



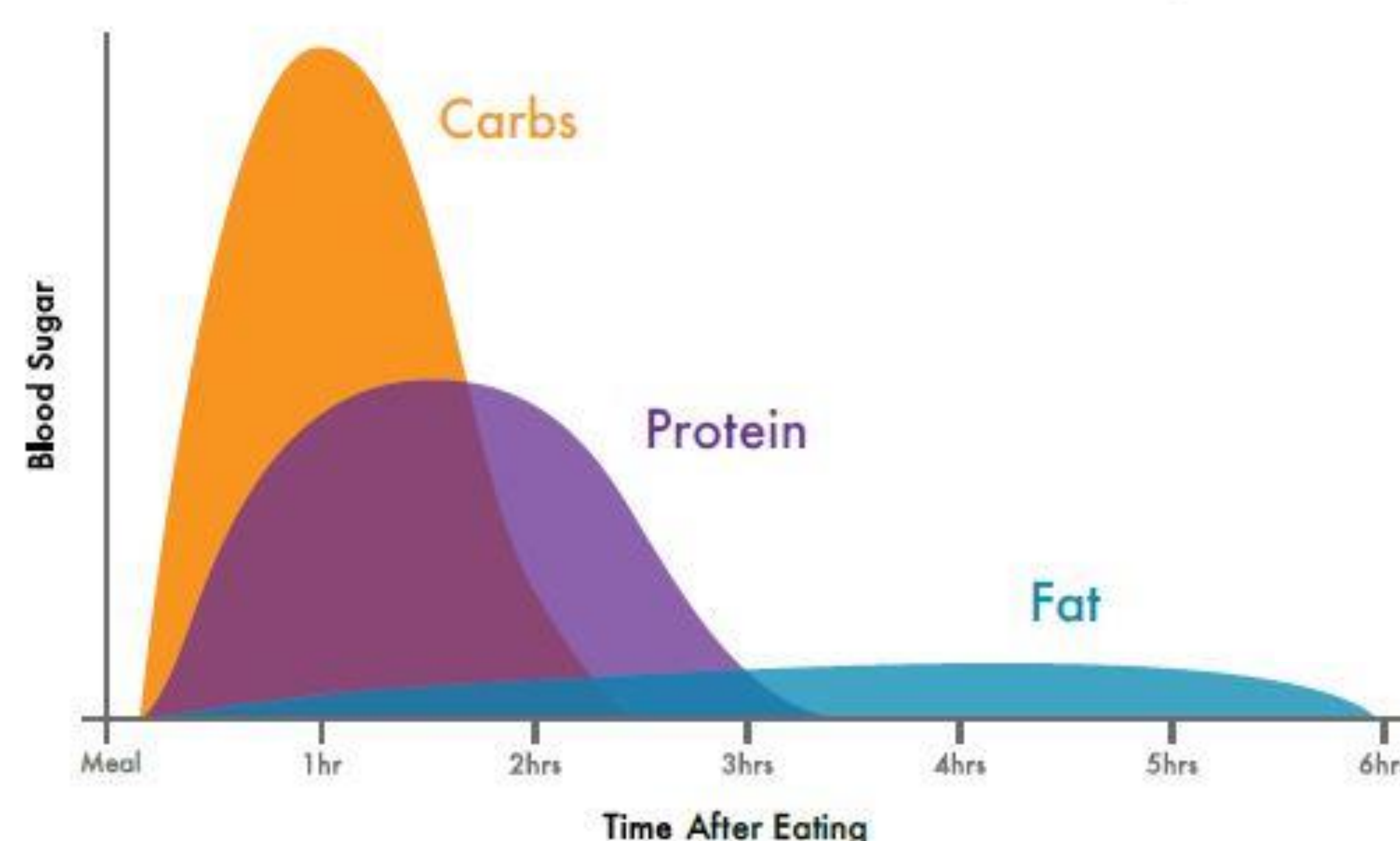
BUILDING AN EFFECTIVE NUTRITIONAL HANDOUT FOR UNDERSERVED APPALACHIAN OHIO

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BACKGROUND

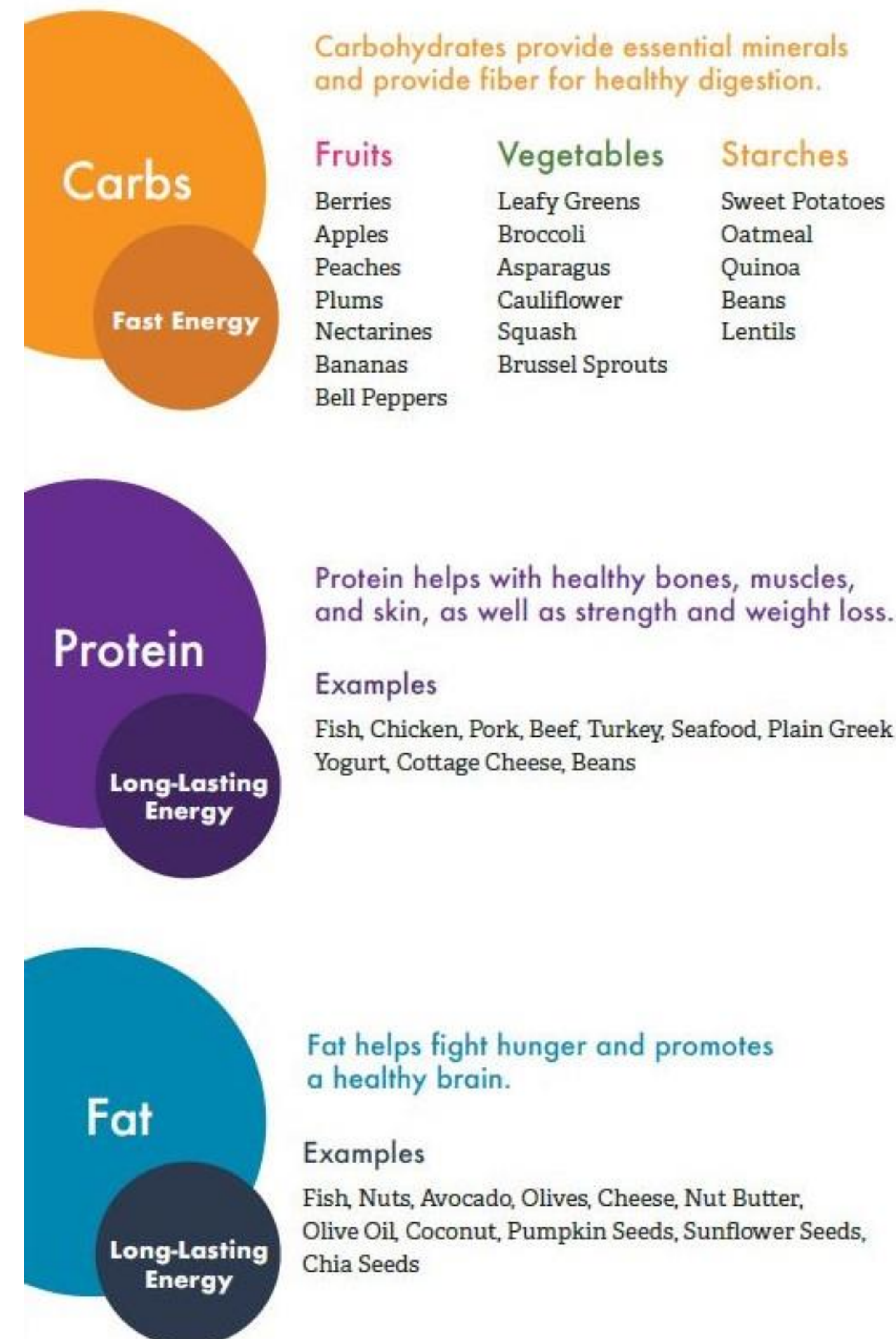
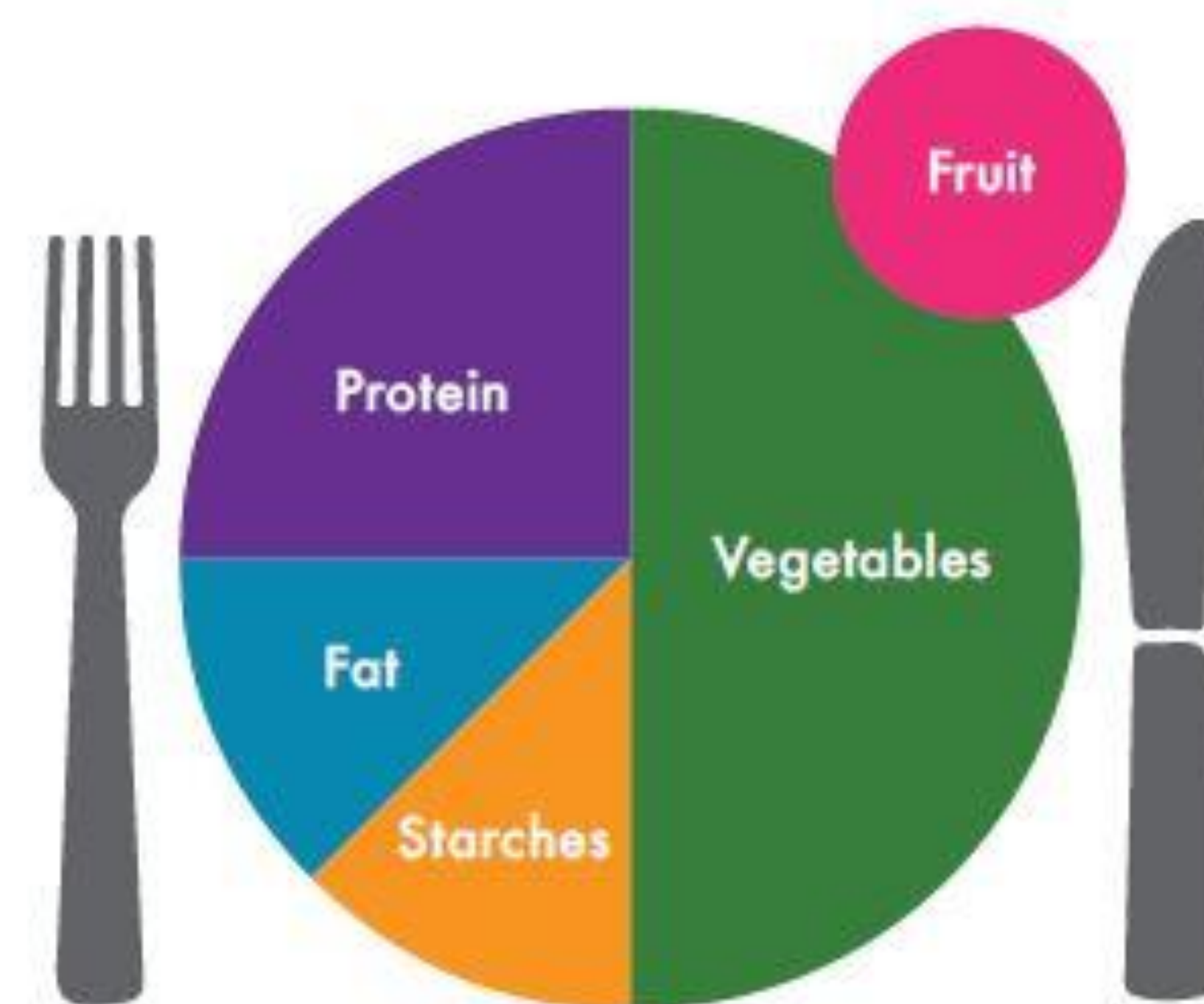
Chronic diseases, such as diabetes, have a high prevalence in the United States, and rural communities tend to have a higher rate of these diseases. Scioto County has the highest prevalence of diabetes in the state of Ohio. Our goal was to develop an effective nutritional resource for this population that can be utilized by the SOMC Family Medicine clinic. Effectiveness included increased awareness, understanding, and empowerment in patients concerning healthy nutritional choices. In the process, we also wanted to better understand how to communicate important concepts about food and nutrition. Drawing from discussions with patients, we created a brochure to address common questions about food.

Effect of Foods on Blood Sugar



FOCUS GROUP

We conducted a focus group to obtain input from patients about what diet and nutrition topics are most confusing and what they would like to learn more about. Discussion questions included: patient perceptions of diet and nutrition, patient perceptions of nutrition advice given to them by physicians, frustrations with diet, questions about diet, and what patients feel would be most helpful to them in order to make positive changes.



SURVEYS

The brochure was distributed to patients in the family medicine clinic when the topic of nutrition arose during patient appointments. Patient feedback in the form of a paper survey concerning the efficacy of the handout was collected at the conclusion of the patient's appointment.

WHAT WE LEARNED

- Diet and nutrition is commonly associated with confusion, calories, weight loss, and giving up favorite foods.
- Patients experience frustration when advised to cut out certain foods without being offered alternatives.
- Patients responded positively to the brochure, especially a section involving shared decision-making in identifying substitutions for sugary foods.
- Our brochure helped clarify confusing topics about diet and nutrition.
- Patients were more likely to make changes after reading the brochure.
- Despite prior participation in diabetes education classes by half the participants, 88% of patients found the information presented to be relevant, 88% learned something new, 75% felt that they had increased understanding of confusing nutrition concepts, and 88% felt better prepared to make healthy choices.
- The blood sugar graph is most effective with verbal explanation.
- Patients expressed interest in further education about how to read nutrition facts labels.