

# PROJECT TITLE: Health-Plan and Employer-Based Wellness Programs to Reduce Diabetes Risk

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Three sub-studies are being conducted as part of the Learnings in Diabetes Prevention from an Integrated Delivery System project:

- Evaluation of a Telephone Wellness Coaching Program
- Postpartum Strategies for Gestational Diabetes: A NEXT-D Study
- HealthWorks - Evaluation of a Health Plan and Employer Partnership to Improve Wellness: A NEXT-D Study

## **PRINCIPAL INVESTIGATOR AND PROJECT TEAM:**

### **Kaiser Permanente Northern California:**

Julie Schmittiel, PhD (Principal Investigator); Richard Grant, MD, MPH (Co-Investigator); Assiamira Ferrara, MD, PhD (Co-Investigator); Romain Neugebauer, PhD (Co-Investigator); Alyce Adams, PhD (Co-Investigator); Susan Brown, PhD (Co-Investigator).

## **KEY PARTNERS/COLLABORATORS:**

Kaiser Permanente HealthWorks Program  
Kaiser Permanente Regional Health Education Department  
Kaiser Permanente Wellness Coaching Center  
Kaiser Permanente Northern California Regional Perinatal Service Center

## **DEMOGRAPHIC/GEOGRAPHIC AREA:**

Kaiser Permanente Northern California (KPNC) is a large, integrated health care delivery system caring for about 3.4 million persons, who are broadly representative of the local and statewide populations.

## **PROJECT HIGHLIGHTS:**

Goals: The major goals of the KPNC projects are to evaluate three existing KPNC wellness and prevention programs to better understand the roles that health care systems and employers can play in preventing chronic illness.

## Wellness Coaching Program

### Study Aims:

- 1) Determine level of Wellness Coaching patient satisfaction and self-reported goal achievement.
- 2) Examine relationship between participating in Wellness Coaching and improved outcomes.
- 3) Determine the most effective outreach methods for encouraging enrollment into the Wellness Coaching program.

**Study Design:** Phase 1 of the study will use a survey to assess patient-centered experiences with the program and self-reported behavior change, and phase 2 will consist of an interrupted time series with concurrent control groups to assess the effect of Wellness Coaching on health outcomes. If results from phases 1 and 2 show a positive outcome, phase 3 will use a randomized trial to compare the effectiveness of three outreach methods.

## Postpartum Strategies for Gestational Diabetes

**Study Aims:** Within those participating in the wellness coaching program, researchers will evaluate whether the incidence of diabetes decreases due to earlier detection and prevention efforts and treatment efforts launched after detection.

**Study Design:** This study will compare the cohort of women with gestational diabetes who gave birth from 2001 through 2006 with the cohort who gave birth during 2006 through 2010 for subsequent diabetes incidence.

## HealthWorks

**Study Aims:** To evaluate a this health coaching program planned by Kaiser Permanente and to compare outcomes among two major purchasers of Kaiser Permanente health care products.

**Study Design:** The HealthWorks sub-study will use observational research methods to evaluate a program planned by Kaiser Permanente operational leaders along with two major purchasers of Kaiser Permanente health care products, including examining the impact of a KPNC employer-based wellness program on rates of prediabetes and diabetes screening in high-risk populations.

## POTENTIAL IMPACT:

**Health insurance and health care providers** can use the results to determine and validate the most efficient approaches to identifying and supporting patients and providers in promoting lifestyle changes.

**Employers** can better understand the effect of employer-based prevention and wellness programs on population health.

**Policymakers** who deal with questions of benefit design may be better able understand the roles that health systems and employers can play in preventing chronic disease.

**Patients and the general public** may better understand how these programs work to help them make health-related lifestyle changes.

**FOR MORE INFORMATION:** Go to an [article about this study](#) in *Preventing Chronic Disease*.