

# Group Lifestyle Balance

## Overview



- **Program Objective:** Help patients make lifestyle changes to prevent and/or treat diabetes.
- **Point of Contact:** OSD/HA, The Health Educator and registered dietitian at the base level are executing the program. The program is managed at Air Force Medical Support Agency level.
- **Total Force Fitness Domains:** Behavioral, Nutritional, Medical, Physical

## Program Description



The Group Lifestyle Balance program is based on the [Diabetes Prevention Program](#) (DPP), a national study funded by the National Institutes of Health, which demonstrated that small changes in lifestyle such as healthy eating and increased physical activity could lower the chances of developing type 2 diabetes in those at [high risk](#) for the disease. The evidence-based Group Lifestyle Balance™ program, adapted from the DPP, is designed to help patients make lifestyle changes to reduce the risk of diabetes.

## Implementation Progress



Implemented at:

- Mountain Home

A total of 68 individuals have participated in the program between May 2014 and February 2015.

## Performance Measures



Lose 5% of body weight through healthy eating. Achieve and maintain a physical activity level of at least 150 minutes each week of moderate intense activity similar to a brisk walk. Biometric data is also tracked. Other metrics include: blood pressure, triglyceride and cholesterol levels, and fasting blood glucose levels.

## Additional Information