



Appalachian Diabetes Consultation

April 10, 2014

PROMISING PRACTICES

Project Title: Feeding America's Diabetes Intervention for Food Pantry Clients

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Purpose/Description: To identify food pantry clients struggling with diabetes to appropriate food, diabetes education and medical services through a collaborative partnership between food banks and community health providers.

Key Components:

- Community health partnerships to connect those without a medical home and to ensure that food insecure diabetes patients in community settings can be referred for diabetes appropriate food at food pantries
- A1C point of service testing at food pantry sites
- Regular distribution of food boxes with diabetes-appropriate foods, and supporting education to facilitate effective use of the foods and better management of diabetes.

Performance Metrics:

- Diabetes distress and medication adherence measures
- Improvement in A1c levels
- Improvement in food insecurity

Lessons Learned:

- Preliminary findings from a three-year, multi-site pilot of this model show positive improvements in all indicators and that food pantry clients are receptive to health screenings at food distribution sites and eager to access foods and education that support diabetes management.
- The data also indicate that there are many food pantry clients with uncontrolled diabetes and we would expect similar results in a model that would be implemented in Appalachia.