

D20

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Bite-Sized Changes, Big Results: Motivating Older Adults to Live their Healthiest Lives

Aim: To measure the impact of short targeted educational programs: “Small Bites,” on confidence and motivation for lifestyle change in East Flatbush seniors at the Christopher Blenman Older Adult Center (OAC) during Summer 2023

Objectives: To teach pre-medical students to deliver interactive diabetes prevention sessions; To evaluate motivation and confidence towards lifestyle change after Small Bites workshops

Background: 18% of adults in East Flatbush have diabetes, vs. 12% in NYC. In the US, incidence of diabetes increases with age, affecting 29.2% > 65 yo (2021). 30 minute Small Bites workshops increased confidence and motivation towards behavioral change at Kings County Hospital. We sought to evaluate the effectiveness of engaging community members in educational sessions at an OAC.

Methods: 5 workshops based on the National Diabetes Prevention Program curriculum were delivered to OAC seniors. Motivation and confidence for lifestyle change after Small Bites was measured with a standardized questionnaire and pre-post test design and analyzed using paired samples t-test in Excel.

Results: 62 seniors participated. Paired t-tests revealed statistically significant results for improved confidence after classes on Shopping ($n=14, t=-2.414, p=0.03$) and Stress ($n=14, t=-3.277, p=0.006$); Eating Plants ($n=14, t=-1.674, p=0.12$), Eating Well ($n=7, t=-0.956, p=0.38$), Fitness ($n=14, t=-1.336, p=0.20$) did not.

Eating Plants ($n=14, t=-2.456, p=0.03$), Stress ($n=14, t=-2.510, p=0.03$) and Fitness ($n=14, t=-3.995, p=0.002$) classes improved motivation; Shopping ($t=-2.065, p=0.06$) and Eating Well ($n=7, t=-1.340, p=0.23$) did not.

Discussion: Aggregate data from KCH and OAC showed improved confidence and motivation after all Small Bites classes. In contrast, only 3/5 classes improved motivation, and 2/5 classes increased confidence after OAC Small Bites. OAC environmental barriers included: dining room with poor acoustics, background noise, small screen. Future classes should address low vision/hearing.