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provided a deeper understanding of the disease process. Students identified wearing an insulin pump and “living with diabetes” were their best learning experiences.

Conclusions: This study adds to the limited body of knowledge concerning dietetics students’ experiential learning at diabetes camps. The study’s greatest contribution is the ability for educators to understand how experiential learning opportunities at diabetes camp provide in-depth education and how these learning experiences can be incorporated into dietetics curricula.

Funding: None.

Nutrition Education Program Design Implementation and Evaluation

P74 A Community-Based Intervention Reduces Diabetes Risk in a Low-Income Community

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Objective: Promote diabetes prevention in a low-income community by offering Cooking Matters (CM) in coordination with the Diabetes Prevention Program (DPP).

Use of Theory or Research: Reducing food insecurity is important for reducing chronic disease rates. DPP is a validated and effective intervention that reduces progression to type 2 diabetes. However, there is an outcome disparity for DPP in low-income communities. Our research aims to improve DPP outcomes in low-income communities.

Target Audience: Pre-diabetic participants ≥ 18 years old in low-income communities in Detroit, Michigan.

Program Description: This study represents partnerships between Gleaners Community Food Bank (GCFB), National Kidney Foundation of Michigan (NKFM), and Wayne State University. DPP, administered by NKFM, is a community-based intervention that significantly reduces diabetes risk. CM, locally administered through GCFB, is another effective community program that teaches food skills, and provides food provisions. We hypothesize that combining DPP and CM in a low-income setting will improve program completion, and thereby reduce the risks for progressing to type 2 diabetes.

Evaluation Methods: Over 12 months, low-income individuals participated in the study. Demographics were collected at the onset of the study. Survey information was collected for diet and physical activity at 4 time-points throughout the study. Body weight was collected at every session, and HbA1C was collected at the onset and conclusion of the program.

Results: Combining DPP and CM resulted in a 79% completion rate, compared to the $<50\%$ completion rate observed for DPP alone in low-income communities. Mean HbA1C dropped 10.6% (paired t-test, $P < .01$), from pre-diabetic to normal levels, and every participant demonstrated lower post-test HbA1C values. Participants experienced a mean weight loss of 7.6% (paired t-test, $P < .01$), and $>75\%$ of participants exceeded 5% weight loss at 12 months.

Conclusions: Combining DPP and CM is effective at reducing diabetes risk in low-income communities. Food bank services, which already serve low-income vulnerable communities, can be coupled to existing chronic illness prevention programs to improve disease risk in vulnerable populations.

Funding: Gleaners Community Food Bank of Southeastern Michigan.

Nutrition Education Research Methods

P75 Successes and Challenges of Using a Peer Mentor Model for Nutrition Education Within a Food Pantry: A Qualitative Study

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Background: Delivering nutrition education within an emergency food pantry (EFP) is a valuable and sustainable approach to target the food insecure and underserved populations. However, little is known about using a peer mentor model, “Community Cooks,” as a modality to deliver nutrition education within this setting.

Objective: This research aimed to identify the successes and challenges of using a peer mentor model within an EFP to better understand the best approaches to deliver nutrition education among community residents.

Study Design, Setting, Participants: In spring 2018, semi-structured interviews were conducted with 11 peer mentors after they delivered a series of nutrition workshops to community members of the EFP.

Measurable Outcome/Analysis: Interviews were audio-recorded and transcribed verbatim. Qualitative content analysis was used to analyze the data.

Results: All peer mentors were women over 40 years-of-age, recruited from the EFP community; most were high school graduates and received some form of federal nutrition assistance. All peer mentors reported that the “Community Cooks” nutrition education program offered many benefits. Key successes of the program included the

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