Delivering HEALTH
An Integrated Approach to Address Diabetes in the Context of Food Insecurity


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**Type 2 Diabetes (T2D)**
T2D is a diet-sensitive chronic disease.

**Food Insecurity**
- Increased chance of T2D
- Decreased resources to manage T2D
- T2D represents a particular challenge to individuals who are food insecure

**Need**
- Arkansas has higher rates of T2D & food insecurity than other states.
- Improving food security and health of individuals with T2D must engage the problem at multiple levels.

**Objectives:**
- Improve food security and nutritional health for people with type 2 diabetes (T2D)
- Implement and evaluate innovative strategies to improve eating patterns that prevent chronic disease.

**Methods**

**Research:** 12 weeks home delivery of T2D-appropriate food boxes & adapted education materials to food-insecure individuals with T2D

**Extension:** Provide diabetes-friendly toolkit & training that support the nutrition of individuals who visit food pantries with T2D

**Education:** Training for health care professionals to increase food security screening & support for individuals with food insecurity and T2D

**Measures**

**Individuals:** Biometric data, measures of food security, eating patterns, health history, medications, food pantry utilization, and Summary of Diabetes Self-Care Activities

**Food Pantries & Health Students:** Survey data and participation in program

**Results**

101 Individuals with T2D & food insecurity enrolled

76 Pantries received tool kits & training

123 Students completed a training module

1 Continuing education (CE) course developed

3 Interprofessional Education (IPE) modules developed

**Conclusions (thus far...)**
Data collection for research study will be complete in summer 2023. The availability of healthy food limits the ability of food pantries to support individuals with T2D, so some pantries have requested help procuring food; most pantries are willing to implement changes when given support. Digital dissemination of the educational course will increase reach and improve diabetes care by health professionals through increased food security assessments and diet-related interventions.