Interventions engaging Community Health Workers for diabetes prevention

One or more activities related to improving diet, increasing physical activity, and managing weight
- Education on lifestyle modification
- Counseling (formal or informal)
- Coaching
- Extended contact or support

Potential Harms
• None identified

Key Potential Effect Modifiers
- Client characteristics: SES and diabetes risk
- CHW role; Team composition
- Intervention content; intervention format
- Number of sessions or contacts

Targeted, recruited, or referred community members with elevated risk for progression to type 2 diabetes

Improved knowledge, attitudes, and motivation regarding behavior changes to prevent diabetes

Improved behavior(s) related to clients’ risk for diabetes
- Improved diet
- Increased physical activity

Additional Benefits
• Improved satisfaction with care

Increased knowledge of
- Available community resources
- Available social and healthcare services
- Available assistance in navigating systems

Reduced progression to type 2 diabetes

Reduced morbidity and mortality

Improved glycemia

Improved weight management

Reduction in CVD risk factors

Improved access to services

Utilization of services

Social support received

Quality of care received

Intermediate Outcomes

Legend

- Intervention
- Intermediate Outcomes
- Recommendation
- Outcomes
- Target Population
- Causal relationship

Improved knowledge of

Increased knowledge of