

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

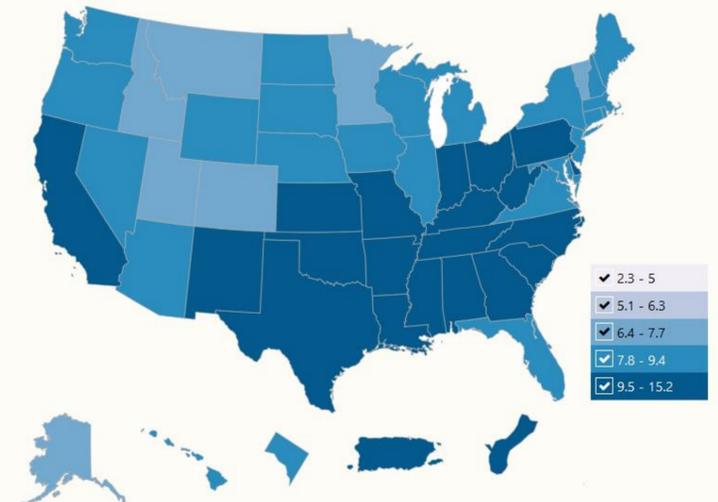


Figure 2: A map of the US showing the percentage of adults with diabetes in each state. Darker areas indicate a higher percentage

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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