T1D *Incentive Program*

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Introduction

Changes in diabetes self-management behaviors often precede improvements in glycemic levels. To foster these behaviors, we developed a non-monetary incentive-based program using positive reinforcement for patients who achieved pre-selected self-management goals.

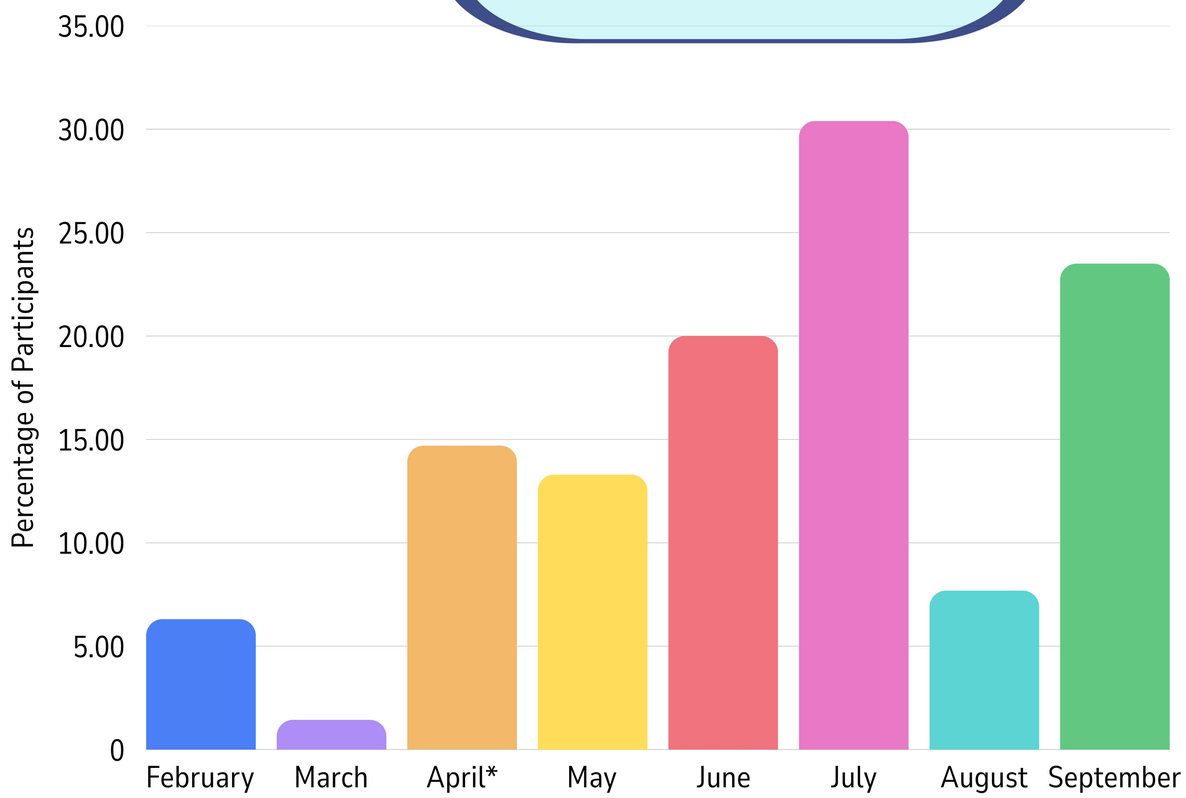
Objective

To assess whether a multidisciplinary, incentive-based quality improvement initiative improves adherence to recommended diabetes self-management goals in pediatric patients with Type 1 Diabetes with the ultimate goal of decreasing hemoglobin A1C (HbA1c) levels and improving glycemic control. The initiative aims to promote positive reinforcement to encourage participation in glucose monitoring, utilization of diabetes technology and other important self-management behaviors.

Methods

The program was launched in February 2026 for all our patients with T1D. We subsequently limited eligibility to patients with HbA1c ≥8.0% to focus on a higher risk group. Patients earned aged appropriate prizes for the following goals: improving CGM use (≥97% wear time or 10% increase), meeting pump automation goals (100% Automated Mode on Omnipod® or ≥95% Control-IQ® use on Tandem®), 2 or more daily meal announcements on iLet® Bionic Pancreas, completing ordered laboratory tests, completing recommended ophthalmology and dental exams, bringing glucose logs or glucometers to visits if not using CGM, exercising three or more times per week, and completing a pump site change, sensor insertion, or insulin injection for the first time with adult supervision.

Results



**Beginning in April, the denomiator was adjusted to patients with A1C>8%*

In February, 7/111 patients (6.31%) and in March, 3/102 patients (2.94%) met at least one goal. After changing eligibility criteria, in April, 5/34 patients (14.7%), in May, 2/15 patients (13.3%), in June, 4/20 patients (20.0%), in July, 7/23 patients (30.4%), in August, 2/26 patients (7.69%), and in September 4/17 patients (23.50%) met at least one goal.

Conclusion

As demonstrated by our QI program, an incentive-based, positive reinforcement program is a promising way to improve glycemic outcomes, particularly among high-risk youth. Future analyses will determine if behavior change can be sustained over time and how it compares to no intervention.