

Educational Tools Contribute to Success of Participants in Utilizing the Food Pharmacy to Minimize Chronic Disease Exacerbation

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Background

- Food insecurity is associated with exacerbations of preexisting health conditions due to chronic stress and inadequate nutritional intake (Leung et al., 2020).
- Individuals with food insecurity had poorer diabetes self-efficacy, greater diabetes distress, greater medication non-adherence, higher prevalence of severe hypoglycemic episodes, higher prevalence of depressive symptoms, more medication affordability challenges, and more food and medicine or health supply trade-offs (Ippolito et al., 2016).
- Food insecurity and food environments contribute significantly to increased obesity rates which is a risk factor for both Diabetes and Hypertension (Eskandari et al., 2022).
- Since utilizing the Food Pharmacy, 75% of diabetic patients have lowered or stabilized their A1C and 73% of hypertensive patients have lowered their blood pressure (UF Health Jacksonville, n.d.)

Population

- Urban Health Alliance's Food Pharmacy serves approximately 300 patients in the Jacksonville community facing food insecurity who suffer from chronic conditions such as diabetes and hypertension.
- The mission of the Food Pharmacy is to "improve health through proper nutrition".



This project was developed in partnership with:



Results

- The diabetes curriculum videos were shown during the diabetes support group session and the hypertension curriculum videos were shown during the Food Pharmacy's monthly cooking class. The videos are also accessible via the HowToHealthUF YouTube channel for clients to reference as needed.
- The main quantifiable outcome achieved through our work is increased client understanding of proper nutrition in managing chronic conditions. Both clients and our community partner stated that the videos were effective in reinforcing client understanding of proper nutrition and how to utilize items received from the Food Pharmacy to create healthy meals.
- The Food Pharmacy coordinator is going to further assess the effectiveness of the videos through a monthly survey given to clients who attend the cooking class.

Methods

- We developed educational videos to supplement clients' understanding of hypertension and diabetes, the effects of their diet on their health, and how to make optimal meals with items received from the Food Pharmacy.
- We collaborated with DNP students to implement curricula that clarified the pathophysiology of diabetes and hypertension, specified the diet changes that would be beneficial, and offered recipe recommendations.
- We used Canva software to generate videos, and then had the UF DNP students review each video and provide feedback.
- We chose to break down the curriculum into more accessible "sound bites" for a more complete, accurate understanding. We also included written & spoken information to ensure that literacy would not affect accessibility. Our videos include large text for easy reading and photos for easy comprehension.
- The videos were posted to the HowToHealthUF YouTube channel and were also displayed in the Food Pharmacy so that clients could view them during appointments.

"Our YouTube channel, [HowToHealthUF](#), is an educational assortment of health related videos that range from how to recognize and manage chronic disease, nutrition, cooking classes, and more. It encompasses a whole health approach to wellness."
- UF Health Food Pharmacy

Conclusion

- Because food insecurity is associated with exacerbations of preexisting health conditions, we worked with the UF Food Pharmacy to provide educational resources to increase patient education regarding chronic diseases and how to utilize the UF Food Pharmacy resources to their greatest benefit (Leung et al., 2020).
- We provided greater access to educational resources for UF Food Pharmacy users by making educational videos, displaying videos in the UF Food Pharmacy, and publishing videos on a publicly accessible website for continued use.
- Some limitations of this project include the necessity of internet access or physical transportation to the UF Food Pharmacy to watch the educational videos.
- Future population health BSN students could continue this project by adding additional educational videos and improving access to these resources.

Key Takeaways

- Our aims for this project are to develop educational videos related to proper nutrition to help Urban Health Alliance Food Pharmacy clients better understand and manage their chronic conditions.
- After viewing these videos, participants will be able to adequately use the food available in the Food Pharmacy to create healthy, diabetes and hypertension-friendly meals.
- This project was done in collaboration with UF DNP students who developed the evidence-based curricula on nutritional management of chronic conditions.



More Information



YouTube:
HowToHealthUF

References

*Available upon request

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