

Program Participation and Feedback on Medical University of South Carolina's SHINE Diabetes Prevention Program

Authors: Hayley Strong, Sarah B. Hales, PhD, MSW, LMSW, CSOWM

Affiliation: Medical University of South Carolina

Introduction: The MUSC SHINE program is a Diabetes Prevention Program utilizing the Center for Disease Control and Prevention's Prevent T2 Curriculum. The target patient population is adults with a body mass index >25 kg/m² and high risk of developing type 2 diabetes mellitus (fasting glucose of 100-125 mg/dL, two-hour plasma glucose of 140-199 mg/dL, or hemoglobin A1c of 5.7-6.4%). The class is delivered in-person weekly, with online resources provided for reviewing information.

Objective/Purpose: To analyze client participation and feedback with the SHINE program.

Design: Observational qualitative study

Methods and Instruments: By phone, 39 participants answered questions focusing on reasons for joining, attendance, interesting topics, utilization of online resources, and opportunities for feedback. Eleven interviews were obtained. Each call was recorded (with consent) and transcribed. Active status in the program was defined as attending at least one class within the last 3 months.

Results: Seven participants were active, four were inactive. Program initiation reasons included physician referral (5/11) and T2DM prevention (5/11), followed by health and exercise education (2/11), weight loss (2/11), and diet education (2/11). Participant education included portion sizes (2/11), reducing sugar/calorie intake (1/11), weight loss tips (4/11), comradery/accountability (3/11), and grocery store tours (1/11). Utilization of online resources varied from no usage (4/11) or only if missed class (4/11), to routinely reviewing references (3/11). Improvement suggestions included guest speakers, prevent class redundancy, and more meal planning tips or cookbooks.

Conclusion: Participant feedback was promising and included continuance of post-class email and increasing communication with instructors.

Conflict of Interest: None

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