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Every Little Step Counts
An Effective Model for Culturally Grounded
Pediatric Diabetes Prevention
Disclosure to Participants

• Notice of Requirements For Successful Completion
  – Please refer to learning goals and objectives
  – Learners must attend the full activity and complete the evaluation in order to claim continuing education credit/hours

• Conflict of Interest (COI) and Financial Relationship Disclosures:
  – Presenter: Elva Hooker, RDN, CDE – No COI/Financial Relationship to disclose

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• Off-Label Use:
  – Participants will be notified by speakers to any product used for a purpose other than for which it was approved by the Food and Drug Administration.

Learning Objectives

• Define the impact of type 2 diabetes in the U.S. pediatric population
• Recognize need for culturally grounded evidence based intervention for T2D in at risk pediatric population
• Describe strategies for a successful diabetes prevention program in minority pediatric population

Content source: Centers for Disease Control and Prevention
Latino Youth

- Conversion from prediabetes to T2D is accelerated during adolescence due to pubertal insulin resistance. ²
- Up to 50% of Latino children are projected to develop T2D in their lifetime¹

Complications

- Physical Health Consequences
  - Insulin resistance
  - High BP
  - High Cholesterol
  - Polycystic ovary syndrome
- Psychosocial Maladjustments
  - Lower quality of life
  - Increased premature mortality in adulthood
  - Depression ³
  - Anxiety ³
Every Little Step Counts...
The Evolution

Every Little Step Counts 2005

Pilot 2010-2012

2012-2017

Every Little Step Counts

2015-2019

SDOH

Conceptual Framework

#AADE
Results

Feasibility – Could we actually do it?

Acceptability – Would families ‘want’ it?

Efficacy – Would it work?

Changes in BMI Percentile

Baseline 12-weeks 6-months 12-months
**Changes in Percent Fat**

<table>
<thead>
<tr>
<th>Time</th>
<th>Control</th>
<th>Intervention</th>
<th>P-value</th>
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</thead>
<tbody>
<tr>
<td>Baseline</td>
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<td></td>
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</tr>
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<td>&lt;0.01</td>
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<tr>
<td>6-months</td>
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<td></td>
<td>&lt;0.001</td>
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<tr>
<td>12-months</td>
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</table>

**Glucose Tolerance Among Youth with IGT**

<table>
<thead>
<tr>
<th>Time</th>
<th>Baseline</th>
<th>3-months</th>
<th>6-months</th>
<th>12-months</th>
<th>P-values</th>
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<tr>
<td>2-hr Glucose (mg/dl)</td>
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<td>&lt;0.05</td>
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**Processes**

- Vested Community Partners
- Opportunities for funding
- Shared expertise
- Culture of trust and understanding
- Mobilization of community of resources
The Evolution

Every Little Step Counts (2005)

Pilot 2010-2012

2012-2017

2015-2019

2017-Today

Nutrition and PA
Outcomes-Parents

<table>
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<tr>
<th>Body Fat %</th>
<th>PRE</th>
<th>POST</th>
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<tbody>
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<tr>
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HbA1c (%)

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Outcomes-Children

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Creating a Scalable Model for Pediatric Diabetes Prevention

• Strategies
  - Community based outreach
  - Building capacity, workforce development
  - Collaboration, interinstitutional
  - Next generation approach

Creating a Scalable Model for Pediatric Diabetes Prevention

• Next steps
  - Dissemination & Replication
  - National Model for Pediatric Diabetes Prevention
  - Workforce
  - Sustainability
  - Policy

Acknowledgements
References


QUESTIONS?