InGEAR

The Innovations to Grow Enrollment and Retention (InGEAR) project, is a multi-million-dollar investment in innovative applied research for people with diabetes or at risk for Type 2 diabetes. The overall goal of the Centers for Disease Control (CDC), Division of Diabetes Translation's supported research studies is to increase enrollment and retention in The National Diabetes Prevention Program (DPP) and Diabetes Self-Management Education and Support (DSMES) programs.

Collectively, nine funded organizations, also known as the InGEAR network, will create an applied research network that will share data, strategies and practices for delivering the National DPP and DSMES services and reaching underserved populations. The studies were funded using the Centers for Disease Control (CDC) Broad Agency Announcement (BAA) mechanism. Most of the studies funded will last 1.5-3 years with key milestone deliverables occurring during the first 12 months. Funded studies will meet regularly as a group to provide progress updates to each other and CDC.

Funded organizations and research study titles:

Catalyst Behavioral Sciences
Development and Validation of a New Enrollment and Retention Behavior Change (EAR-BC) Framework and Segmentation for the National Diabetes Prevention Program

Abt Associates
Development and evaluation of innovative methods, tools, and strategies to increase employer coverage of the National DPP as part of their worksite wellness programs

Emory University
Examining Contextual Factors and Characteristics of Lifestyle Coaches and Master Trainers Associated with Participant Engagement and Retention in the National DPP

National Community Pharmacists Association (NCPA)
Utilizing Pharmacists and Pharmacy Technicians to recruit and enroll underserved patients into the National DPP Lifestyle Change Program through Medication Synchronization, Immunizations, and other Innovative patient Care Services

ICF
Engaging the Predominantly Male Trucker Workforce in the National Diabetes Prevention Program through Podcasts

Karna
Leveraging Technology to Enhance Patient Engagement & Participation for DSMES and Faith, Business, & CBO Outreach and Promotion Project

engagedIn
Science-based Habit Formation app as an adjunct to the National Diabetes Prevention Program (DPP) Lifestyle Change Program (LCP) to increase participation and perseverance of underserved populations and others eligible for the DPP LCP

BioCentric
Serious Health Game to Support Lifestyle Change Program for Diabetes

Blue Mesa
Reaching More Prediabetic Americans Through a Cultural and Linguistic Program Adaptation Methodology Using Behavioral Nudges via Artificial Intelligence for an Underserved Population

Utilizing Unique Methodologies and Strategies

Innovative methodologies and strategies utilized by the InGEAR Network provide unique approaches in engaging underserved populations in the National DPP and DSMES.

GAMING PLATFORM

BioCentric will design, develop, and launch a National DPP lifestyle change program serious spaced-learning health game to engage and motivate persons living with diabetes to participate in the program and adopt healthier habits.

BEHAVIORAL INSIGHTS APPROACH

Abt Associates will leverage behavioral insights approaches to close the gap between intentions and actions that will result in greater employer coverage of the National DPP.

CONTENT FOR TRUCKERS

ICF will develop and rigorously evaluate an audio podcast series that aligns with and complements the sessions in the Prevent T2 lifestyle change program (LCP) curriculum, with the goal of increasing enrollment and retention of long-haul truckers in the National DPP LCPs.

SMART PHONE APPS

Karna will research whether using a patient engagement smart-phone application will provide greater participation for longer periods among eligible patients referred to DSMES service providers (diabetes educators).

engagedIN will design and develop a commercial-quality mobile application, called Fresh Tri LCP, to positively impact recruitment, enrollment, engagement, retention and efficacy of The Diabetes Prevention Program (DPP) Lifestyle Change Program (LCP) through the development of healthy habits.

BEHAVIORAL NUDGES CAMPAIGN

Blue Mesa will design a culturally and linguistically-adapted program with behavioral nudges for Transformemos participants. The behavioral nudges campaigns would prompt program engagement metrics such as opening a lesson, completing a quiz, logging meals, logging weight, logging physical activity, and communicating with the health coach and within the group chat. The campaigns would also include rewards and reinforcement when engagement is achieved.

Making an Impact

InGEAR

Blue Mesa
Increasing number of Spanish-speaking Americans in the National DPP to improve their health and reduce their risk of developing type 2 diabetes

ICF
More truckers using the National DPP to decrease their risk of type 2 diabetes through a sedentary lifestyle

NCPA
Pharmacists and pharmacy technicians trained as lifestyle coaches to expand the National DPP to rural populations

Abt Associates
More employers covering the National DPP to reduce employees' risk of type 2 diabetes

Karna
Reaching high-risk populations through the faith-based community to decrease their risk of type 2 diabetes

Biocentric
Engaging patients at risk for type 2 Diabetes via serious gaming supporting the National DPP
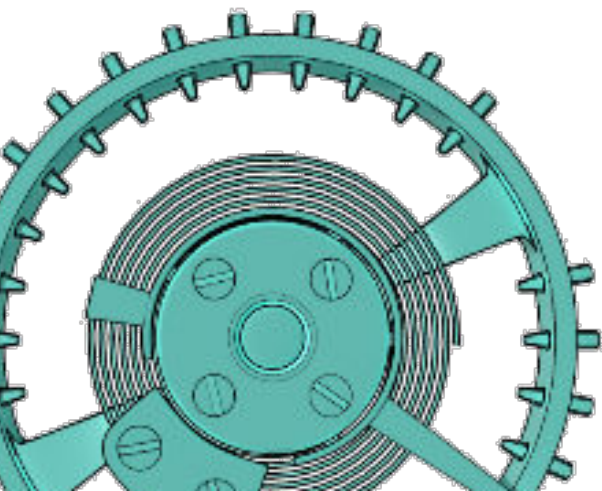
# Reaching Diverse Populations

InGEAR

Over 84 million adults are at risk for developing type 2 diabetes. This network is researching novel approaches to reach underserved populations partnering at high risk via community partners, workplaces, technology companies, training organizations and healthcare providers.

ICF is engaging the male mobile workforce. The prevalence of self-reported diabetes among truckers was more than twice as high as the general population (14.4% vs 6.8%).
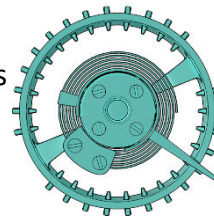
Emory is working with lifestyle coaches, who are a critical component to participant recruitment, retention, and success in the National DPP.
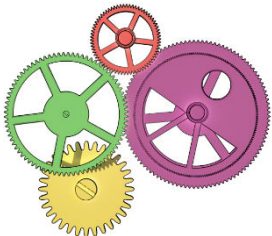
Abt Associates is targeting the workplace, a largely untapped resource that can be used to increase the reach of the National DPP and improve health outcomes for persons at risk for type 2 diabetes.
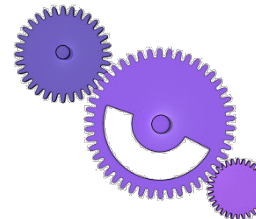
NCPA is training community pharmacists and pharmacy technicians as lifestyle coaches to increase enrollment and retention in rural and underserved areas.

InGEAR Network Personnel:

The people behind the network.

The InGEAR Network is comprised of a diverse group of individuals that bring unique perspectives and approaches to their specific projects.

RESEARCHERS

Participants in the InGEAR network include professors and cutting-edge researchers from top universities including, Emory University, University of Southern California, and Duke University.

CEOS AND DIRECTORS

The InGEAR network also includes the Chief Executive Officers and directors of the organizations who will serve as project leads.

EVALUATION SPECIALISTS

Many of the InGEAR network organizations have included evaluators as key personnel to serve as project leads and support personnel for their projects
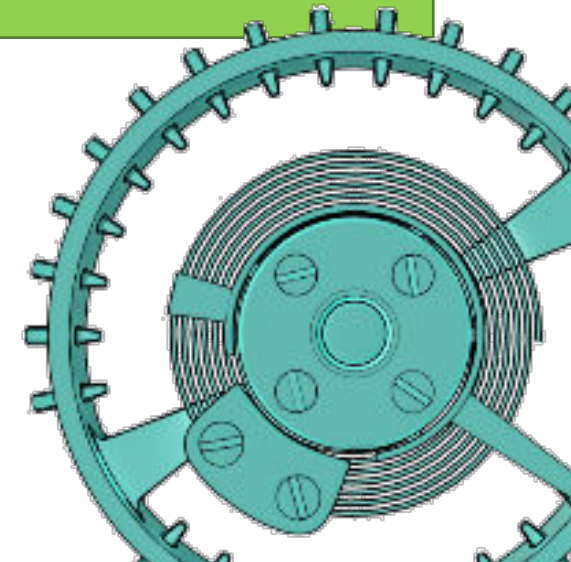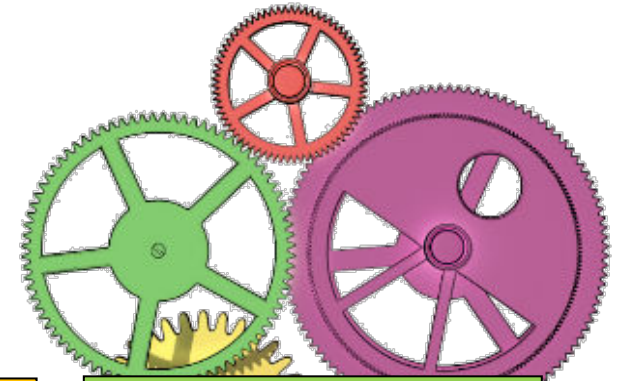
Leveraging Technology

The network is targeting high risk underserved populations in the National Diabetes Prevention Program (National DPP) through innovative mobile technologies, applications, and game development.

Karna, LLC

Mobile app to enhance engagement and feedback between patients, their medical providers, and diabetes self-management education and support (DSMES) educators

BioCentric, LLC

Gamification app to promote the National DPP Lifestyle Change Program for underserved populations

ICF

Audio podcast series on the Prevent T2 curriculum to increase enrollment of long-haul truckers in the National DPP lifestyle change program

engagedIn

Fresh Tri LCP mobile app to increase the enrollment and retention of persons into the National DPP lifestyle change program.