

16th International Conference and Exhibition on**OBESITY & WEIGHT MANAGEMENT**
&**17TH WORLD FITNESS EXPO** November 13-15, 2017 | Atlanta, USA**Novel electronic monitoring methodology to enhance prevention of type II diabetes mellitus****Alissa M Underhill**

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Those living with Type II Diabetes Mellitus (T2DM) suffer from the disease in many ways including a reduction of quality of life, increased health-related costs and higher mortality risk. Progression toward T2DM can be slowed or prevented through lifestyle modification programs that include a reduction in caloric intake along with moderate physical activity. A small amount of weight loss can be beneficial in slowing the progression of T2DM. The purpose of this study is to evaluate the inclusion of technology into the popular lifestyle modification program: the Diabetes Prevention Program -Group Lifestyle Balance Program (DPP – GLB). The DPP – GLB Program has shown great success in reduction of progression toward T2DM, however, it was unknown how integrating technology would affect overall program outcomes. Program outcomes included the attainment of 150 minutes of physical activity and a weight loss trending toward 7%. Technology has become prominent over recent years and is believed to be used advantageously for disease prevention purposes. Therefore, our hypothesis was that integrating technology into the GLB Program would show improved primary outcomes and would be more effective (by proxy through our outcome measurements) than the standard GLB protocol at reducing the risk of T2DM. There are many benefits to utilizing technology these have potential implications for the future of healthcare and disease prevention/management. We conducted a study of at-risk for progression to T2DM in adults aged 40 and older. Statistical significance was not found between our control and technology groups, however, clinical significance was found. Statistical significance was found within groups. We believe monitoring physical activity with technology can reinforce positive lifestyle changes to encourage and increase activity due to instant feedback from the device. Participants can be successful with weight loss by going through the GLB Program, reinforcing the importance of lifestyle modification.

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