

WHAT CAN I EAT? Impact Dashboard (2015-2017)

What Can I Eat? is a community-based, nutrition-focused support program for adults living with type 2 diabetes, their families and caregivers. The program consists of five interactive group sessions featuring goal setting, problem-solving, storytelling, visuals, and demonstrations. It complements Diabetes Self-Management Education & Support (DSMES) programs and is designed to promote and sustain positive behavior changes related to healthy food choices.



Program IMPACT Statement: According to a two-year pilot study, the five session What Can I Eat? program **significantly** impacts a wide range of promoted dietary outcomes and leads to notably **positive trends** in health. Outcomes are sustained in the months following the intervention such as:

- Increased positive eating habits
- Improved cooking habits
- Decreased negative eating habits
- Increased self-efficacy (confidence to change)
- Improved food shopping behaviors
- Decreased A1C, weight, and blood pressure

Top Areas of IMPACT

PARTICIPANTS INCREASE POSITIVE eating/drinking habits by:

- Consuming more non starchy vegetables, lower-fat meat, and water
- Using the diabetes plate method
- Using food labels
- Purchasing healthy sides at restaurants

PARTICIPANTS DECREASE NEGATIVE eating/drinking habits by:

- Consuming less red meat, sweets, salty snacks, and sugary drinks
- Using less solid fats and frying when cooking
- Eating at restaurants less frequently
- Choosing fewer fried foods at restaurants

A quarter of participants lost at least 5% of their body weight.

99%

of participants reported making better dietary choices as a result of the program.

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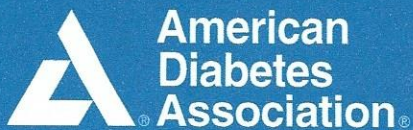
"It got me thinking about reading food labels when I shop now."

Program Participant

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"I drink less juice and my A1C was in the 9's and now it is in the 6's"

Program Participant



What Can I Eat? ^{is}

an exciting and innovative nutrition focused diabetes self-management support program for adults living with type 2 diabetes and their families and caregivers. It is the first program of its kind pairing ADA's renowned diabetes Standards of Medical Care in Diabetes with evidence based nutrition and behavior change strategies aiming to simplify the basic components of making the healthy choice easier for people with diabetes.

HOW IT WORKS

Four 90-minute sessions delivered weekly for four consecutive weeks in groups of 10-15 participants.

1. FOOD IS LOVE
2. HEALTHY EATING
3. SHOPPING AND COOKING
4. EATING OUT AND SPECIAL EVENTS
5. A REUNION SESSION

Three months after session 4 to reinforce positive behaviors and to share lessons learned



THE VALUE TO PEOPLE LIVING WITH DIABETES AND THE COMMUNITY

- Answers the #1 question people with diabetes have on a daily basis: **What can I eat?**
 - Uses easy-to-understand pictures and simple concepts to explain complex nutrition and meal-planning information to help people manage blood glucose and benefit their head-to-toe health.
 - Offers solutions to the real challenges people are facing on a daily basis in making food choices within their community.
 - Shows people, through storytelling and hands-on learning, how to choose healthy behavior changes they can make and sustain in their homes, jobs, and throughout their community.
 - Introduces participants to Association tools and resources to support them in the months and years ahead as they journey toward better health and a satisfying quality of life.

THE VALUE TO YOU

- Provides a turnkey, up-to-date, and validated nutrition education program and materials for your patients or clients with type 2 diabetes.
- Incorporates evidence-based concepts aligned with globally recognized guidelines: the American Diabetes Association Standards of Medical Care in Diabetes.
- Includes training by the American Diabetes Association for facilitation by a dietitian with complete tools and resources that can be customized to meet the unique needs of your community.
- Addresses health related disparities and social determinants of health to meet people "where they are" and improve their confidence in and ability to make healthy eating a way of life.
- Provides data analysis and outcomes validation by the Association, to give you the data to show that your investment in the program is making an appreciable difference in the health status of individuals and your community.

WHAT PARTICIPANTS ARE SAYING

"I loved the people interaction"

"This class was more realistic with everyday life"

