

DNP Scholarly Paper: Abstract  
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Project Evaluation  
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*“On my honor, I pledge that I have neither given nor received any unauthorized assistance on this assignment”* Ashley Fenton

**Abstract**

Individuals with serious mental illness (SMI) such as schizophrenia, schizoaffective disorder or major depressive disorder have a shorter life expectancy compared to those in the general population. This is due to the higher rates of cardiometabolic conditions such as diabetes, obesity, hyperlipidemia and hypertension. While many of these conditions are often preventable, use of educational lifestyle interventions is not common practice in the clinical setting. The purpose of this project was to evaluate a 12-week evidenced based diabetes prevention education program in the integrated primary care behavioral health setting for adults with SMI, diabetes or pre-diabetes, and who are overweight or obesity to address diabetes knowledge, self-care, and health indicators. The project also addressed feasibility and acceptability of the program in this setting. Results showed a reduction in weight, waist circumference, hemoglobin A1C and blood pressure. Findings also indicated an improvement in participants self-knowledge and self-care. However, there was no significant improvement in medication adherence. There was a high attendance rate and overall acceptability and feasibility described by participants.