Abstract

Approximately 25.8 million US residents are living with diabetes. Research has demonstrated that healthy lifestyles can significantly reduce the onset of diabetes. Various community-based programs have been implemented nationally to address diabetes through lifestyle changes. One such program is the Living Well with Diabetes (LWwD) program of Prince William County, Virginia. The goal of this project practicum was to conduct a process evaluation of the Living Well with Diabetes (LWwD) Program of Prince William County, Virginia. Semi-structured interviews were conducted with LWwD program educators. Qualitative data analysis on secondary, post-course evaluations was performed using a thematic method to coding on all short string responses. Results indicate that the intended delivery of the program curriculum resulted in positive changes in the knowledge, attitudes, and applied behaviors of the LWwD program participants. Overall, the continued support of the LWwD program goals would significantly improve the public health and safety of the community.