



Diabetes Wellness Program

Background

People with diabetes who are struggling with food insecurity face a tight balancing act between their need to stretch their food budgets and their need to purchase diabetes-appropriate food, which is often more expensive. The Diabetes Wellness Program, a pilot initiative of Second Harvest Foodbank’s HungerCare Coalition, will provide 300 food-insecure patients with free diabetes-appropriate food and tailored nutrition education to help them better control their Hemoglobin A1C levels and empower them to take the steps necessary to prevent short- and long-term diabetes complications.

Program Design

The Diabetes Wellness Program is a 3-year pilot program in which food insecure people with diabetes will learn to better control their condition through educational workshops, nutrition information, healthy recipes, and boxes of diabetes-appropriate food.

Participant Requirements

- Age 18 or older
- Diagnosed with Type 2 diabetes
- Food insecure (as determined by 2-question USDA screen below)

For each statement, please tell me whether the statement was “often true, sometimes true, or never true” for your household:

- 1) “Within the past 12 months we worried whether our food would run out before we got money to buy more.”
- 2) “Within the past 12 months the food we bought just didn't last and we didn't have money to get more.”

A response of “often true” or “sometimes true” to either question indicates a positive screen for food insecurity.

Program Components

- 1-hour introductory workshop in which participants will learn the basics of diabetes management and gain a better understanding of what program participation will entail
- 9 monthly boxes of approximately 30 pounds of diabetes-appropriate food (including vegetables, lean proteins, and whole grains), equaling 1-2 weeks’ worth of meals
- A monthly factsheet on various topics related to managing diabetes through nutrition and 2-3 recipes to use with the food items provided
- Optional 6-week Diabetes Empowerment Education Program (DEEP) workshop

After participating in the wellness program, participants will be able to demonstrate increased knowledge about controlling blood sugar levels through proper nutrition, increased intake of diabetes-appropriate food, and increased confidence in their ability to control their diabetes in the future.

Diabetes Wellness Program Partners

- Second Harvest Foodbank of Southern Wisconsin
- SSM Health St. Clare Hospital-Baraboo
- Salvation Army Food Pantry-Janesville & Beloit
- St. Vincent DePaul Food Pantry-Madison

