

Qualitative Findings from Participation in the Glycemic Excursion Minimization (GEM) Prediabetes Study

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Of the 88 million American adults with prediabetes, 1.5 million transition to type 2 diabetes annually. Improved lifestyle changes can potentially delay type 2 diabetes development. Glycemic Excursion Minimization/Glucose Everyday Matters (GEM) is an intervention designed to empower individuals to understand how dietary and physical activity choices impact their blood glucose excursions and subsequently make food and activity choices that “flatten the curve”. This qualitative study aimed to explore participant perspectives and experiences of GEM in a cohort of people with prediabetes who participated in a larger study utilizing GEM, Fitbit activity trackers and continuous glucose monitors. Participants were invited to participate in a brief semi-structured interview after completion of the clinical trial and were asked questions related to perceptions of and experiences with the GEM program. Analysis of 16 interviews revealed five major themes which highlighted the positive outcomes in health status, disease insight and support experienced during the GEM trial.