

The PREDICTS Study

Preventing Diabetes with Digital Health and Coaching for Translation and Scalability

UNMC IRB # 142-17-EP

What is PREDICTS?

- PREDICTS is a health study that is being done by University of Nebraska Medical Center and Nebraska Medicine. The study started in 2017.
- In this study we have two study groups to help people prevent diabetes by changing how they eat, doing more activity, and losing a little weight.
- People in this study will be put in one of two groups. You have an equal chance of getting in any of the 2 groups.

What will I be asked to do?

If you agree to be a part of this study you will be asked to:

- Come to our study center at UNMC in Omaha for 4 visits (one screening visit, a baseline visit, and two follow-up visits at 4 and 12 months)
- Complete a blood test to determine eligibility
- Sign up for an online lifestyle health program or attend a 2-hour diabetes prevention class

What are the programs?

- **Program A:** People in this program will come to a 2-hour class and develop a personal action plan to prevent diabetes. People in this program can join Program B after finishing their 12-month assessment visit.
- **Program B:** People in this program will be put into a group with 10-20 other participants and a health coach after their initial study visit. There will be a lesson to read every week for 16 weeks and then every month for the rest of the 12-month program. The lessons will be about changing your diet and exercise in order to help you prevent diabetes. The health coach will help you and others in your group with the lessons. After you complete the first 16-weeks, you will also be asked to answer questions online about whether you liked or disliked the program.

What will I have to do at each study visit?

We measure a lot of things at each study visit. We will measure your blood pressure, waist, weight, and height. We will also collect blood samples to measure sugar and types of fat in your blood, and ask you to complete a survey.

How will the PREDICTS study help me?

You will get a free program to help you reduce your risks of getting type 2 diabetes. You will also get free blood work done to help you learn more about your health.

What are the risks to being in the PREDICTS study?

The risks for being in the study are small. They involve the normal risks you would have from being more active, and having blood work done. Also some of the survey questions make you uncomfortable or upset, but you do not have to answer them. You might feel uncomfortable interacting online with others in your group, but you can choose not to post or comment.

How can I find out more about the PREDICTS study?

You can find out more about the study by contacting our research coordinator, Katey Wilson at 402-559-9375.