Improving Diabetes Management by Assessing Barriers to SuperSNAP Program Utilization in Patients with Uncontrolled Diabetes

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BACKGROUND

- Type 2 Diabetes is the 7th leading cause of death in NC and across the United States
  - Lifestyle changes, such as healthy eating patterns can prevent and/or delay the development of Type 2 Diabetes and can reduce various diabetes-related complications
  - Various programs, such as SuperSNAP, may be effective in helping people make healthier food choices by reducing the financial burden of purchasing fruits and vegetables
- Super SNAP Program is for patients of select health care providers to get $40 for fruit and vegetables at participating Food Lion stores across NC

PROJECT AIM

By March 2020, survey 60% of eligible diabetes patients with a recent A1c>9 who are qualified for the SuperSNAP program to assess perceived barriers to enrollment and program utilization

PROJECT DESIGN

- Inclusion criteria for SuperSNAP voucher:
  - SNAP recipient with EBT card
  - Food Lion MVP card holder
  - Patient at Roanoke Chowan Community Health Center
  - Having a recent A1c > 9.0
- Potential adult participants with uncontrolled diabetes will be identified and surveyed by clinic staff using diabetes patient packet information
- Survey responses will be assessed to identify perceived barriers to enrollment and program utilization

METHODS

- Behavioral Risk Factor Surveillance System survey questions were adapted for the purpose of this study:
  - Patient knowledge of diabetes and A1c value
  - Receipt and understanding of SuperSNAP voucher and benefits
  - Barriers to using SuperSNAP benefits (e.g., proximity to FoodLion, availability of transportation)
  - Dietary habits before and after SuperSNAP program enrollment
  - Feedback about program and informational packet
- Target = 55 completed surveys

RESULTS

- 5 patients enrolled in SuperSNAP and given questionnaires
- Awaiting further results

NEXT STEPS

Review results of survey to determine barriers to program enrollment and implementation and brainstorm potential interventions to overcome these barriers.

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