Improving Food Security and Controlling HbA1c Rates in Fresno County

Fresno County residents experience high rates of chronic disease, such as diabetes and high blood pressure, which are impacted by nutrition.

1 in 12 Fresno County residents lack access to nutritious food and are considered food insecure.

191 CalViva Health members who identify as Black/African America or Hispanic/Latino and living in a food desert (93706) are diagnose with diabetes with a HbA1c above 9%.

Interventions

- Partnership with 2 CBOs: Fresno Metro Ministry and West Fresno Resource Center
- HbA1c kits to be delivered to members’ homes.
- Host *Cooking Matters®* session for 50 members.
- Culturally tailored recipes.
- Offer transportation, interpretation, and childcare services.
- $50 gift card for members who complete 4 out of 6 healthy cooking classes.
- Provide educational materials and resources for ways to access fresh produce from home.

Cooking Matters® Participants

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<th>Date</th>
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Outcomes

- 21 Members completed 4 or more healthy cooking classes.
- 95% Members stated they are more confident in managing their diabetes as a result of participating in Cooking Matters.

Challenges

- Time constraint
- Unable to delivered A1c kits to members’ home
- Two different languages, ethnic, and cultural groups in one room
- Facility was limited to 30 participants

Next Steps

Call members to complete A1c test with their primary care provider.