



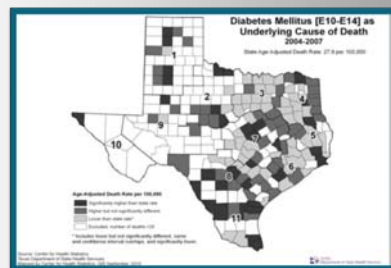
# Living the Tasty Life: Cooking for People with Diabetes

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## DIABETES IN EAST TEXAS

- 17.5 million have been diagnosed, and an estimated 5.5 million are unaware they even have the disease (Lacey, Nelms, Roth & Sucher, 2007).
- According to the Texas Diabetes Council, complications from diabetes is the sixth leading cause of death in Texas (2011).
- As one of the most prevalent diseases in this country, diabetes is truly one of the foremost health concerns today especially in the East Texas area.



## OBJECTIVES

To compile, format, distribute and organize high quality, affordable and easy-to-understand recipes to the greater East Texas Area in conjunction with East Texas Community Health Services, Inc. of Nacogdoches, TX.

To address the following Didactic Program in Dietetics student learning outcomes required by the Accreditation Council for Education in Nutrition and Dietetics: KR 2.1 a, b; KR 4.1 a, and KR 4.2 b.

## TARGET POPULATION

Individuals and families in the East Texas area affected by diabetes are the target for this project; specifically, under-insured families who seek advice concerning medical conditions and food preparation for people with diabetes through East Texas Community Health Services, Inc.

## METHODS

The student work team of twenty-one members was divided into five different groups in order to meet each of the goals set by the group at large.

The cookbooks were distributed to the East Texas Community Health Services Clinic to be made available at various events and activities, and to have on hand daily for the front office to distribute.

## RESULTS

| Survey Question  | Survey Results (n=13) |       |       |       |            |
|--|-----------------------|-------|-------|-------|------------|
|  | 1 (highest)           | 2     | 3     | 4     | 5 (lowest) |
| The cookbook was user-friendly and easy to read.                       | 61.6%                 | 15.6% | 7.6%  | 7.6%  | 7.6%       |
| The cookbook's ingredients fit your budget.                            | 30.8%                 | 23.0% | 23.0% | 15.6% | 7.6%       |
| The cookbook contains recipes that are realistic to your diet.         | 15.6%                 | 30.8% | 23.0% | 30.8% | 0.0%       |
| The information in the cookbook's index was useful.                    | 38.5%                 | 46.2% | 7.6%  | 0.0%  | 7.6%       |
| The description of the carbohydrate exchange in the index was helpful. | 30.8%                 | 46.2% | 7.6%  | 0.0%  | 0.0%       |

## WHAT'S IN THE COOKBOOK?

- Easy-to-read context obtained from credible sources
- Descriptive recipes for entrees, sides, and desserts
- Detailed nutrition analyses of each recipe, including the calorie, protein, carbohydrate and fat content
- Diabetic exchange calculations
- Helpful nutrition-related tips highlighted throughout the cookbook
- Useful tools regarding the exchange system, the healthy eating plate and artificial sweeteners.

## Student comments

"Communication definitely could have been done better which is usually the case when it comes to group projects."

"It was enjoyable to actually get to prepare what we had been working on."

"To engage people more, it may have helped to give them more rigid deadlines..."

"I would have organized the project more accurately."

"The leadership was very good which made the project go well."

"The entire project went well it got completed on time and most group members did their part."