

Improving Diabetes Nutrition Education in Sundance, WY



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Hypothesis

Increase diabetes nutrition education in those with type II diabetes through teaching patients how to use the Diabetes HealthSense website.



Map of Wyoming: Crook County outlined in green

Background

- Population: 1,705
- Food desert
 - One grocery store
 - Three restaurant options
- Nearest large grocery store requires minimum of 20 min drive
- Some locals state access to diabetes friendly food is an issue
 - Larger issue is not understanding what to buy

Community Profile Assets

- Crook County Senior Services (CCSS) : Non-profit organization dedicated to serving the community's seniors and others
 - Offer a dementia support group
 - Daily meals to seniors
 - Yearly diabetes education training
- Other Community Assets:
 - Crook County Medical Services District
 - Lacey Waddell, RD and Diabetes Specialist

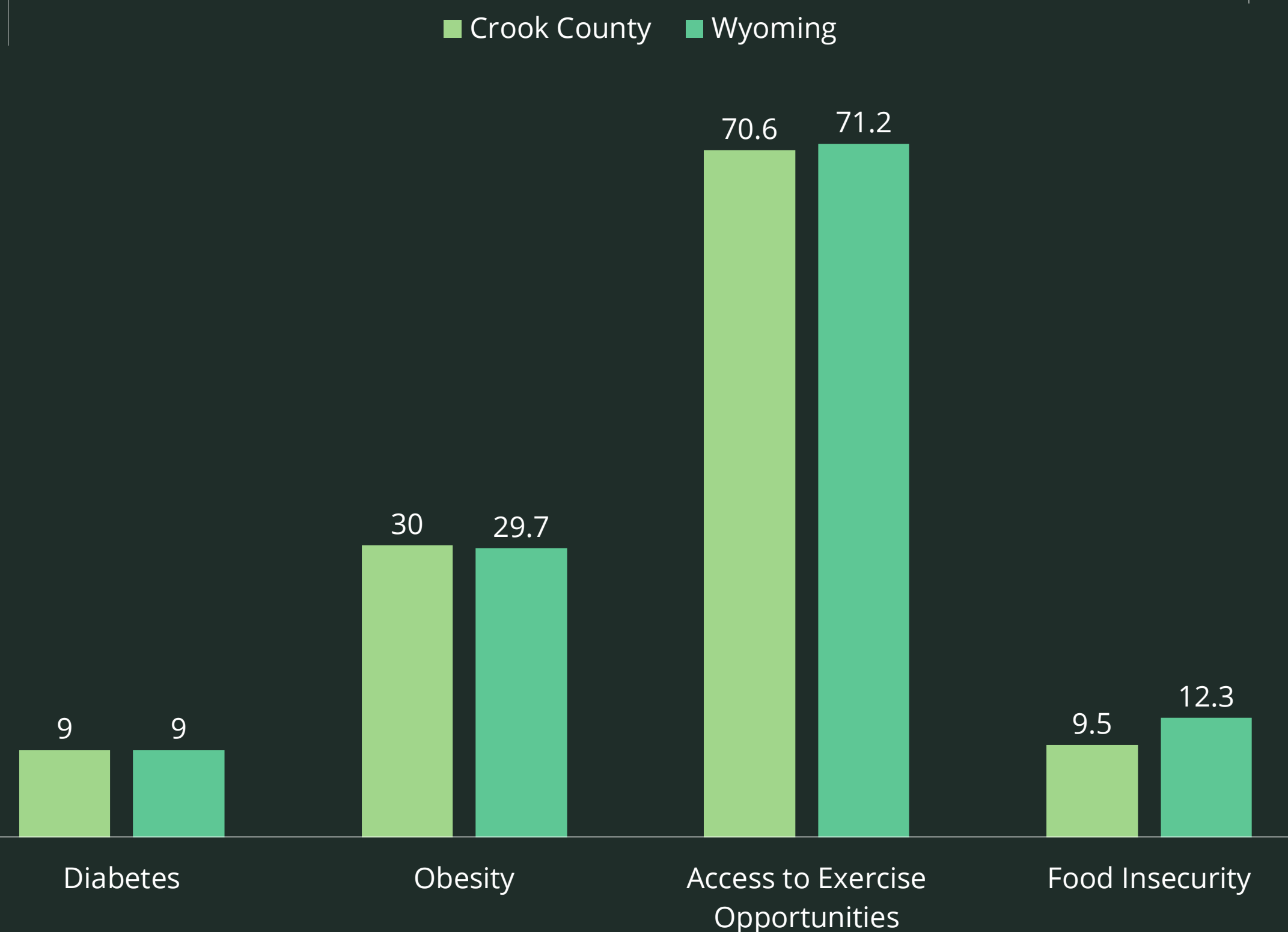
Literature Review

- Diabetes HealthSense: website created by the National Diabetes Education Program (NDEP)
 - Nutrition, weight management, and medication information
 - Support resources
 - Goal setting
- Increases patient:
 - Knowledge
 - Self-efficacy for following provider recommendations
 - Self-efficacy and behaviors related to healthy eating and physical activity
 - Coping behaviors
- Requires educator training

Conclusions

- Offering online education allows for easier access in a rural community
- Potential educators = CCSS and Lacey Waddell
- Many residents of this community do not understand the risks of ill managed diabetes
 - Initial "risks of diabetes mismanagement" education course would help overcome this obstacle

Diabetes and Related Risk Factors



Sundance, WY