

# Empowerment-based Nutrition Education Series in a Peer Support Group Setting for Type 2 Diabetes

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## Background

- Kemmerer is a town of 2,600 people in south Lincoln County, Wyoming
- County diabetes rate in 2015 was 8.6% compared to the state's 7.6%
- 90% of newly diagnosed type 2 diabetics are overweight or obese
- The area's main employers are natural resource industries, where jobs do not allow much physical activity
- Kemmerer houses one small grocery store, but many residents chose to shop in a larger town about an hour away
- At ~7,000 feet in elevation, Kemmerer experiences long winters not realistic for regular, year-long outdoor exercise
- The Lincoln County Public Health Nurse (PHN) in Kemmerer hosts a diabetes support group

## Literature Review

- Focused search to find information on:
  - Rural communities
  - Peer diabetes support group settings
  - How to present information on lifestyle in diabetes
- Found effective methods
  - Empowerment-based learning
    - Using ideas similar to motivational interviewing
    - Present relevant information for making informed decisions
    - Group peer discussions
  - Topics of relevance
  - Revisiting these topics at least once a year to reinforce information
  - Mini inventory quizzes as a quantitative benchmark for information
  - Providing information on outside resources for use individually
- Results for similar programs in rural settings included:
  - Lower HbA1c values
  - Lower weight
  - Confidence in making nutritional and lifestyle choices

## Hypothesis

Implementation of empowerment-based nutrition education sessions in a diabetes support group setting will increase participants' ability to manage their diabetes through lifestyle changes and weight loss

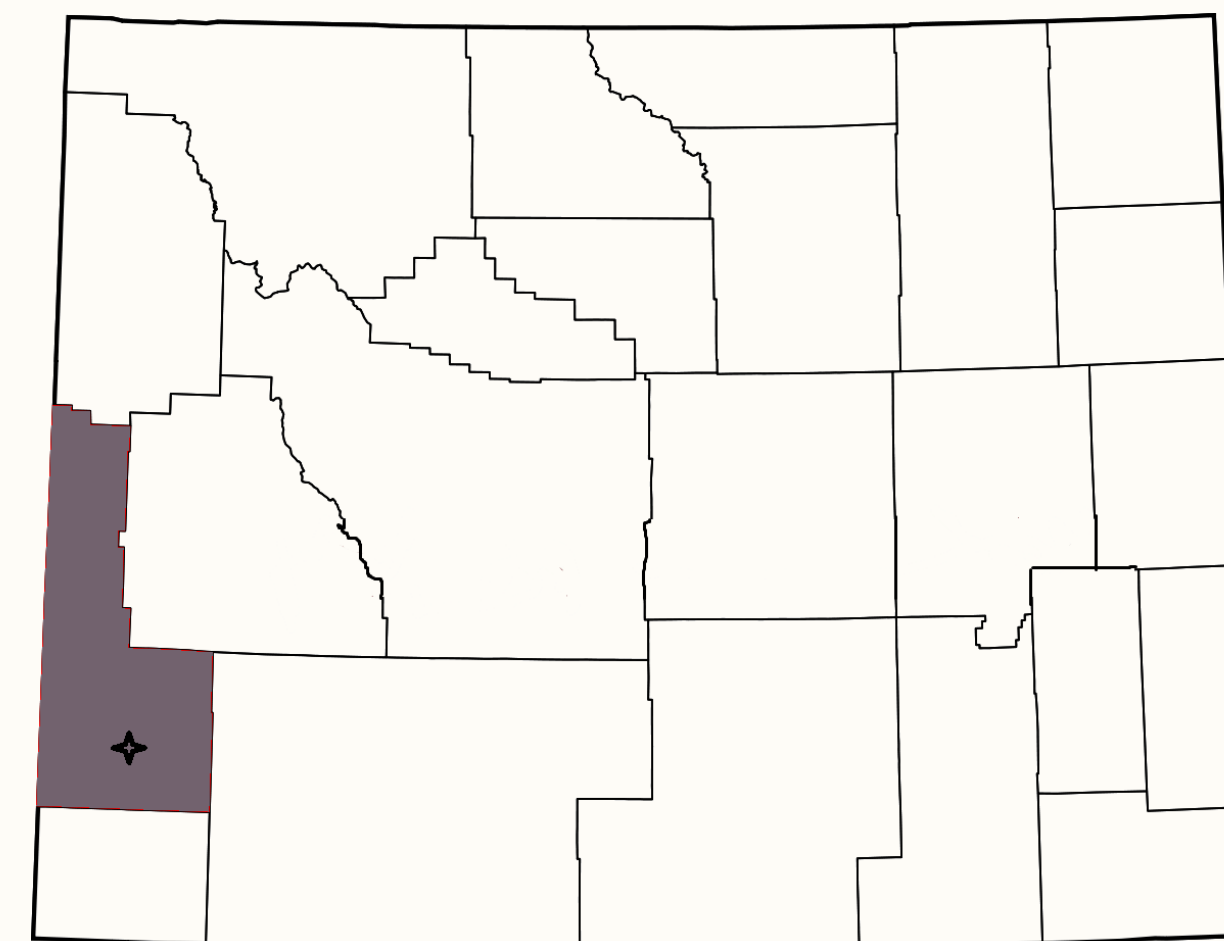


Figure 1: A map of the Wyoming counties with Lincoln County in the shaded area and the town of Kemmerer marked by a black star

## Community Health Project Plan

- A four-topic series of presentations
  - Basic nutrition and macronutrients
  - Weight loss and management
  - Portion control
  - The role of support of others
- Presentations will be given by Lynn Rogers, PHN
- Included mediated motivational interviewing-type group discussions
- Focus on big picture information with examples
- Mini inventory quizzes
- Examples of outside resources
- Information will be revisited with this group once a year
- Lynn is a medical resource to continue these discussions one-on-one or to give advice

AGE-ADJUSTED PERCENTAGE, ADULTS WITH DIABETES - TOTAL, 2014

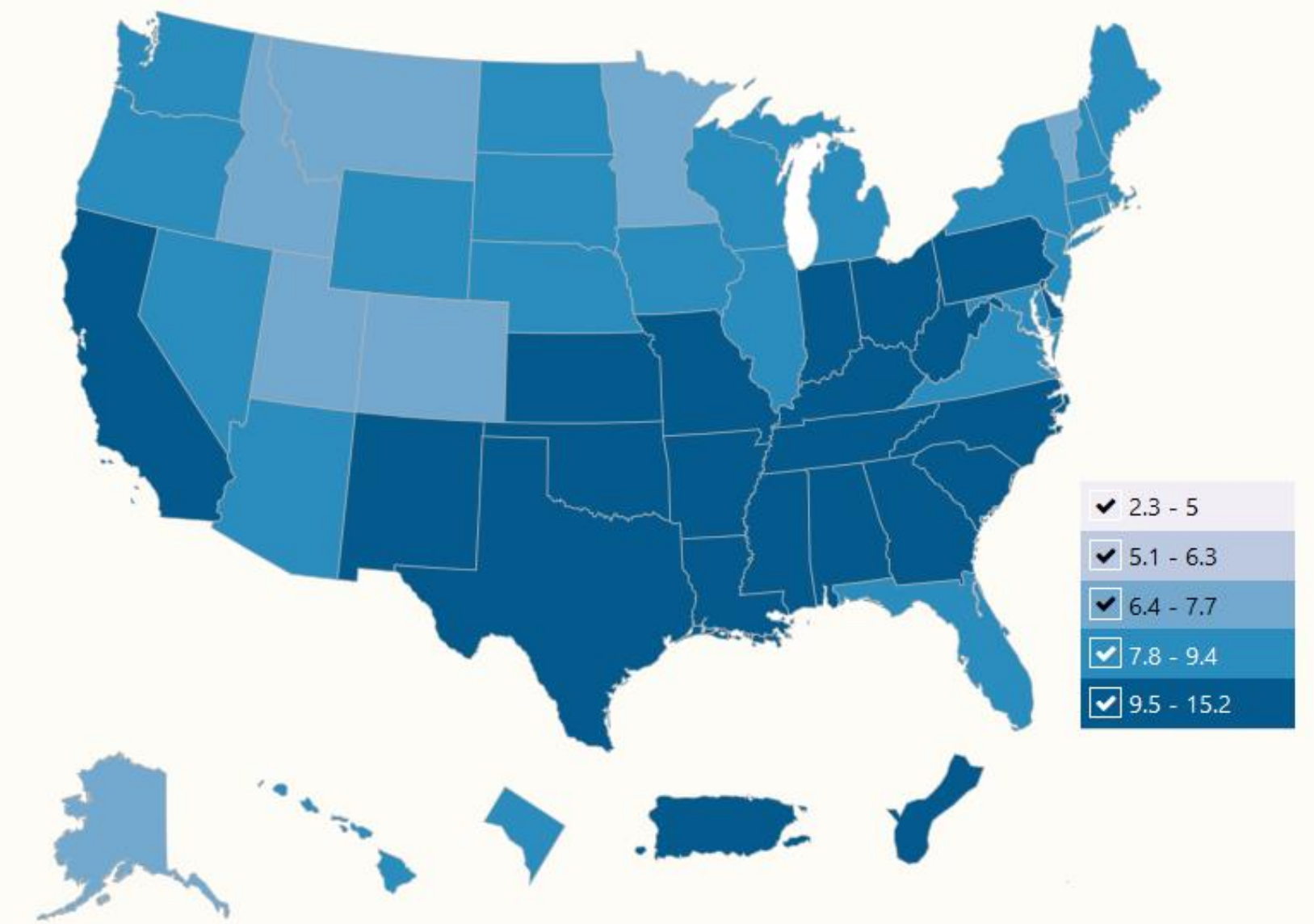


Figure 2: A map of the US showing the percentage of adults with diabetes in each state. Darker areas indicate a higher percentage

## Deliverables

- Literature review
- Creation of a community desired nutrition education series
- Presentations included:
  - Mini-inventory quizzes for the beginning of each session
  - PowerPoints with information on each topic
  - A "script" for each presentation
  - Spaced discussions for participants with scripts for examples
  - Information on other resources
- Presented the series to Lynn Rogers, PHN so she can deliver it in the future

## Next Steps

- The series will start later this year and will be given by Lynn Rogers, PHN
- Project will be revisited every year to improve the program

## Acknowledgments

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