

Assessing accessibility of the SuperSNAP Program in patients with poorly controlled 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 progression of T2DM 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

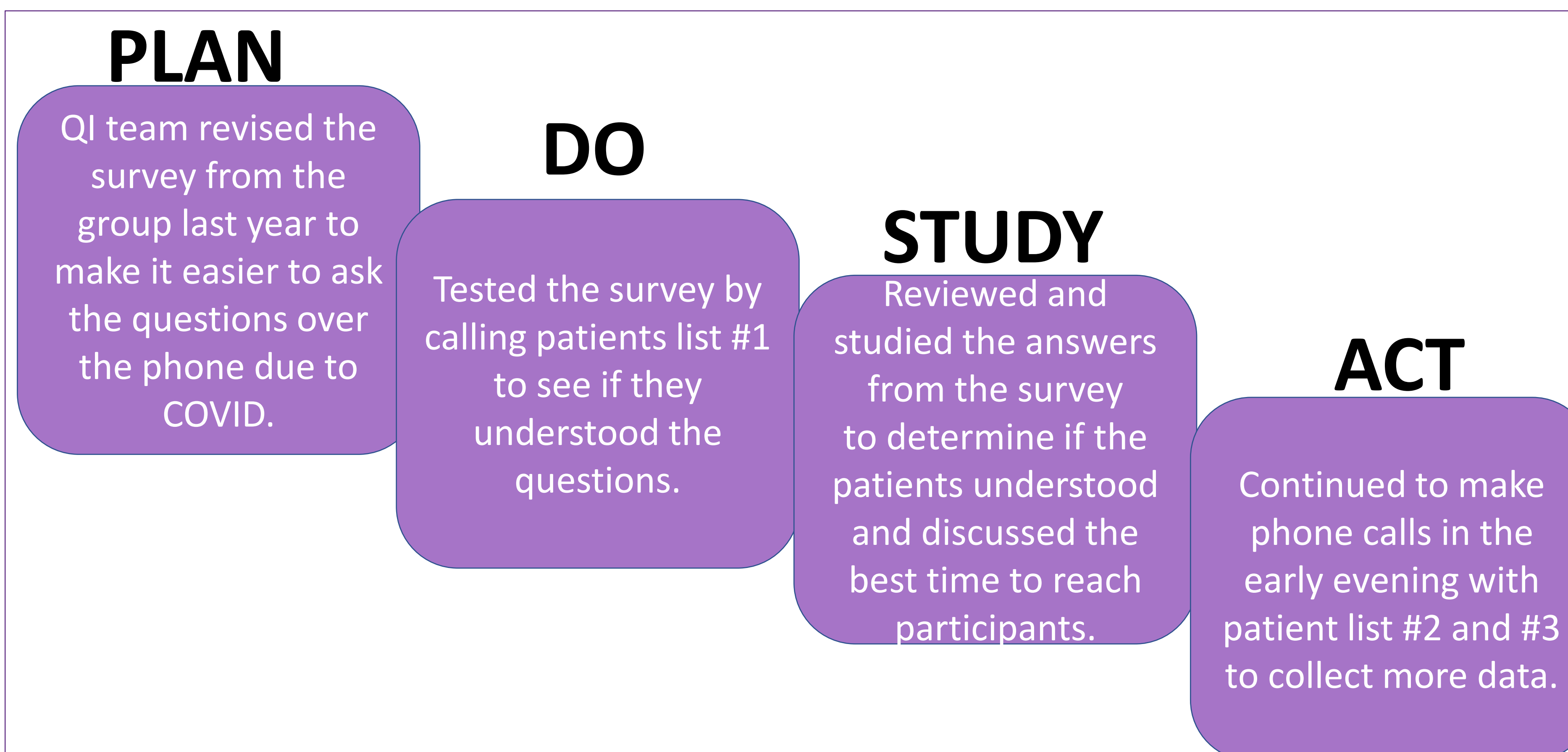
Global Aim: To decrease diabetic patients with A1c>9 by providing healthier eating options through SuperSNAP program.

Specific Aim: By February 2021, survey 50% of diabetes patients with a recent A1c>9 who received a voucher for the SuperSNAP program to assess perceived barriers to enrollment and program utilization.

PROJECT DESIGN/STRATEGY

- Diabetic patients managed by the Roanoke Chowan Community Center who have an **HbA1c >9 %** and have been enrolled in the **SuperSNAP program** were surveyed in order to
 - Evaluate understanding of the SuperSNAP program and its benefits.
 - Identify barriers to the SuperSNAP program. For example, transportation issues, trouble using vouchers at checkout, long distances to a Food Lion
 - Evaluate dietary patterns before vs after program enrollment
 - Receive overall feedback about the program and information packet given
- Surveys were administered over the phone using a standardized script

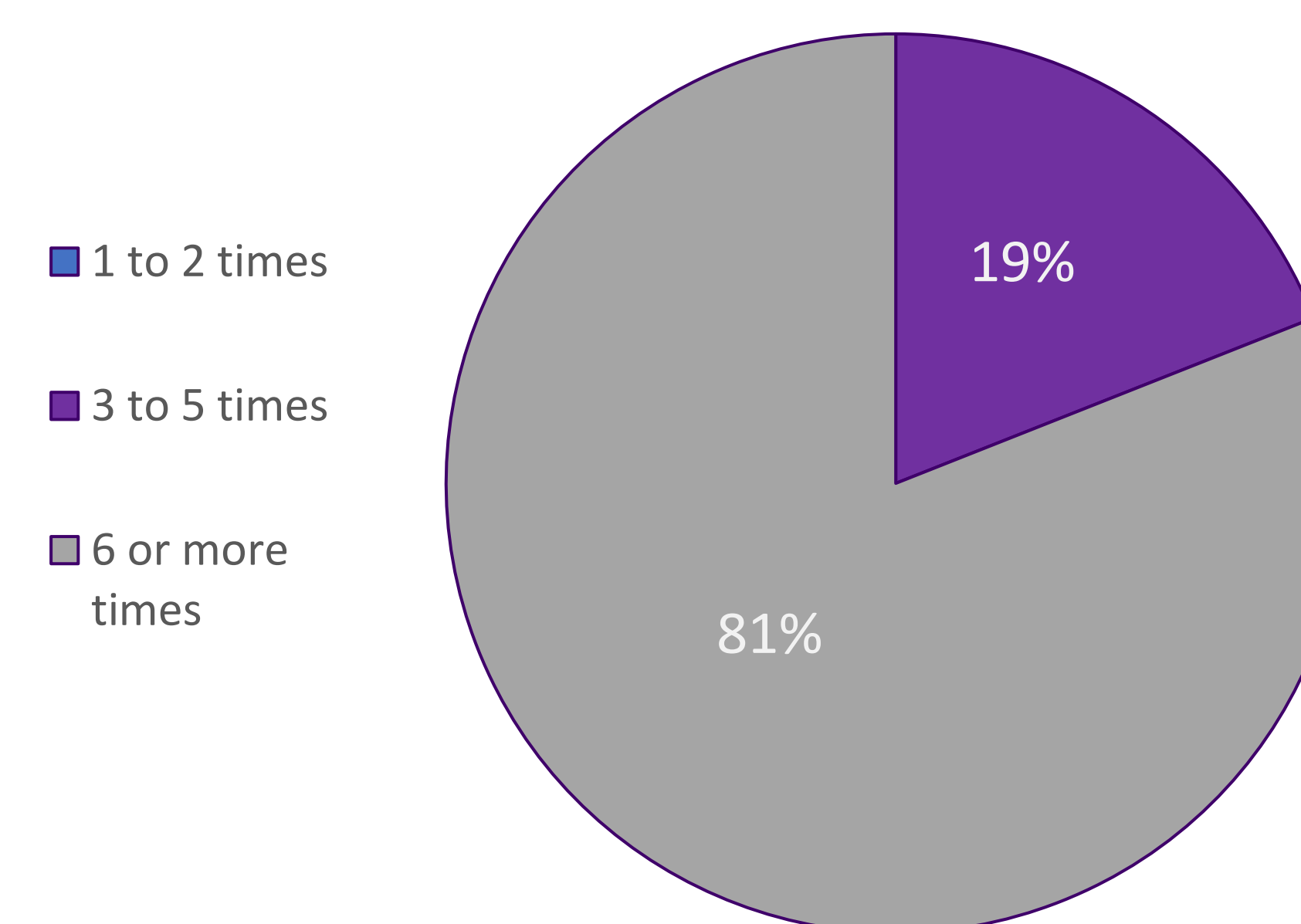
CHANGES MADE (PDSA CYCLES)



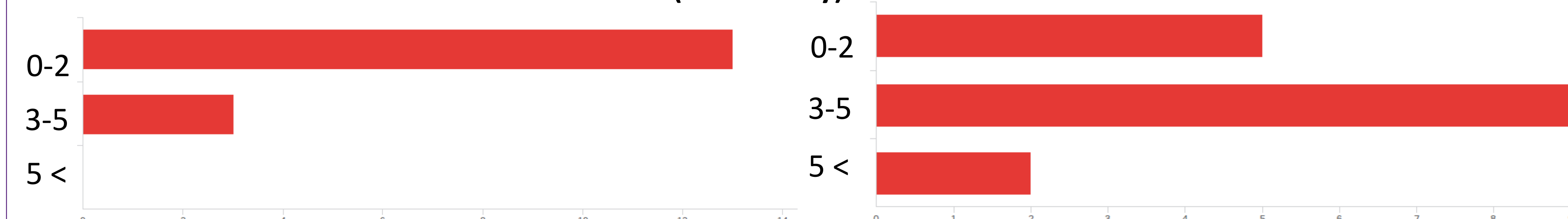
RESULTS/OUTCOMES

- **94%** stated that healthcare provider explained how to use SuperSNAP and understood the benefits
- **69%** indicated they had a food lion within 5 miles of their home and 81% were already members of Fool Lion
- All participants reported having reliable transportation
- All participants used the SuperSNAP voucher and were very likely to recommend it to a friend
- **75%** reported having no problems with their voucher
- **63%** of participants found the packet somewhat helpful or very helpful
- **63%** of participants stated that they would eat fruit and vegetables as a snack over processed foods.
- **88 %** reported feeling very comfortable making meals that included vegetables

Amount Times Per Week Participants Ate Fruit while using SuperSNAP



Daily Participant Vegetable Intake (times a day)



LESSONS LEARNED

- Overall, providers communicated the SuperSNAP program and logistics well to enrollees, and those enrolled are able to accurately describe the program's benefits
- Various factors contribute to program accessibility: Food Lion within 5-10 miles of home, secure transportation, and being an existing Food Lion MVP customer
- **100% of patients interviewed have successfully used SuperSNAP vouchers**
- Few patients encounter obstacles when utilizing vouchers, and for those that do they are often **easily resolvable**
- Per self report, **intake of fresh or frozen fruits and vegetables has increased in frequency** among patients after enrollment in SuperSNAP and they are more likely to opt for healthy choices over processed foods when hungry
- **100%** of patients interviewed are **very likely** to recommend the SuperSNAP program to a friend

NEXT STEPS

- Consider potential interventions to avoid those obstacles that interfere with voucher implementation at checkout: cashier training, provide instructions to those enrolled
- Trend changes in HbA1c in patients with poorly controlled T2DM after enrollment in SuperSNAP
- Adjunct resources that may be provided along with SuperSNAP membership to help patients track progress in making behavioral modifications (food diaries, etc...)

ACKNOWLEDGEMENTS

Thank you to the Roanoke-Chowan Health Center for providing this important service to the patients of ENC. Thank you to the SHAPE program leadership for their guidance and support with this project.

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