

## A Novel Approach of using combined Food Labelling workshop and “Diabetes Conversation Map™” to enhance Participants’ Awareness and Glucose Management by Community Dietitians

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### Introduction

Food label reading and carbohydrate exchange are both inevitable tools for people with pre-diabetes/diabetes in their meal planning in daily life. Besides, Diabetes Conversation Map™ (DC Map™) education tools, developed by Healthy Interactions in collaboration with the International Diabetes Federation, Eli Lilly and other diabetes experts in 2008, is an education tool with table-top visuals and make use of the power of small group dialogue and discussion that promotes collaborative diabetes learning.

In order to enhance interactions between participants and healthcare professional & increase personal awareness on glucose management, a combined tool, which consists of food label reading workshop and application of DC Map™ using “Walk with Diabetes” module were conducted in participants with Impaired Glucose Fasting (IFG) and Type 2 Diabetes, to evaluate the effectiveness of participants’ Knowledge, Attitude and Intention Behaviour change before and after the combined tool.



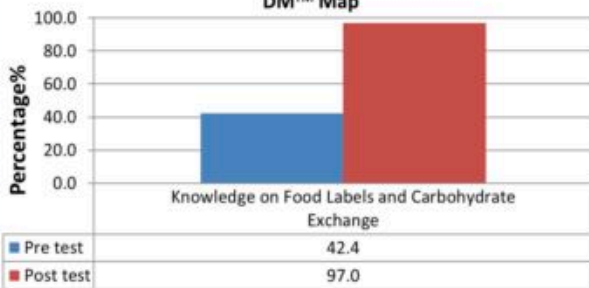
### Methods

Pre/post-test were conducted before and after attending combined tool to evaluate participants’ change of Knowledge, Attitude and Intention Behaviour change (n=14).

Registered Dietitian was conducting Diabetes Conversation Map™ “Walk with Diabetes” with participants.

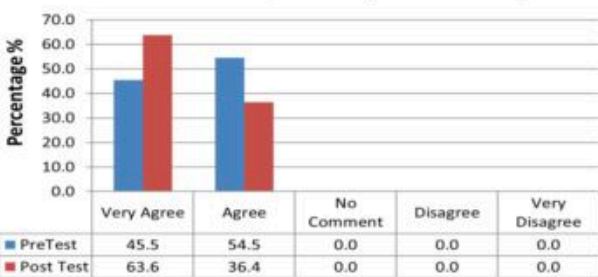
### Results

**Figure 1 Knowledge Change of Participants Before and After Attending Combined Food Labelling Workshop and DM™ Map**

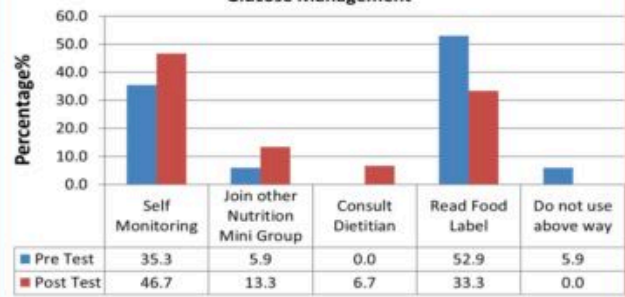


The results of pre and post-test demonstrated a great improvement regarding participants’ knowledge on reading food labels and calculation of carbohydrate exchange with overall average score 42.4% vs 97.0% (Figure 1). Besides, there is a positive attitude change regarding participants to attend food labelling workshop and DC Map™ on prevention of diabetes and self-glucose management (Figure 2). There are also 100% agreement (both strongly agree and agree) on carbohydrate exchange to improve diabetes management (Figure 3). Furthermore, participants showed their increased intention behaviour change on their willingness to undergo self- glucose monitoring, join other nutrition workshops and consult dietitians for glucose management (Figure 4). Participants were very satisfied with attending this combined educational tool, with a score of 9.3 out of 10.

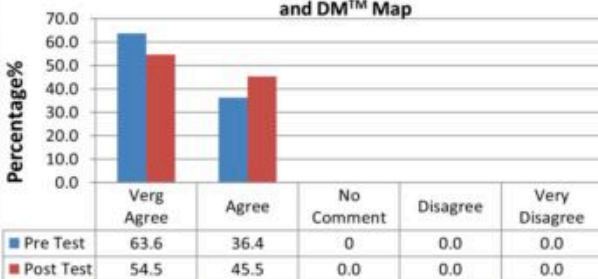
**Figure 2 Attitude Change on Participants Regarding Prevention of Diabetes and Self Glucose Management Before And After attending Combined Food Labelling Workshop and DM™ Map**



**Figure 4 Intention Behaviour Change on Participants’ Willingness Regarding Different Ways To Increase Overall Glucose Management**



**Figure 3 Attitude Change on Participants Regarding Carbohydrate Exchange On Diabetes Management Before and After Attending Combined Food Labelling Workshop and DM™ Map**



### Conclusion

The interactive DC Map™ demonstrated group education provided positive impacts on participants’ KAB. By using the DC Map™, participants can develop strategies that transform into meaningful life skills to sustain long lasting positive behavioural changes. Besides, community dietitians (facilitators) can reveal participants’ needs in order improve their diabetes management through interactive mutual discussion with the participants. The DC Map™ may be more cost effective than the conventional approach in terms of time spent on each participant, peer supports and observational learning to improve their overall health outcomes.

