

Development of a patient-centered nutrition education handout to promote low sodium intake in diabetes



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Background

- The average American consumes 3,400 mg of sodium a day
- ~30 million Americans have diabetes
- Excessive sodium intake in diabetes increases the risk of nephropathy and heart disease
- According to the American Diabetes Association people with diabetes should eat no more than 2,300 mg of sodium a day

Objectives

- Develop a 3-page patient-centered nutrition education handout for people with diabetes
- Help health care providers interpret nutrition and medical information regarding sodium and diabetes to make it easier for people with diabetes when they eat

Methods

1. Topics were identified through one-on-one nutrition visits and group diabetes nutrition classes at the UWMC Roosevelt and the UW Neighborhood clinics
2. Information for nutrition education handout was compiled from the ADA's 2013 Medical Nutrition Therapy Recommendations for the Management of Adults With Diabetes, guidelines of various national organizations addressing nutrition in diabetes and websites providing low sodium recipes
3. UWMC Patient and Family Education Services reviewed format and readability level to have handout posted on Health On-Line, the UWMC intranet database of education resources

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Results and Implementation

Conclusions and Future Application

- The patient-centered handout above on sodium intake will help health care providers - such as RDs, RNs and CDE - to share clear, consistent nutrition education messages with their patients affected by diabetes.
- This handout will help facilitate the life style changes of people with diabetes, thus improving their health and preventing the complications of their disease.

References:

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