n=5) offered only some other intervention; 5% (n=4) offered either only physical activity instruction/classes or offered physical activity instruction/classes and some other intervention; and 5% (n=4) offered either only weight loss programs or weight loss programs and some other intervention.

Question #9 (Open to all respondents): **What best describes your agency/organization?**

Of the 164 respondents, 48% (n=79) described their agency/organization as “Other” ;(respondents specified Michigan State University Extension, Area Agencies on Aging, Senior centers, Meals on Wheels, and mental health clinics); 25% (n=41) responded “diabetes self management training programs”; 15% (n=24) responded “free clinics”; 4% (n=6) responded “hospital outreach programs”; 3% (n=5) responded “local health departments”; and 2% (n=3) responded “pharmacy”. Each of the following descriptors accounted for less than one percent of the total respondents (n=1 participant); Healthcare clinic, Diabetes Outreach Network, Exercise Facility, Migrant Health Center, Child and Adolescent Health Center, and Tribal Health Center.

Conclusion: The survey appeared to adequately reach agencies thought to be currently serving people with prediabetes, such as Diabetes Self Management Education programs (DSME) and free clinics. A total of 41 out of the 89 Michigan Department of Community Health certified DSME programs responded to the survey.

Of the total 190 respondents, less than half provide education specifically for people with prediabetes. Approximately 67% of respondents currently offering education to people with prediabetes also offer additional support and education services to reduce risk of diabetes, such as nutritional counseling and physical activity opportunities. There were no parameters in the survey to assess time of the education offerings.

Additional information in the survey, which is not reported, will provide the DPAC Prevention Workgroup with information on locations across the state currently providing education, as well as potential geographical gaps. The survey serves as an assessment as the Prevention Workgroup ventures forth on the Michigan Diabetes Action Plan goal and objectives.