

Impact of Biweekly Group Education on Dietary Habits of Populations at Risk for Diabetes II

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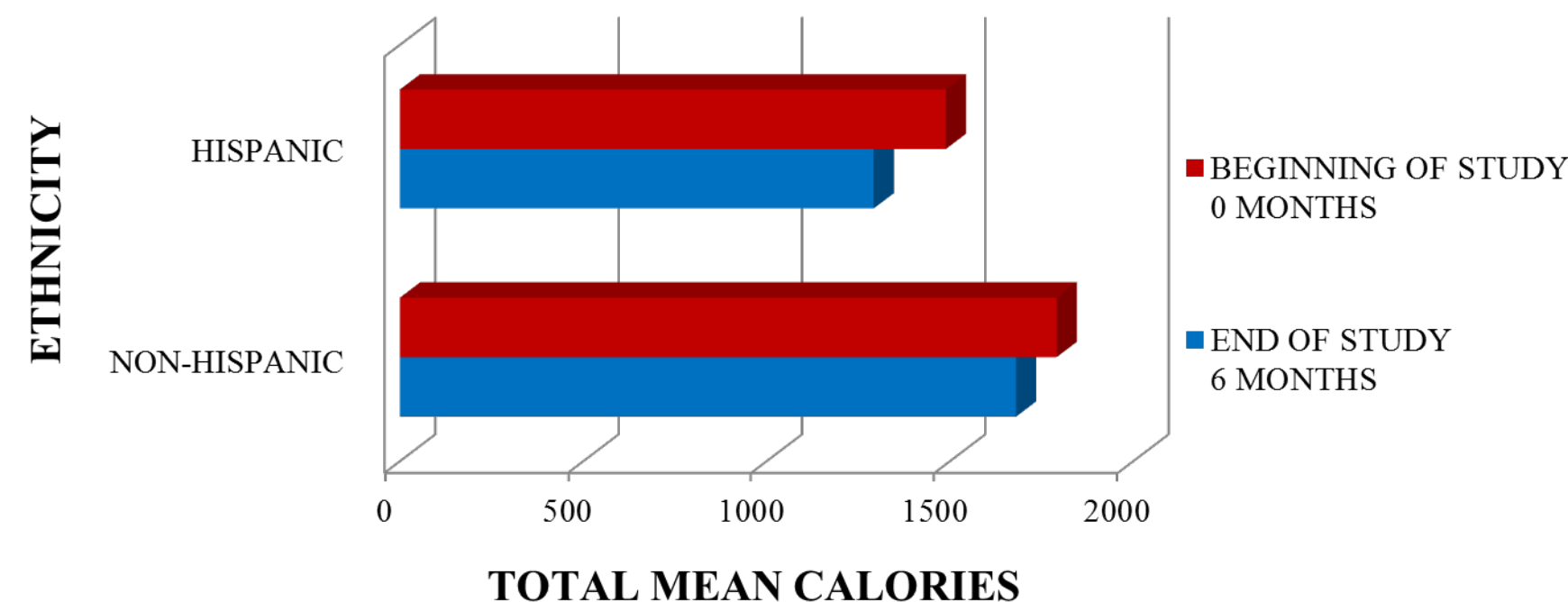
Introduction

Results of the Diabetes Prevention Program suggest that high-risk individuals can delay or avoid developing type II diabetes by losing weight with regular physical activity and a diet low in fat and calories with the aid of intensive education. This study's conclusions applied across all ethnic groups. The goals of Families United include assessing the feasibility of applying intensive education via the group visit model in a multi-ethnic (Hispanic and non-Hispanic) population. Our project looks at data collected at initiation of group visits and after six months to assess total caloric intake and dietary changes in Hispanic compared to non-Hispanic populations.

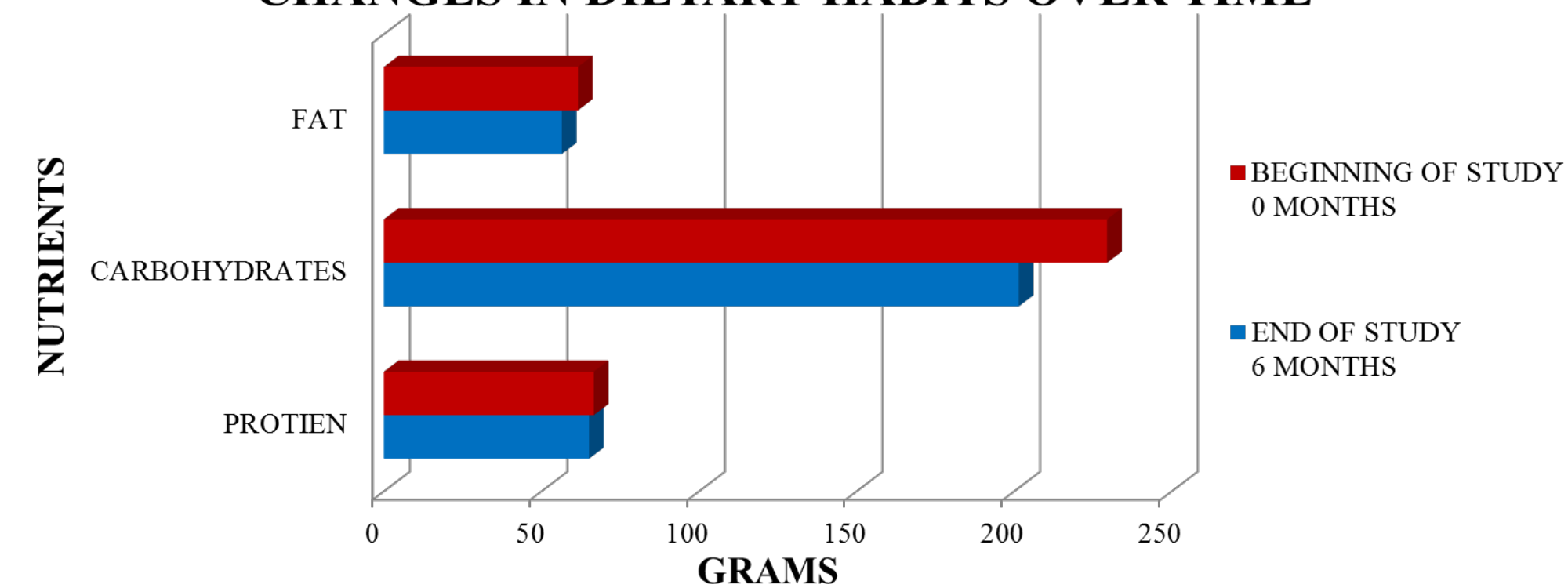
Methods

Patients with the following diagnoses were identified as at risk for developing type II diabetes: Hypertension, obesity, hyperlipidemia, abnormal glucose, and impaired fasting glucose. Participants were enrolled in biweekly group meetings in which they underwent intensive education regarding implementing healthy lifestyle changes. Prior to starting the program and at the end of six months patients completed surveys regarding their lifestyle choices. We compared data from Hispanic and non-Hispanic populations and evaluated for dietary changes.

COMPARISON OF CALORIC INTAKE OF POPULATIONS



CHANGES IN DIETARY HABITS OVER TIME

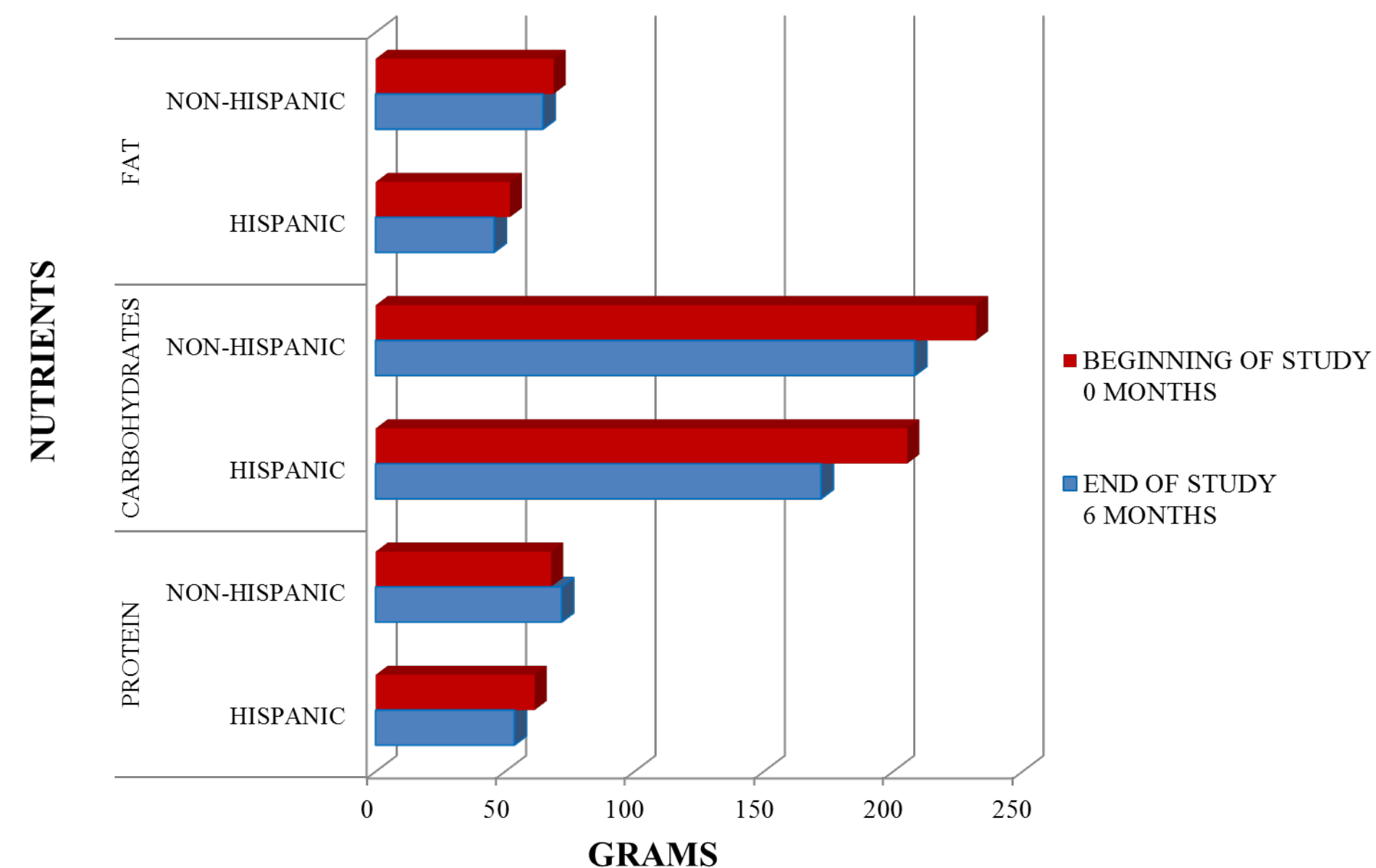


Results

Hispanic Population N= 14
Caloric Intake at beginning of study= 1489
Caloric Intake after 6 months intensive education= 1292

Non-Hispanic Population N= 23
Caloric Intake at beginning of study= 1647
Caloric Intake after 6 months intensive education= 1512

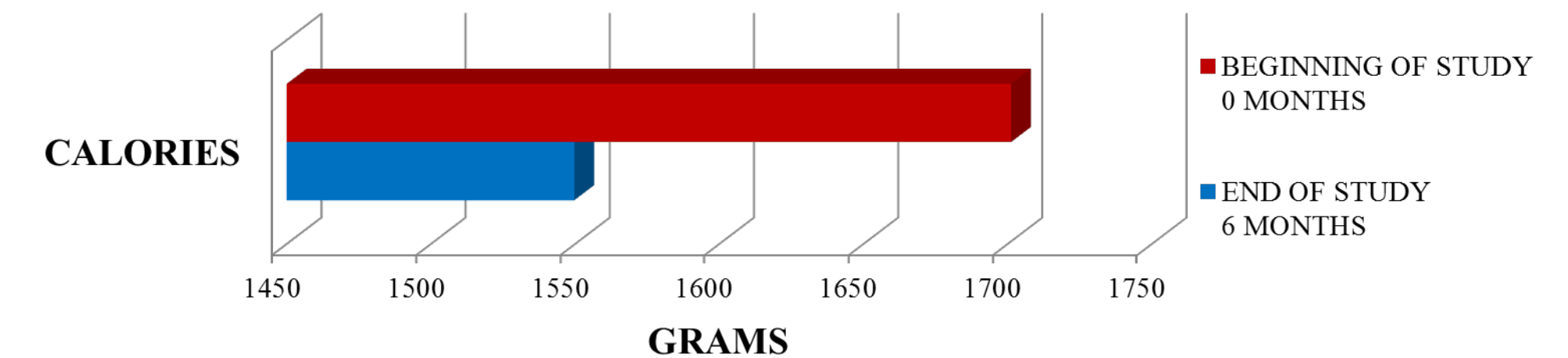
COMPARISON OF CHANGES IN DIETARY HABITS OF POPULATIONS



Conclusions

Our preliminary results support dietary changes being made in both populations, with both Hispanics and non-Hispanics showing decrease in caloric intake and macronutrient intake after the group visits. Limitations of the study included a small population size and under-reporting by participants of total calories and nutrients. The implication of the results is that small groups can be successful for decreasing risk factors for both ethnic groups, however further research should be done on why patients consistently under-reported.

CHANGES IN CALORIC INTAKE OVER TIME



References

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