Technology and Human Connection to Prevent Diabetes in Rural United States

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ABSTRACT

This quality improvement pilot project implemented a Diabetes Prevention Program using physical activity trackers (PATs) and human connection to increase physical activity (PA) and reduce the risk of diabetes among adults with prediabetes from a rural primary care clinic. The outcomes included PA steps, PA minutes, the achievement of self-established PA goals, HA1C level, weight, and BMI. During the three months of the project, PA steps significantly increased, and most participants reached self-established PA goals. Overall, the program outcomes were positive. Participants and healthcare team members reported additional benefits and drawbacks to the project, confirming the study’s feasibility. https://doi.org/10.1016/j.nurpra.2021.06.001