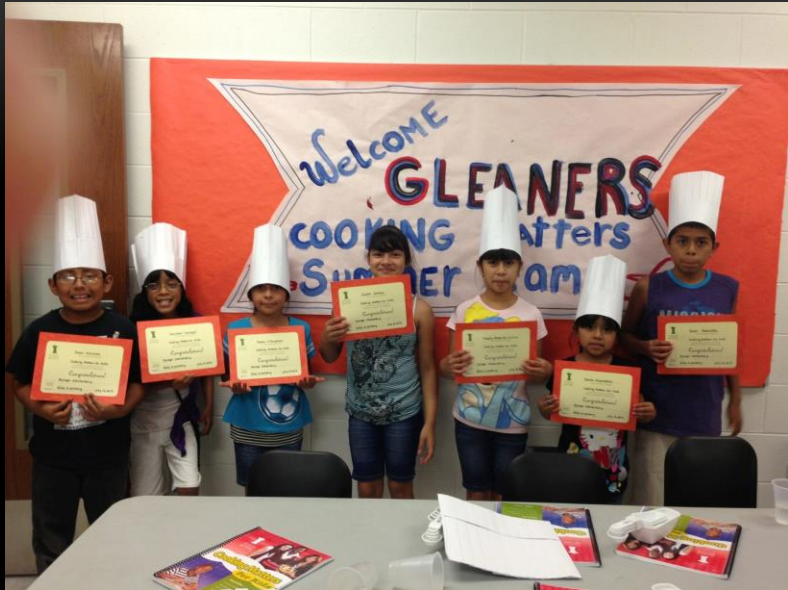


Diabetes, Women, & *Cooking Matters*:
An Exploratory Study using PhotoVoice

Viki Shayna PhD, RD



What I wanted to know:

1. What was it about *Cooking Matters* that was causing these profound results?
2. What would participants tell me were the effects of *Cooking Matters* participation?





Research Design, Part 1

Questionnaire asking
about lifestyle
choices and medical
measurements

Research Design, Part 2

VOICE IT!

A FREE 7-week course in photography
like nothing you have ever done.

- Discuss diabetes and cooking
- Practice new photography skills
- Taste new recipes
- Match your experiences with photos
- Add narration to your images
- Be part of a video
- Make new friends
- Have fun!

It is a chance to make your voice
heard!

Who can take it: Women with diabetes
who have taken a Cooking Matters
course.



“What *Voice It* is, is really about looking at your thought process and goes into capturing what you think into photos. Our voice is the picture we take--a further extension [of] *Cooking Matters*” (Robin).

Study Requirements

- Female
- Former participant in *Cooking Matters*
- Currently living with Diabetes



The Camera Lens

- What you see
- What you don't see



Finding One

We need a variety of colorful fruits and vegetables. Each vegetable can give us different flavors and colors. Bananas have potassium, and we need that. They are helpful dealing with diabetes. The cucumbers we use for salads. Fresh garlic is so good!



I was able to actually try it out so I was able to look at that and make better choices. You see the foods out there but you are kind of skeptical about making them and so with Cooking Matters it's like "oh, ok so that's how you make them. That's how it really tastes".

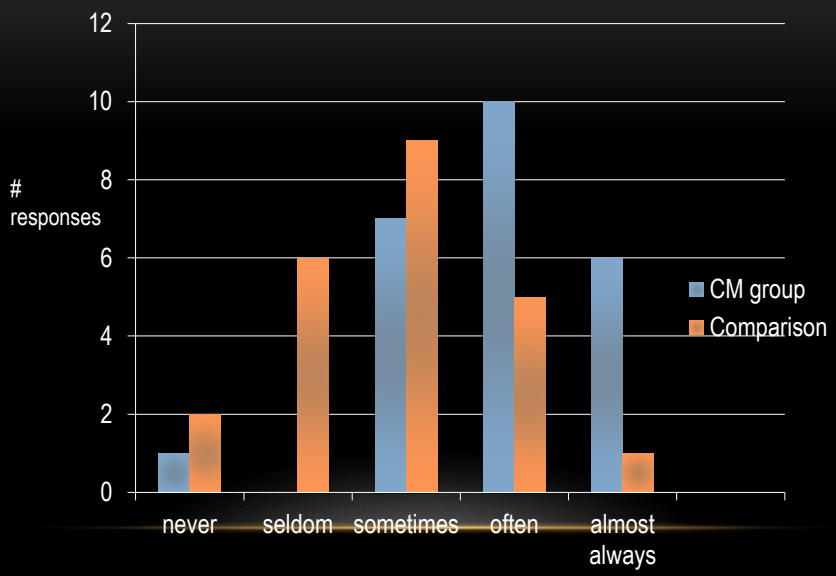
Pam

Grow Your Own

I picked this to show urban farming and that you can grow and cultivate your own foods in a healthy way. You know what you planted. Best of all, it is right outside your window!



Frequency of Reading Labels, $P < 0.001$

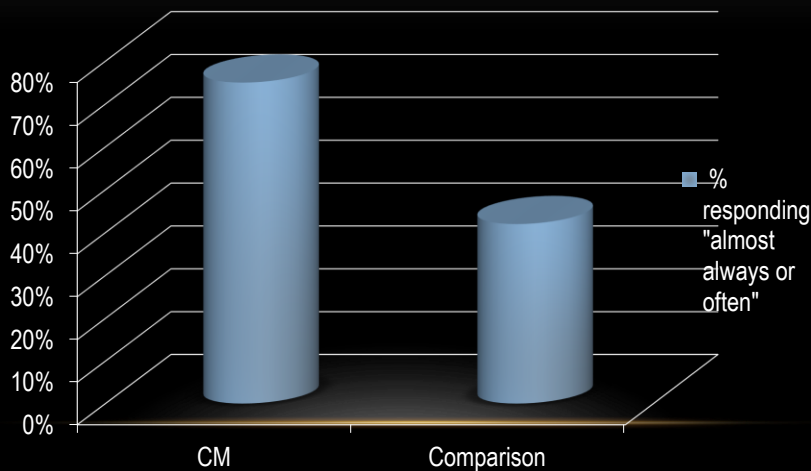


This is MY plate!

Cooking Matters taught me to make better choices. I think before I eat!

Finding Two

Frequency of Eating Breakfast, $P < 0.05$



"I didn't use to eat breakfast before class even though I am diabetic. And now I have to eat breakfast and I am so proud of that because I've noticed that when I do eat breakfast... I am like oh my goodness look at me!"

Renee

Finding Three



*The lines in the fabric are like
people. They weave it together.
The top is round because we come
together in community. We have
to build
a strong foundation by
working together.
Only then is change possible.*

*“ Y’all are my village. These past
few weeks since I’ve been in this
class... I’ve felt like I matter. . . on
this earth.”*

Wendy

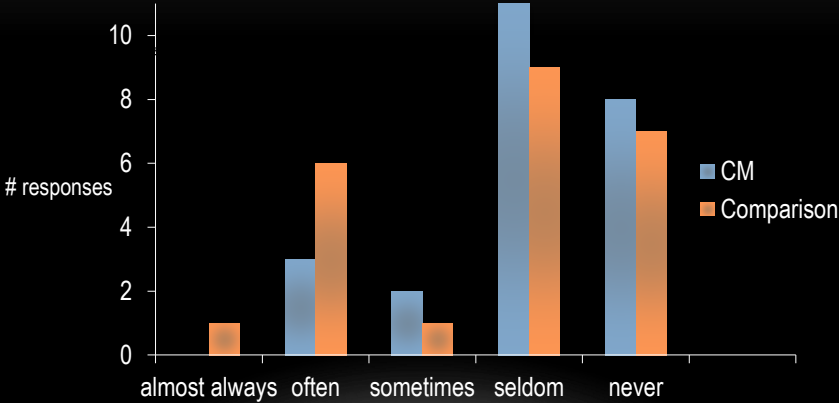
Finding Four



*Salvation Army Kettle:
World's Largest Kettle!*

The Salvation Army helps families without food to enjoy a holiday meal. They also help the needy year-round. It is a terrible thing to be hungry but it is good to know that someone is there to help.

How Often do you Run out of Food?



Finding Five

Textural Eats



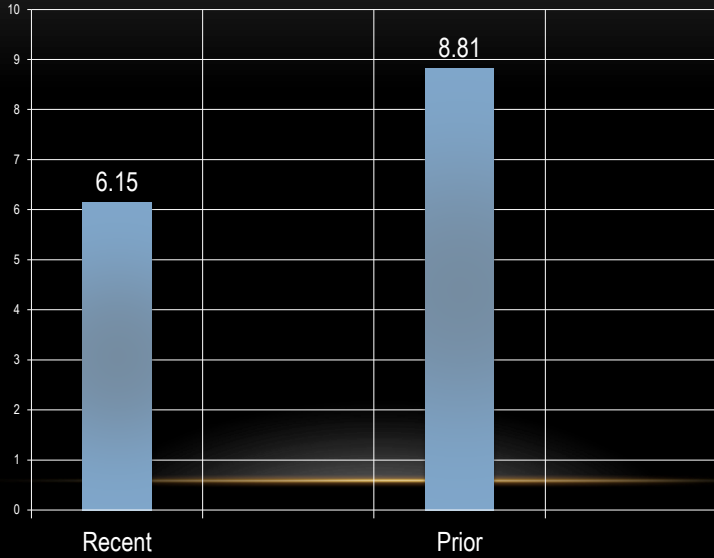
Before I took Cooking Matters, I didn't eat any of these foods. I took this picture before I cooked a meal. I am proud of myself for trying new foods. I have discovered that most of the time I like them! Cooking Matters taught me how to add color and texture to my meals.

Mean Values of Hemoglobin A1c

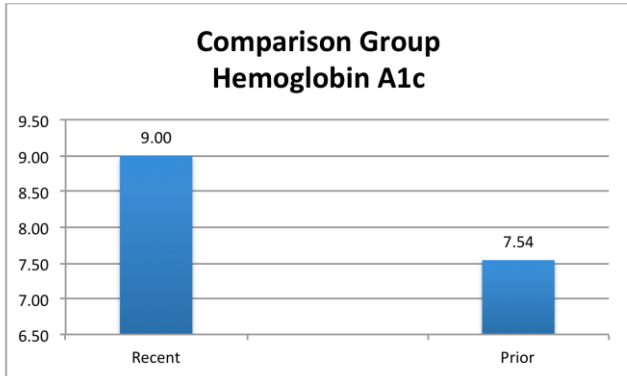
$P < .001$



Cooking Matters Group Hemoglobin A1c, P < 0.01

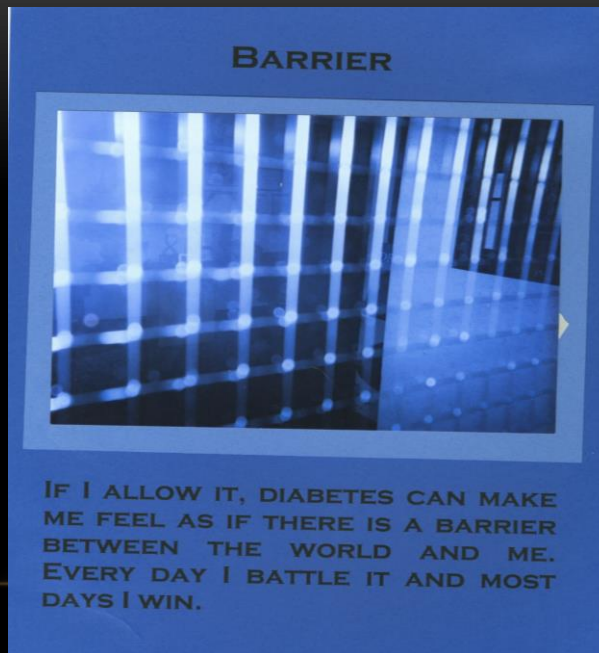


Comparison Group Hemoglobin A1c



(Chart 24)

Finding Six



I had to sit back and I thought about some things that I actually learned. Not only from the cooking aspect but I learned that I was not alone in my struggle with diabetes. There are other people that have been struggling for years that still struggle every day.

Maggie



Victory

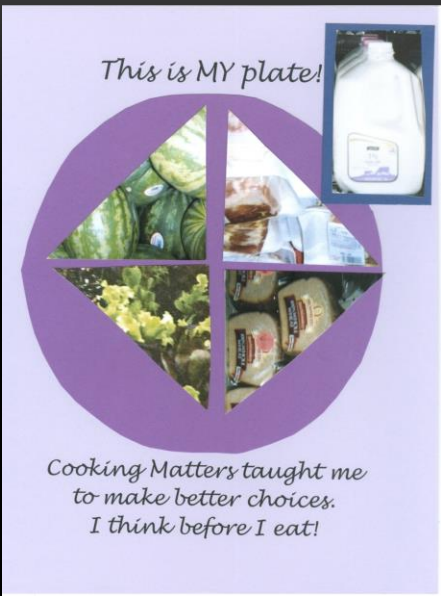
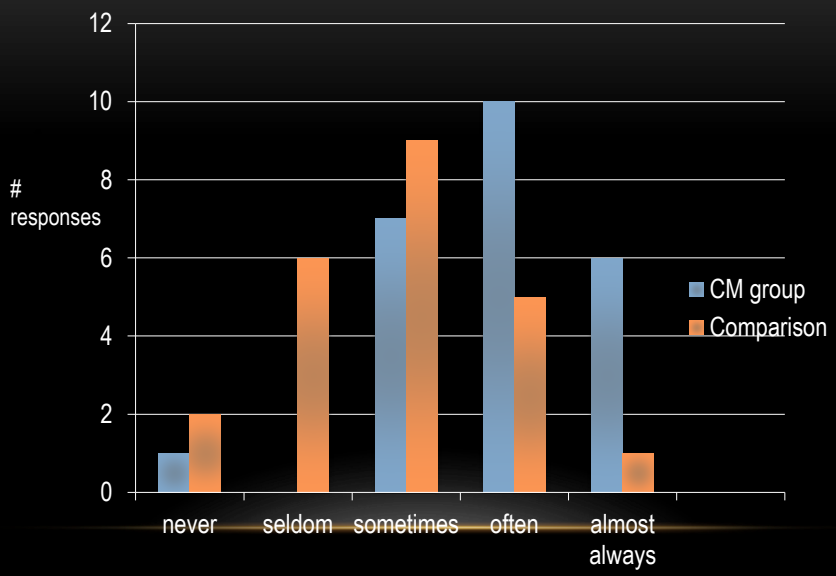
The flags are the color of my victory over diabetes. My life has actually gotten better because now I am more aware and now I eat more things that are alive. Cooking Matters showed me different ways to cook the same foods so that one of those ways would be tasty to me. The trees and grass represent life. I feel more alive now than I did before my diabetes.

Grow Your Own

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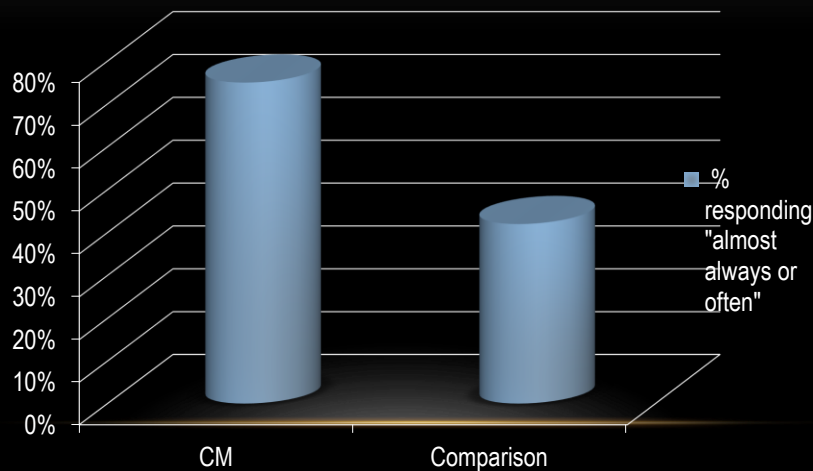


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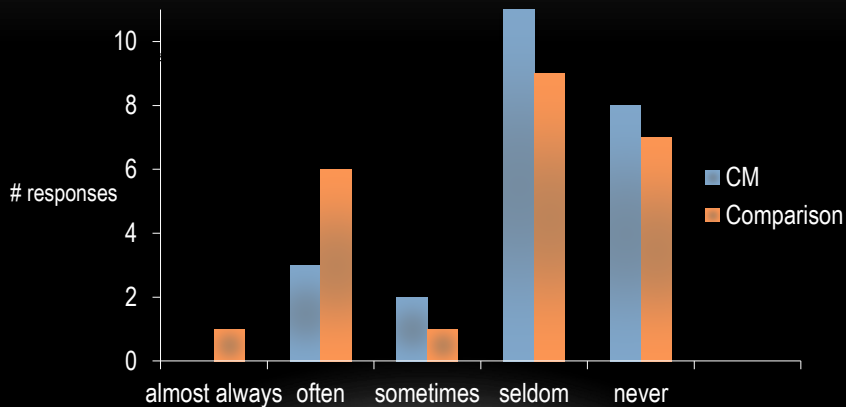
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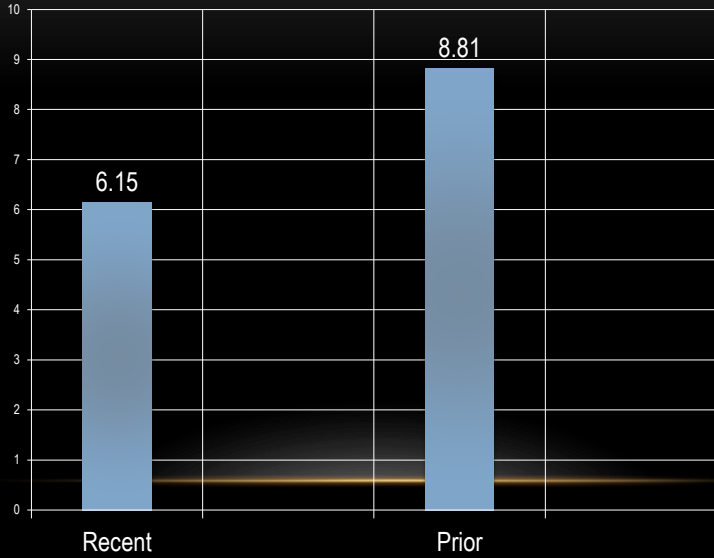
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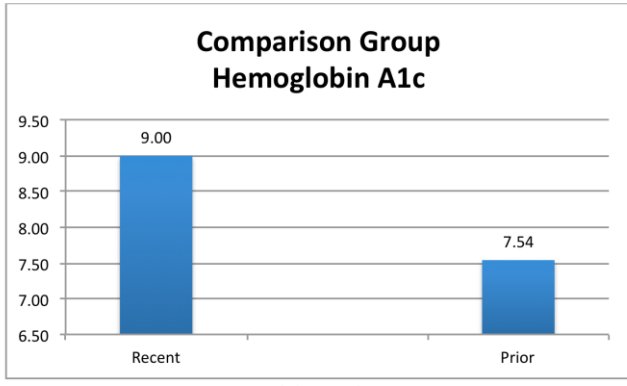
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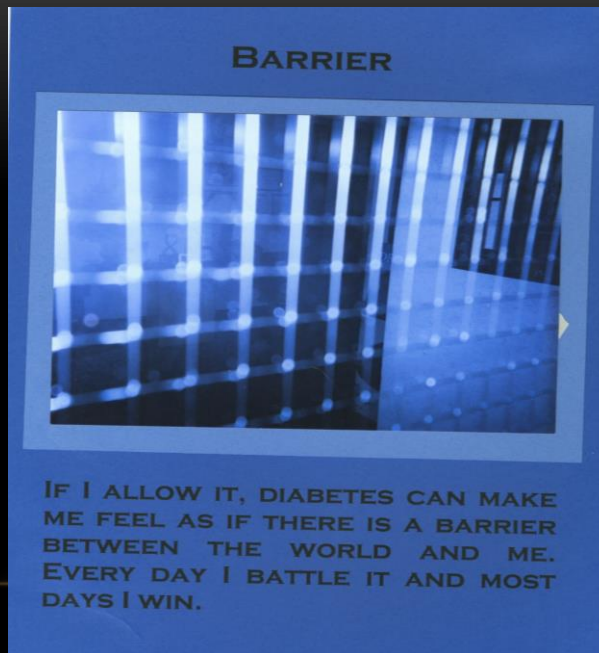


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Exhibit Locations



The Voice of
PhotoVoice

The Power of
Cooking Matters



“The teacher cannot empower adult learners; they encourage the use of the power that learners were born with.”



Vella

(2002, p. 10)

Tree of Life



I call this the tree of life because of all the green. The colors and textures come alive and make me happy. I feel surrounded by living things. It reminds me of my journey towards a healthier life.

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