

Logic Model

Outcomes

- Participants with increased diabetes knowledge
- Participants with higher engagement in health-related behaviors to manage diabetes
- Participants with increases in informed positive decisions related to dietary behaviors

Outputs

- 20 people attending the Diabetes Empowerment Education Program (DEEP)
- Increases in diabetes knowledge surveys
- Participant insight and experiences related to DEEP recorded

Activities

- Implemented DEEP at Lakeshore campus
- Held healthy meal cooking demonstration sessions
- Conducted weekly peer learning and support meetings for participants graduated from DEEP

Inputs

- Lakeshore's Fitness Specialist was trained to deliver DEEP
- Cooking demonstrations were prepared and executed by dietitian
- Mentor expertise to guide best practices throughout
- Inclusive specialists provided input on new educational curriculum for inclusive grocery store tours
- Collaboration between Lakeshore team and NCHPAD team

Introduction

In the United States, about 1 in every 6 people with disabilities have been diagnosed with diabetes as compared to 1 in 14 people without disabilities. People with disabilities have numerous barriers to access to quality health related care including transportation, financial, and reliance on caregivers leading to the need for more adaptive programs that can be implemented easily into this population. The health promotion programs currently adapted for people with disabilities only address diabetes prevention, leaving a gap in education for individuals already diagnosed and in need of inclusive diabetes management education.



Picture of Registered Dietitian in front of woman with video camera recording educational videos in a grocery store

Impact

42 Lakeshore members participated in the Diabetes Empowerment Education Program (DEEP), and as a result, increased their knowledge related to diabetes and reported changes in health-related behaviors. Due to the positive experiences from the program, a new group was created to continue the communication about healthy living and diabetes among Lakeshore members.

"I have tried the portion plate they gave us and I liked that! I tried to measure that my portions fit that plate! I liked reading about ingredients, read more and I understand more because of what we discussed about labels, because those are some of the ones I tried to incorporate in my daily life."—DEEP participant

Critical Assessment

Barriers included managing multiple institutional timelines and adapting to new directions and priorities. However, these ultimately led to a more sustainable project with a broader impact for an inclusive community. -I've learned that assisting in nutrition-related community-based projects for underserved populations resonates with me, not only as a professional, but also on a personal level. This experience has impacted how I plan to conduct research in the future related to health equity.



Picture of smiling class participants in kitchen with some holding the DEEP education booklet