

Title: Adoption of Behavioral Modifications Among Fairfax Family Practice Patient at Risk for Type 2 Diabetes

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Abstract: Introduction: Greater than one in three adults in the US are estimated to have pre-diabetes. However, only 15.3% of those individuals are aware of their diagnosis (1). In 2017 it was estimated that diabetes related health cost \$327 billion (2). It is unclear how many Fairfax Family Practice (FFP) patients at risk for diabetes are making the necessary changes to prevent diabetes. We seek to assess the effectiveness of our counseling with regards to preventing diabetes. Design: FFP patients >20yo and <65yo with a BMI >25 and/or known pre-diabetes will be provided a survey via the patient portal. Patients with a diagnosis of diabetes (A1C >6.4, fasting glucose >126) will be excluded. Questions derived from two prior studies (5,6) will be utilized to assess our counseling, if any lifestyle modifications were attempted in the past year, their current exercise and diet habits and their perceptions of these. Results: Given our patient demographics we hypothesize that >50% of our patients will be aware of their increased risk of diabetes and >50% of our patients will have made an effort to lose weight in the past 12 months. We also suspect that a higher level of education and female gender will be positively associated with adoption of risk reduction behavioral changes, which would be consistent with prior data. Conclusions: We believe the data generated from this survey will help our practice improve our counseling for patient at risk for diabetes.