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What is the Value of Group Nutrition Education for Older Adults with Diabetes?

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Table 1. Participant Post-Survey Data

<table>
<thead>
<tr>
<th>Subject #</th>
<th>Age</th>
<th>Sex</th>
<th>How important are vegetables in diabetes prevention?</th>
<th>How expensive is it to prepare a meal using fruits?</th>
<th>How expensive is it to prepare a meal using vegetables?</th>
<th>How many servings of fruits and vegetables does the USDA recommend per day?</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>72</td>
<td>F</td>
<td>Very Unimportant</td>
<td>Inexpensive</td>
<td>Inexpensive</td>
<td>3</td>
</tr>
<tr>
<td>7</td>
<td>68</td>
<td>F</td>
<td>Very Important</td>
<td>Same as a meal without fruit</td>
<td>Same as a meal without vegetables</td>
<td>6</td>
</tr>
<tr>
<td>12</td>
<td>75</td>
<td>M</td>
<td>Very Important</td>
<td>Inexpensive</td>
<td>Inexpensive</td>
<td>4</td>
</tr>
<tr>
<td>22</td>
<td>69</td>
<td>F</td>
<td>Very Important</td>
<td>Inexpensive</td>
<td>Very Inexpensive</td>
<td>5</td>
</tr>
<tr>
<td>23</td>
<td>95</td>
<td>F</td>
<td>Very Important</td>
<td>Same as a meal without fruit</td>
<td>Inexpensive</td>
<td>4</td>
</tr>
<tr>
<td>24</td>
<td>82</td>
<td>F</td>
<td>Very Important</td>
<td>Same as a meal without fruit</td>
<td>Very Inexpensive</td>
<td>4</td>
</tr>
<tr>
<td>25</td>
<td>74</td>
<td>F</td>
<td>Very Important</td>
<td>Same as a meal without fruit</td>
<td>Same as a meal without vegetables</td>
<td>5</td>
</tr>
</tbody>
</table>

Table 2. Total Number of Serving Sizes Purchased

<table>
<thead>
<tr>
<th></th>
<th>Pre Intervention</th>
<th>Post Intervention</th>
</tr>
</thead>
<tbody>
<tr>
<td>Subject 5</td>
<td>85</td>
<td>28</td>
</tr>
<tr>
<td>Subject 7</td>
<td>29</td>
<td>57</td>
</tr>
</tbody>
</table>

Conclusion

- Participants were highly engaged in the presentation and the small group size provided an intimate learning experience.
- Limitations of this study include small sample size, selection bias, data collection difficulties, limited study time, and low ceiling of our primary outcome measure.
- A small sample size prevented more sophisticated statistical analyses.
- Survey results indicated that senior citizens realize the importance of a diet high in fruits and vegetables.
- Despite the limitations of our project, a focused nutrition intervention for diabetes prevention holds promise for improving the health behaviors of at-risk populations.

Lessons Learned

- Grocery store receipts provide limited information, so they present a number of challenges when they are used for determining the outcomes of an intervention.
  - If produce is purchased in bulk, we cannot determine when it will be consumed.
  - Some grocery store receipts do not include the weights of fruits and vegetables, so the quantity of produce purchased has to be estimated by price.
  - Using weights from the grocery store receipt does not account for unconsumed waste from fruits and vegetables.
  - Despite high pre-intervention knowledge about fruits and vegetable, participants' actual purchase of fruits and vegetables remained low. This study reinforces the need to target interventions aimed at knowledge application.

References

- http://fruitsandveggiesmorematters.org