Diabetes Awareness and Education Project

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Diabetes Center of Washington State University

Multi disciplinary

Multi college

Multi campus
Diabetes Center of Washington State University

Basic and Applied Research
- Nursing
- Pharmacy
- Psychology
- Nutrition
- Health Policy
- BioStatistics

Research Translation
aka
Cooperative Extension
Electronic linkages (Telehealth)
Food Sense (adults)—Diabetes or High Sugar  n=857

- Diabetes: 28%
- No Diabetes: 57%
- Gestational Diabetes: 6%
- "Sugar": 9%
Year I --- Diabetes Awareness and Education

On the Road to Living Well with Diabetes

Partners:
Joslin Diabetes Center, Harvard
University of Hawaii
University of New Mexico
Cooperative Research Economics Education Service
Developed Alliances with Existing Diabetes Programs and Community Agencies:

State/local Diabetes Control Programs
Nat’l Diabetes Education Program
Community health clinics
Community centers---Sr. centers
Emergency food assistance programs
Churches
Goal for *On the Road*

Increase the number of people who seek appropriate care for their diabetes.
Program Format

1. Pre-lesson: Written consent, written pre-test, HbA1c and blood pressure screening.

2. Lesson: 1-11/2 hours with flip chart and booklet.

3. 3-month follow-up: post-test, A1c and blood pressure screening.

Procedures reviewed and approved by WSU Institutional Review Board
Results

Significant 3-month follow-up results

Increase in confidence to care for their diabetes

Increase in seeking medical care.
Topics of Most Interest

1. What to Eat
2. How am I doing with my diabetes
3. Cooking
4. Physical Activity
5. General Information about diabetes
6. How to manage diabetes daily
7. Medicines
8. Finding medical services
Year 2
Living Well with Diabetes

Healthy diet
Heart healthy diet
Physical Activity and Stress Management
Sweets and Eating Out
On the Road.... Test sites
Diabetes Awareness Education Sites

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