

Summary – Spring, 2006 RIT Community Nutrition Student Activities in accordance w/ RDN grant – Type 2 diabetes intervention for Latino population

- Nine (9) students involved: Courtney Butera, Suzy Eastman, Jenny Le, Lynn Moll, Corinne Moore, Julie Morganti, Eve Pritchard, Deirdre Smith, Nicole Waldo
- 3/15-5/7/06: Literature review, planning and delivery of three programs (below), development of program materials
- 3/29/06: Recipe production /class demonstration of recipes modified/tested in spring, 2005
- 3/30/06: Attendance @ “Hispanic Culture and Cooking” – three hour presentation by Genesee Dietetic Association
- 4/5/06: Guest speaker in class (Maggie from RDN) to educate students on health beliefs, practices, strategies for working w/ Latino population.
- 4/29/06: Seneca Manor Apts., 3-4:30pm – brief discussion of diabetes and nutrition and cooking/tasting of four recipes along with two stations covering supermarket products and nutrition education materials. Twenty attendees, all African American or Latino background, most with diabetes. Interpreter provided by RIT
- 5/3 and 5/17/06: Clinton Family Center/TOPS (Upper Falls Boulevard), noon-2pm - brief discussion and tasting of two recipes along with supermarket tour. Total of thirty-one (31) participants, all of Latino background. Interpreter provided by Clinton Family Center. Media personnel from Via Health filmed segments of the program on 5/17. All materials developed for the programs have been provided to Robert Kasprzyk for continued use with the Center’s programming.

Participant evaluations for each of the programs delivered by the students were all very favorable. In addition, students rated the experience provided by this grant activity as very positive and valuable, although a good deal of work.