University of Iowa Human Resources

Comparing the National DPP and Digital Lifestyle Management Program at the University of Iowa

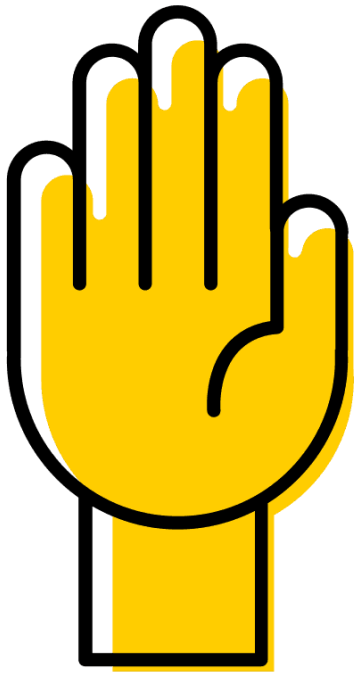
Lowering Employee Risk for Chronic Health Conditions

Erica Blaha, NBC-HWC

Audience Poll

Do you know someone diagnosed with...

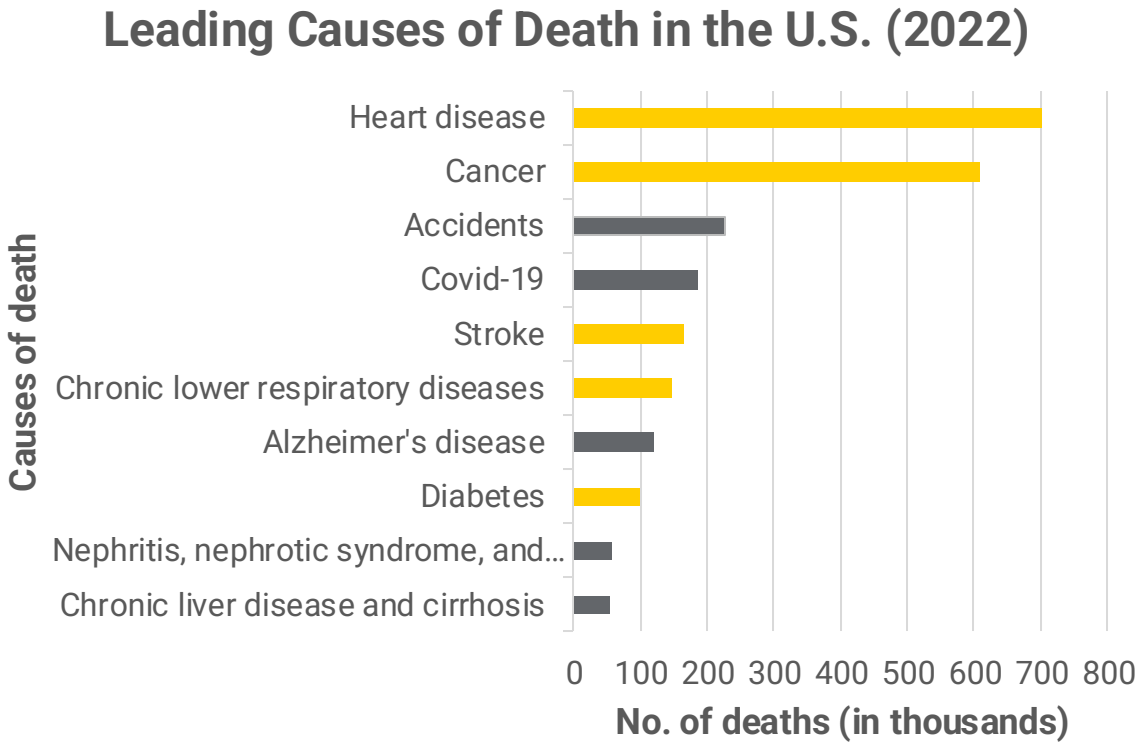
- Diabetes?
- Heart disease?
- High blood pressure?
- High cholesterol?



Prevalence of Chronic Disease

- Chronic disease affects **6 in 10 U.S. adults**
  - 4 in 10 have two or more chronic diseases

- Five of the top 10 **leading causes of death** in the U.S. are linked to preventable and treatable chronic diseases.



http://dx.doi.org/10.5888/pcd21.230267; https://www.cdc.gov/nchs/fastats/leading-causes-of-death.htm

Prevalence of Diabetes and Prediabetes

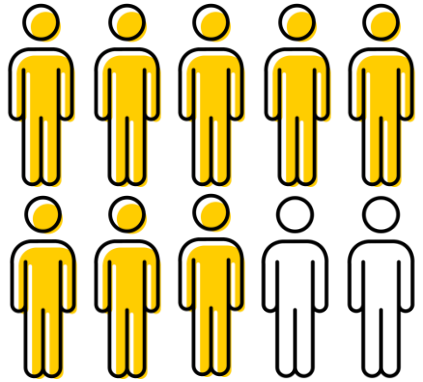
Diabetes

- Over 37 million U.S. adults have diabetes.
  - Increased risk for heart disease, stroke, kidney failure, and other complications.

Prediabetes

98
Million

More than 1 in 3
American adults have prediabetes

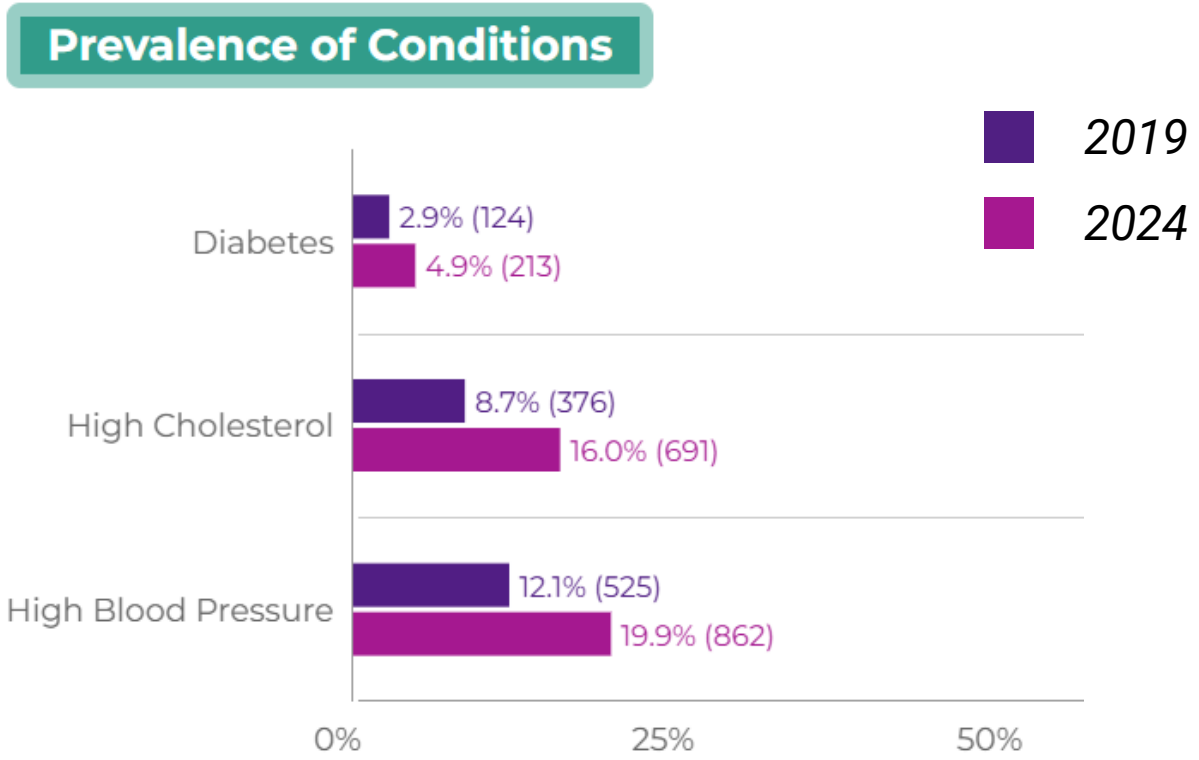


Over 80%
of people with prediabetes are unaware of their condition

http://dx.doi.org/10.5888/pcd21.230267; https://www.cdc.gov/diabetes.html

University of Iowa Data

- Personal Health Assessment
- External review identified chronic condition prevention programs as a priority.



Diabetes Prevention Program (DPP)

- **CDC-recognized lifestyle change program**
- **One-year program** led by a trained lifestyle coach
- **Focus Areas:**
  - Healthy eating, physical activity, stress management, peer support
- **Synchronous engagement** (in-person or via Zoom)
- **Goals**
  - Lose 5-7% of body weight
  - Lower A1C by 0.2%
  - OR lose 4% body weight + average 150 min/week of activity

NATIONAL DIABETES PREVENTION PROGRAM

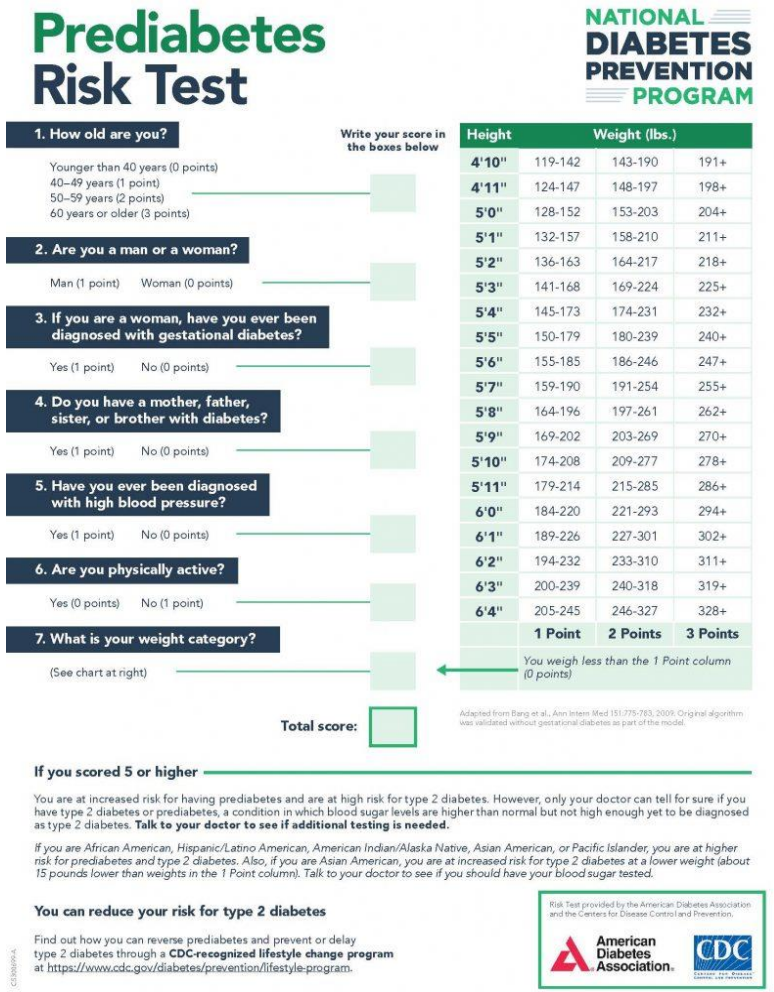
- **Lifestyle changes can cut risk by 58%** (71% for those 60+).

Eligibility

- Have a body mass index (BMI) ≥ 25
  - (≥23, if Asian American)
- Have not been previously diagnosed with diabetes
- Not currently pregnant

In addition, participants must meet one of the following:

- Have had a recent blood test in the pre-diabetes range:
  - Hemoglobin A1C
  - Fasting plasma glucose
  - Two-hour plasma glucose
- Positive result on the Prediabetes Risk Test
- Previous diagnosis of gestational diabetes



Prediabetes Risk Test

NATIONAL DIABETES PREVENTION PROGRAM

1. How old are you? — Write your score in the boxes below
   - Younger than 40 years (0 points)
   - 40–49 years (1 point)
   - 50–59 years (2 points)
   - 60 years or older (3 points)
2. Are you a man or a woman?
   - Man (1 point)
   - Woman (0 points)
3. If you are a woman, have you ever been diagnosed with gestational diabetes?
   - Yes (1 point)
   - No (0 points)
4. Do you have a mother, father, sister, or brother with diabetes?
   - Yes (1 point)
   - No (0 points)
5. Have you ever been diagnosed with high blood pressure?
   - Yes (1 point)
   - No (0 points)
6. Are you physically active?
   - Yes (0 points)
   - No (1 point)
7. What is your weight category?
   - (See chart at right)

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points
	You weigh less than the 1 Point column (0 points)		

Total score:

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.

You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent or delay type 2 diabetes through a **CDC-recognized lifestyle change program** at https://www.cdc.gov/diabetes/prevention/lifestyle-program.

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.

American Diabetes Association. CDC

Wondr Health

- **Digital health platform** for sustainable weight loss
- **Focus Areas:**
  - Healthy eating, physical activity, stress management
- **User-friendly mobile app** providing educational content and progress tracking tools
- **Asynchronous, self-paced program** accessible anytime, anywhere

Eligibility

Body Mass Index

- BMI>25 +1 risk factor
- OR BMI>30

Enrolled in University of Iowa health plan

Side-by-Side Program Comparison

Diabetes Prevention Program

- ✅ Tailored conversations with face-to-face interactions
- ✅ Year-long group support for participants
- ✅ Lower cost since offered in-house
- ✅ CDC support and content available
- ❌ Requires consistent, long-term engagement
- ❌ Resource-intensive with staffing
- ❌ Not accessible to all

Wondr Health

- ✅ Highly accessible, participants can engage on their own time
- ✅ Reliable and user-friendly platform
- ✅ Hands-off program after enrollment period
- ❌ Higher upfront investment costs
- ❌ Minimal participant interaction

Outcomes

	Diabetes Prevention Program	Wondr Health
Enrolled (Jan. 2020-Dec. 2024)	Enrolled: 153	Enrolled: 1,428
Graduation Rate	*137 of 153 (90%)	*865 of 1,428 (61%)
Average % BW Loss (Program Graduates)	4.1%	5.5%
Achieved 3% BW Loss (Program Graduates)	53%	62%

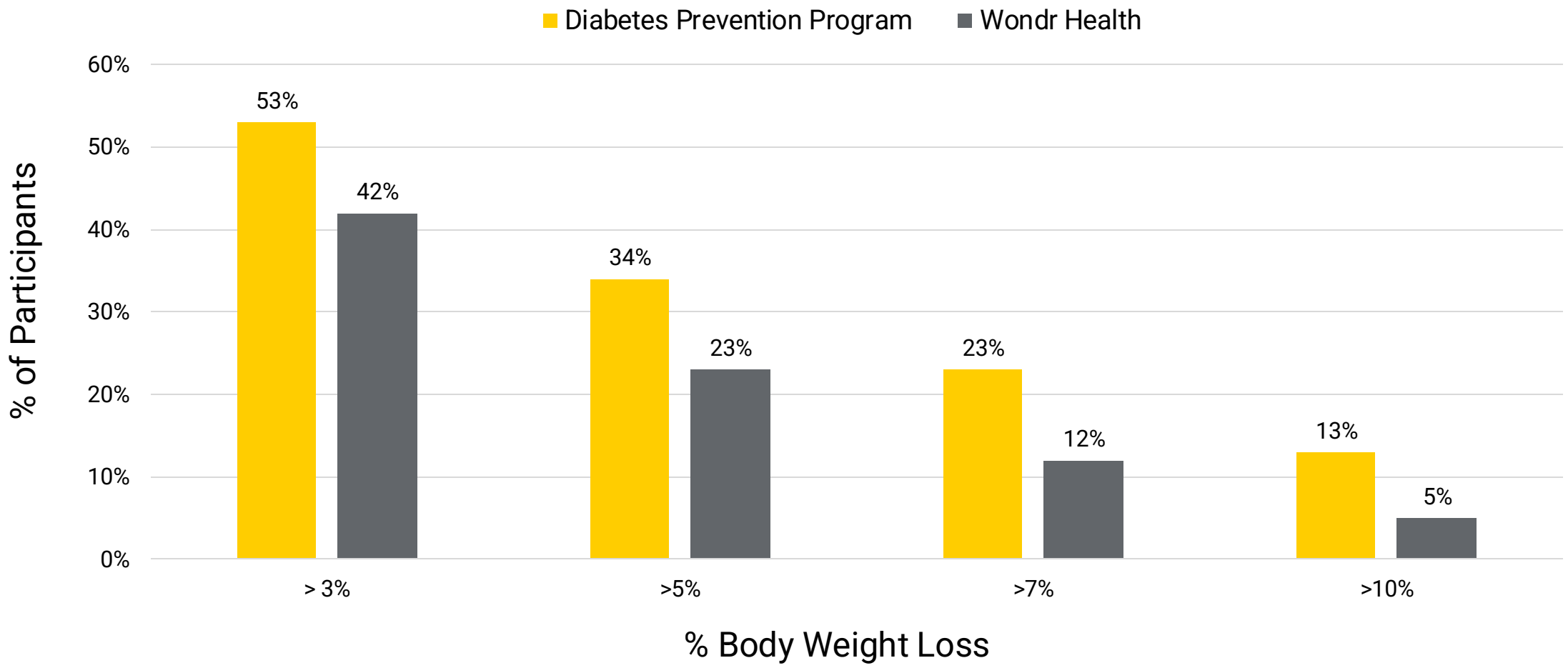
*Wondr Health graduates completed 8 of 12 sessions. Diabetes Prevention Program graduates completed 16 of 24 sessions.

Why 3%?

Medical experts advise that losing at least 3% body weight can lead to **medically significant health improvements** and the greater the weight loss, the more significant the health outcomes.

https://doi.org/10.2337/dc15-1081

Weight Loss


Diabetes Prevention Program
Wondr Health
60%
50%
40%
30%
20%
10%
0%
% of Participants
53%
42%
34%
23%
23%
12%
13%
5%
> 3%
>5%
>7%
>10%
% Body Weight Loss

Testimonials

Kim G.

Lost 23 pounds

“The weekly meetings help keep you accountable to maintain your new lifestyle and your new habits. I enjoy the input from others in my class, as well.”

Dom H.

Lost 5.5% body weight

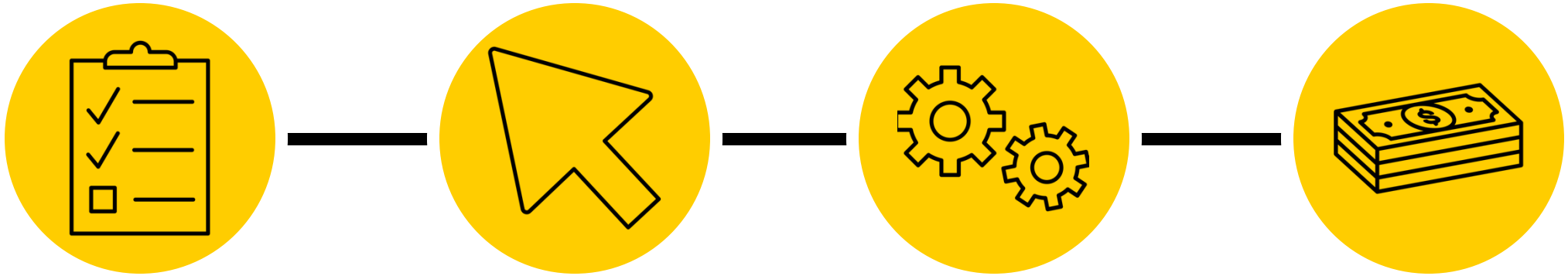
“The DPP has been an excellent experience! There was so much learning, whether it was new, supporting previous beliefs, or debunking myths.”

Tom M.

Averaged 450 minutes of activity

“Not only was my weight down, but I also had decreased my blood pressure, my cholesterol levels, and my PSA. Not only am I feeling healthier, but I think it’s also making me happier.”

Key Takeaways



Recruitment Strategies

Enhancing Accessibility

Keeping Participants Engaged

Budget and Scalability

Recruitment Strategies

livewell

DIABETES PREVENTION PROGRAM

DPP

- **Referral Sources:** Potential community collaborations
  - Health coach referrals
  - UI Family Medicine providers
- **Outreach Methods:** Utilize multiple outreach methods to reach all eligible participants (email, flyers, supervisors)
- **Timing of Program:** launch programs after highly visible event (e.g., a health fair)
- **Increase Male Participation:** Offer all male groups or allow spouses to join

Weight Management
Eating Healthy
Managing Stress
Movement
Group Support

NATIONAL DIABETES PREVENTION PROGRAM

CDC

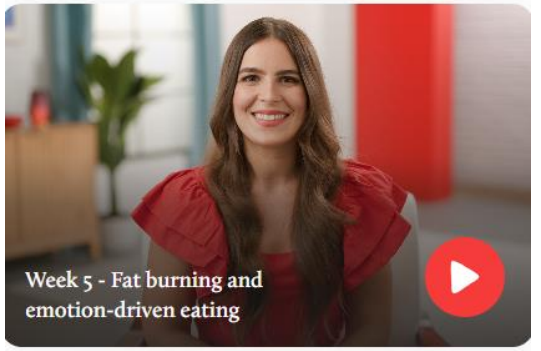
Enhancing Accessibility

DPP

- **Multiple Times and Modalities:** Offer in-person and virtual sessions at different times of day, if possible.

Wondr Health

- **User-Friendly Digital Tools:** Apps are accessible anytime, anywhere, and can help reach healthcare employees or other hard-to-reach groups.
- **Customer Service:** Available to assist with technical issues, and program navigation.



Keeping Participants Engaged

DPP

- **Financial Commitment**: Participant agreement with attendance requirements
- **Guest Speakers:** Increase engagement and impact
- **Support Beyond Sessions:** Opportunities to increase motivation and education

Wondr Health

- **Weekly Reminders**: Engage with platform and utilize additional tools and resources

Budget and Scalability

DPP

- **Student Involvement:** Partner with degree students interested in experience (e.g. Health and Human Physiology), low-cost training
- **Referral Programs:** Cost-containment strategy
  - Control participation for in-house programs
  - Refer out to community programs
- **Funding Support:** Explore national or state resources available
  - Free resources through CDC

Budget and Scalability

Wondr Health

- **Flexible Payment Structures**: Shop for different pricing models, such as only paying for program completers.
- **Partner Involvement:** Assist with marketing, enrollment periods, customer service, and program evaluation

What is your institution currently doing to support chronic disease prevention?

University of Iowa Human Resources

Thank you

→ **hr.uiowa.edu/employee-well-being**

Erica Blaha, NBC-HWC

Behavioral Health Consultant, live*WELL*

erica-blaha@uiowa.edu

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