



The Diabetes Prevention Program's  
*Lifestyle Change Program*

**Section 4: Frequency of Contact with Lifestyle Participants and Required Staff**

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Supported by the  
National Institute of Diabetes and Digestive and Kidney Diseases,  
National Institutes of Health.

## **Section 4: Frequency of Contact with Lifestyle Participants and Required Staff**

The DPP protocol specifies a **minimum** frequency of contact with each participant. Participants may be seen more often than specified if this seems desirable to achieve the study goals. The minimum frequency of contact is defined below:

- Participants must be seen for at least 16 face-to-face sessions in the first 24 weeks after randomization to complete the core curriculum. The first eight of the core curriculum sessions and four of the latter eight must be presented by the Case Manager.
- After completing the core curriculum, participants must be contacted once a month for the remainder of the years of the trial. A face-to-face contact must occur at least once every two months. The bi-monthly, face-to-face contacts must occur with the Case Manager.

See the section on Strategies to Promote Adherence to the Lifestyle Intervention for incentives for attendance and specific strategies to use in response to poor attendance.