

## RESEARCH SUMMARY

### *Description:*

- ◆ Design: a prospective, noncontrolled descriptive study
- ◆ 83 registered dietitians from 31 sites across Wisconsin recruited subjects from their physician-referred patients
- ◆ 244 adults with type 2 diabetes participated in this study
- ◆ Health and lifestyle data were collected at baseline, 3 months and 6 months.

### *Objectives:*

- ◆ Examine changes in health and lifestyle indicators in persons with type 2 diabetes receiving nutrition counseling
- ◆ Promote participation of registered dietitians in outcomes monitoring and research

### *From WDA's Type 2 Diabetes Outcomes Study*

## *We learned that*

### *After seeing a registered dietitian . . .*

- 1) *clinical outcomes improved*
  - ◆ blood glucose control improved (1.7% drop in A1c in 6 months!)
  - ◆ body weight dropped
  - ◆ heart disease risk declined
- 2) *quality of life indicators improved*
  - ◆ self-perceived health status more positive
  - ◆ fewer work days missed
- 3) *self-management skills improved*
  - ◆ blood glucose self-monitoring increased
  - ◆ diet/lifestyle healthier
- 4) *patient satisfaction was documented*
  - ◆ health insurance plan satisfaction was linked with coverage of nutrition counseling

### *More specifically . . .*

- ◆ Increased time and/or number of sessions with the registered dietitian were associated with:
  - reduced glycosylated hemoglobin (A1c) and fasting blood glucose
  - additional desired weight loss
  - reduced total cholesterol and triglyceride levels
- ◆ Estimated risk of coronary heart disease declined as a result of significant improvements in systolic blood pressure and total cholesterol.
- ◆ Clinical outcomes improved without an increase in medications. Overall and antihypertensive medication use actually declined during the 6-month period.
- ◆ Improvements in outcomes were greatest between baseline and 3 months, with stabilization between 3 and 6 months.

### ***Implications of our Findings:***

- ◆ Results of this statewide outcomes project support a growing body of evidence demonstrating the effectiveness of medical nutrition therapy.
- ◆ Ongoing intervention is needed to support continued clinical progress.
- ◆ Encourage and support improved patient access to nutrition counseling from registered dietitians and dietetic technicians. *Make a difference!*