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## Host Organization

**Food Changes Lives!**

### Mission Statement

- ❖ harness the power of food to break the cycle of poverty, alleviate hunger, and change lives

### How do we do this?

- ❖ serve food
- ❖ provide education and job opportunities
- ❖ encourage neighborhood agriculture
- ❖ offer social services by engaging in community advocacy

### Our goal is a community:

- ❖ where no one goes hungry from lack of food or money
- ❖ with access to healthy and sustainable foods
- ❖ that learns to steward natural and financial resources
- ❖ in which opportunities are available to those who seek it

## Our Project

### Survey

#### Purpose:

- ❖ analyze client demographics
- ❖ identify needs of people with diabetes

#### Steps:

#### Develop questions

demographics, quality of food, social services, community garden, health status

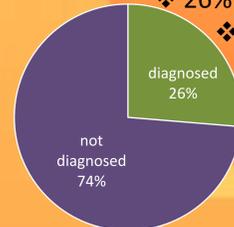
#### Conduct survey

incentives include hygiene kits and t-shirts

#### Analyze results

#### Findings:

- ❖ 26% are diagnosed with diabetes/pre-diabetes
- ❖ of those, 33% are prescribed insulin
- ❖ 10% have issues with taking as directed
- ❖ 20% have issues with storage



Clients Diagnosed with Diabetes/Pre-diabetes

### Workshop

#### Purpose:

address needs identified from survey regarding diabetes/pre-diabetes

→ **diabetes prevention/management through sustainable nutrition practices**

#### Steps:

Identify needs

Develop content

Promote workshop

Conduct workshop

## Challenges &

Survey Challenges	Survey Solutions	Workshop Challenges	Workshop Solutions
<i>gaining clientele trust to conduct surveys</i>	-spend at least 1 week during lunch hours to familiarize ourselves with clients → gives opportunity for trust to build	<i>finding that there are few clients who are prescribed insulin</i>	-change content to focus on diabetes prevention and nutrition rather than insulin management
<i>encouraging clients to take survey</i>	-distribute hygiene kits and t-shirts as incentives	<i>encouraging clients to attend</i>	-offer food, refreshments and prizes -ask clients who often attend workshops to advocate
<i>interviewing Spanish speaking clients</i>	-create a translated version -ask Spanish speaking employees to assist with conducting surveys	<i>integrating community gardening into the workshop content</i>	-coordinate with community garden presenter
<i>repetition of clients during survey distribution</i>	-check with partner to make sure client has not yet taken survey	<i>using accurate information on diabetes management</i>	-reach out to certified diabetes educators



## Long-Term

### Implications

use of survey analysis to improve food served

emphasis on other disease states (hypertension) that are also common in the population

use of workshop content for repeat workshops

continued use of survey in following years

**Acknowledgements :** A special thanks to: Nimit Shah, Marisol Curtis, Kristin Lorentzen, Yvette Molina, and Milton Rivera for helping us understand the mission of Elijah's Promise; Chef Curtis for teaching us how to cook; Suzy Jivotovsky for her gardening expertise; Caitlyn McCarthy and Teri Lassiter for guiding us through our projects; Sarah Kelly and Maria Pellerano for the enlightening Wednesday sessions; and the clients of Elijah's Promise - New Brunswick who have given us their warm welcome.