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What works in diabetes prevention programs: A qualitative evaluation of consumers' responses

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Aims & Rationale

Quantitative results have been published but no qualitative follow up of participants

The aims of this study were to:

- Explore the recalled experiences of participants;
- Provide additional information to assist in planning for future diabetes prevention programs; and
- Provide additional data to the quantitative data already collected and published.

Methods

Focus groups were facilitated by QW

Questions in focus groups explored participants’:

- Experiences in the GGT DPP
- Behaviour changes in the short and long term
- Views on the quality of the sessions
- Improvement to future programs.

Focus groups data were:

- Digitally recorded and manually scribed
- Transcribed and analysed thematically using the questions as a guide

Findings

A total of 29 out of the 50 who agreed to participate attended the focus groups across the three sites of the GGT DPP.

Themes:

- Gender issues
- Structural aspects of the program
- Personal commitment to undertaking the program
- The role of life changes
- The value of learning new behaviours
- Sustaining new behaviours
Participants suggestions for future programs

Recruit from the centres where the elderly live and/or meet
Give diabetes prevention advice at men’s nights so it is more widely received
Use a modified version in schools to capture people earlier
Include practical demonstrations such as cooking classes, exercise groups and walking groups
Some support for “refresher” courses and support groups

Criticisms of the program:
Find less onerous means to evaluate programs
Quicker feedback of results to participants

Benefits to the Community

These findings are beneficial in developing key elements of the program that will contribute to sustainable public health interventions in primary prevention of diabetes.