ADAPTATION, IMPLEMENTATION, AND IMPACT OF COOKING MATTERS® FOR DIABETES ON DIETARY OUTCOMES, DIABETES MANAGEMENT, AND QUALITY OF LIFE

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BACKGROUND

- Diabetes mellitus (DM) is the 7th leading cause of death in the U.S., affecting over 34 million adults.
- The debilitating long-term complications and financial burdens on people living with diabetes have a negative impact on quality of life (QOL).
- Research has shown intensive glycemic control can reduce the risk of long-term complications in DM.
- Diabetes self-management education and support (DSMES) is available to people with DM to help achieve DM management goals and improves DM related health outcomes.
- The objective of this study was to determine whether Cooking Matters® for Diabetes (CMFD) impacts glycemic control (primary outcome), DSM behaviors, diet quality, and health-related QOL (HRQOL) compared to standard of care (SOC).

METHODS

Cooking Matters® for Diabetes
- 6 weekly 2-hour sessions
- Interactive grocery store tour
- Hands-on cooking instruction
- Registered Dietitian/Certified Diabetes Educator-led instruction
- Free groceries containing ingredients from each class.

RESULTS

- Forty-eight adults with diabetes (type 1 or 2) were randomized to CMFD intervention (n=26) or waitlist control (n=22).
- Validated measurements were used at baseline, post-intervention, and 3, 6 and 12 months post-intervention. Differences were compared via linear mixed-effects models.

CONCLUSION

The CMFD intervention improved foot care, diet, total vegetable intake, and mental HRQOL compared to controls. Among individuals with food insecurity there was a suggestion of a decrease in A1c in the intervention vs. control groups. The findings support the need for larger trials incorporating cooking interventions into DSMES as a tool to promote positive behavior change, diet-related outcomes and potentially lower A1c in individuals with food insecurity.

ACKNOWLEDGEMENTS

We would like to thank the study participants for their time and the OSU Division of Endocrinology, Diabetes and Metabolism Diabetes Education team for their continued support to improve the lives of individuals living with DM.

Funding Source: Diabetes Care and Education Dietetic Practice Group Karen Goldstein Memorial Grant from the Academy of Nutrition and Dietetics Foundation. Cooking Matters® programming was provided in collaboration with Local Matters.

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