

Integrating a Prescription Produce Program Within a Diabetes Prevention Program

Status: RECRUITING

Eligibility Criteria

Age: 18 years and over

This study is NOT accepting healthy

Healthy Volunteers: volunteers

Inclusion Criteria:

* ≥age 18 * rationale: adolescents who are at-risk of T2DM may have unique needs that will not be addressed in this study * Most recent BMI $\geq$ 25kg/m² and not pregnant * rationale: elevated BMI is associated with higher risk of developing T2DM * Elevated glucose as evidenced by one of the following criteria: * Hemoglobin A1c 5.7-6.4% indicative of prediabetes within the last 36 months * Fasting blood glucose 100-125mg/dl or 2-hour glucose 140-199mg/dl within the last six months * Physician diagnosis of prediabetes (impaired fasting glucose, impaired glucose intolerance) * These criteria indicate the presence of prediabetes and places individuals at risk of T2DM * Speak, read, and understand English * rationale: current version of PPP intervention (cooking classes) is available in English * Have a working U.S.-based phone number * rationale: participants must have a working phone number because they will receive automated text messages as reminders to receive session reminders; participants must have a working phone number in case adverse event monitoring contacts are required * Able to attend study-related sessions at the Health Hub @ 25th over the year long study (i.e., weekly for 4 months, then monthly for 7 months) * rationale: participants must be able to attend study activities at the community site in order to engage in the intervention and study related sessions.

Exclusion Criteria:

* Individuals with HbA1c or glucose levels above the indicated glucose ranges will be advised to see their physician and excluded from participation unless they receive physician consent to participate. * Pregnant adults (>18 years old) will not be included in this current study because prediabetes (HbA1c levels between 5.7% -6.4% within the last 36 months) during pregnancy presents unique physiological challenges that the study intervention does not address. * Pregnancy status will be based on participants self-report. We will not provide any pregnancy tests prior to enrollment.

Conditions & Interventions

Interventions:

BEHAVIORAL: Diabetes Prevention Program (DPP), BEHAVIORAL: Produce Prescription Plan (PPP)

Conditions:

Type2diabetes

Keywords:

Health Coach, Food Insecurity, Prevention Program

More Information

Contact(s): Ana Diallo - dialloa@vcu.edu

Principal Investigator:

IRB

Number:

System ID: NCT07472712

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