Project Summary

Participating Faculty

1. Lead PI
Name: Mary Ann Rosa
Rank: Associate Professor
Department: Nursing
Campus: Queensborough Community College

2. Additional PI
Name: Andrea Salis
Rank: Associate Professor
Department: Health, Physical Education, and Dance
Campus: Queensborough Community College

Project Title: The Effect of a Lifestyle Modification Program on Metabolic Risk Factors in Community College Students Identified with Prediabetes

Summary (200 words maximum):
The purpose of this project is to identify students between the ages of 18 and 25 at Queensborough Community College (QCC) with prediabetes. Prediabetes, when the glucose is high but not high enough to be considered diabetes, is an urgent health issue in young urban adults. Once identified, with the CDC prediabetes risk assessment tool, the results will be confirmed with a blood test. Students will then be randomized into a usual care group or an intervention group consisting of a lifestyle modification program over 3 months that will be led by the PI, a certified diabetes educator. Risk factors or metabolic variables for prediabetes include a blood glucose, a hemoglobin A1c, weight, waist circumference, body mass index (BMI), and blood pressure (BP) and these variables will be measured at baseline and in three months for both groups. A health care provider note and a screen will be done prior to the intervention to assure safety of participation for those in the intervention group. A quality of life questionnaire will also be given at baseline and in three months for both groups. IRB proposal has been submitted. Informed consent will be obtained, and participants can withdraw at any time.