

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



Emily Kragel, Erica Shartle, Darby Bagshaw, Hannah Smith, & Emily Midgette  
 Department of Psychology, College of Nursing, Physician Assistant Program and Brody School of Medicine, East Carolina University

## BACKGROUND

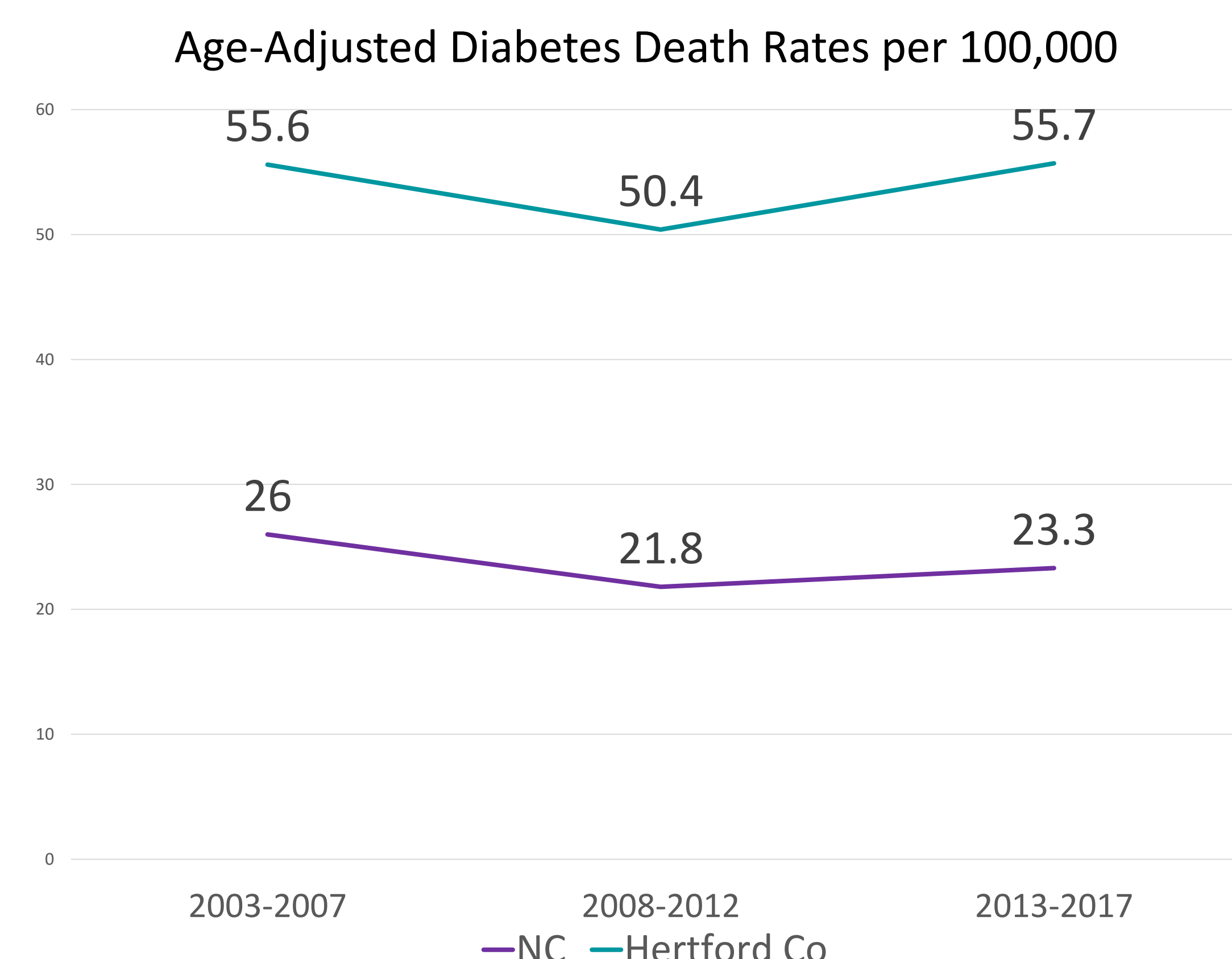
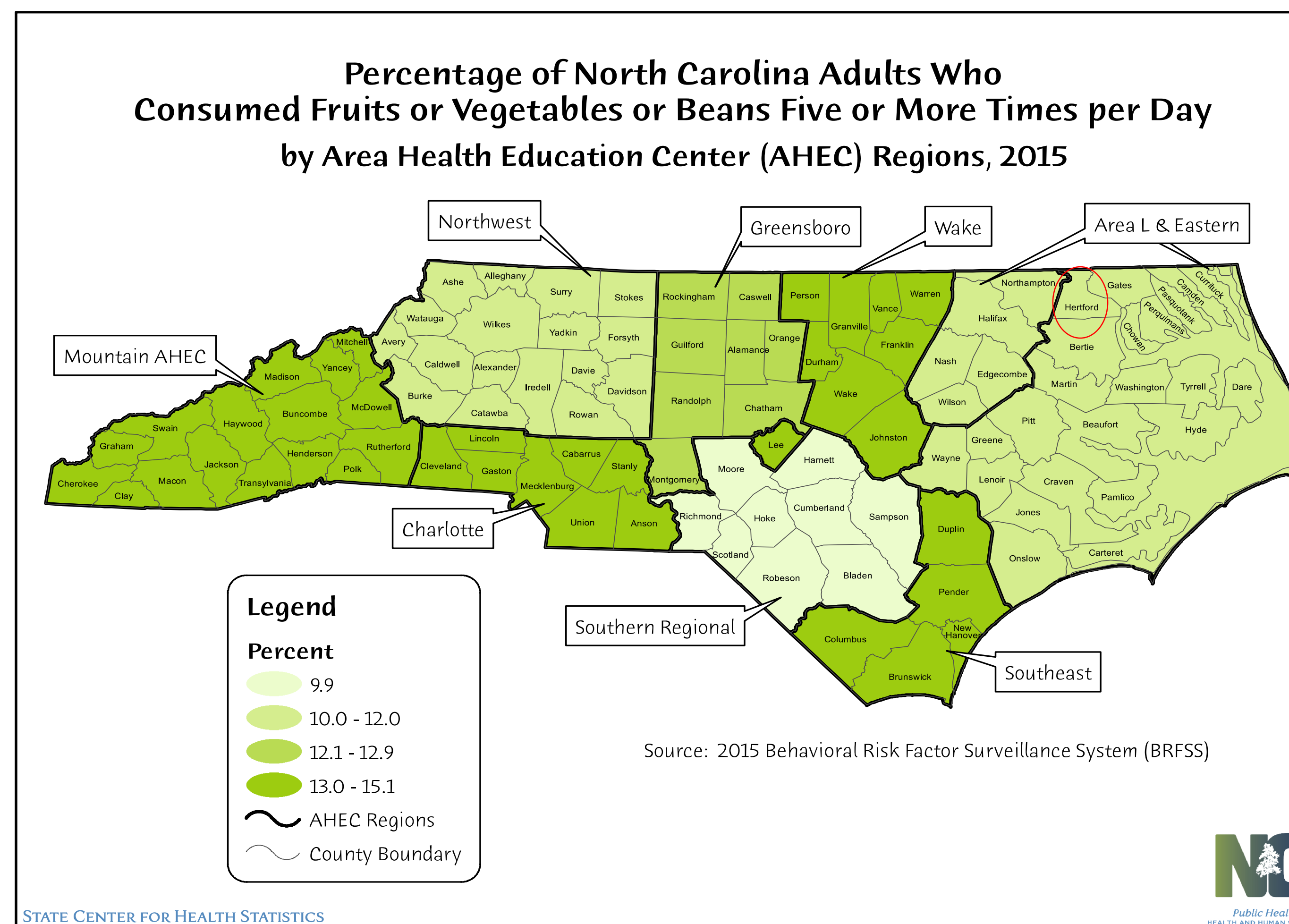
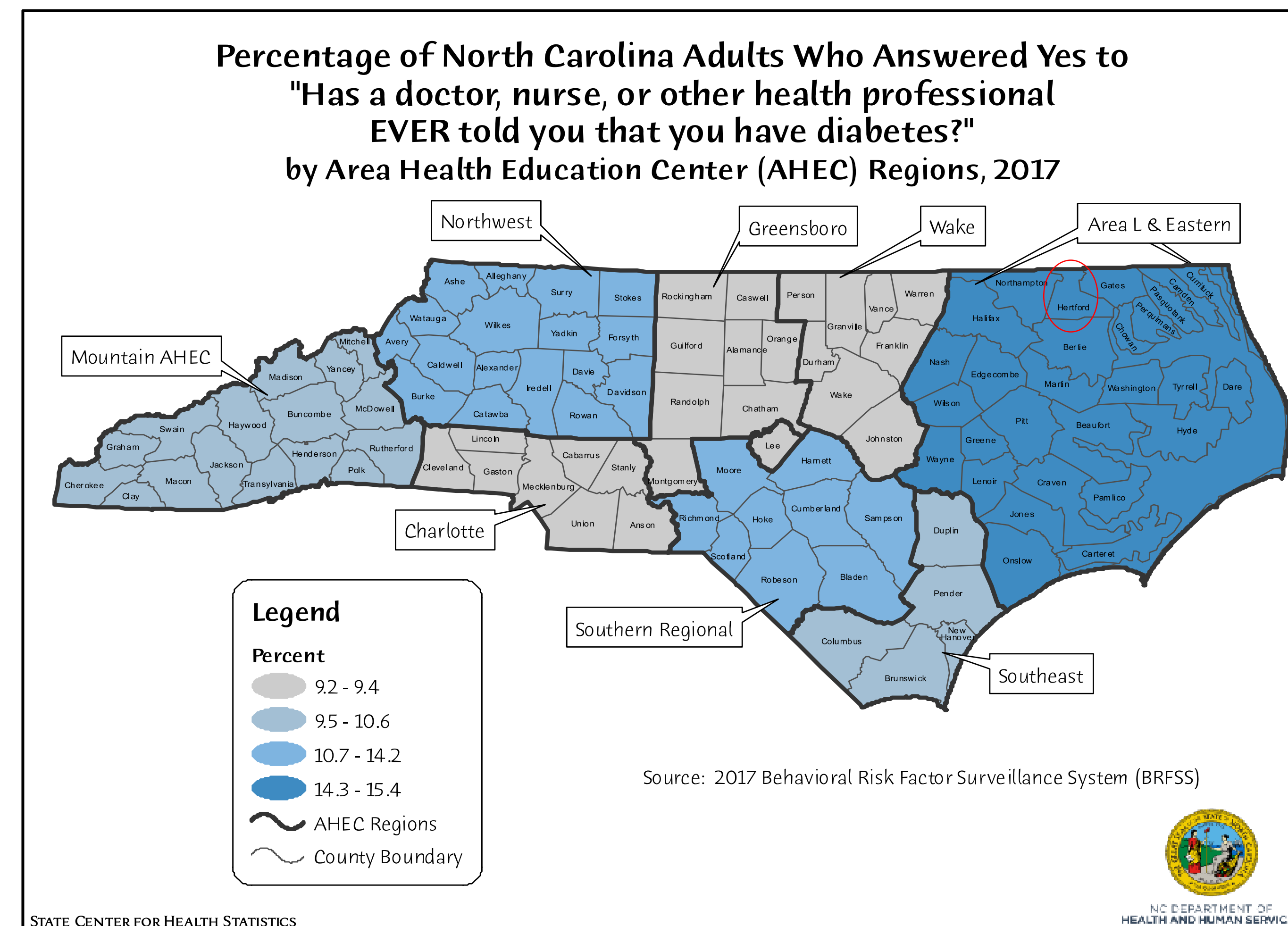
- Type 2 Diabetes is the 7<sup>th</sup> leading cause of death in NC and across the United States
  - Lifestyle changes, such as healthy eating patterns can prevent and/or delay the development of Type 2 Diabetes and can reduce various diabetes-related complications
  - Various programs, such as SuperSNAP, 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.

## ACKNOWLEDGEMENTS

Thanks to the faculty and staff involved in Program SHAPE for their leadership and guidance with this project.

Emily Kragel  
 Brody School of Medicine  
 Project SHAPE  
 Greenville, NC 27858  
 2524127100  
 kragel17@students.ecu.edu

Acknowledgement and Disclaimer: This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$2.5M. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government. \*Printed with non-state funds.