

# Diabetes

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## **Robert Rock, MD, MHS**

Clinical Director, Bureau of Bronx Neighborhood Health  
NYC Dept of Health

## **Abbie Gellman, MS, CDN**

Director of Culinary Medicine & Teaching Kitchen,  
SBH Health System

# Agenda

Introductions

Our partners

Session 3: Diabetes

Upcoming sessions



# HANYS Care Connections Team



**Kathleen Rauch, RN, MSHQS,  
BSN, CPHQ**

Vice President, Quality Advocacy,  
Research and Innovation and  
Post-acute and Continuing Care



**Christina Miller-Foster, MPA**

Senior Director,  
Quality Advocacy, Research  
and Innovation



**Morgan Black, MPA**

Director,  
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**Maria Baum, MS, RN, CPHQ**

Project Manager,  
Western New York



**Kira Cramer, MBA**

Project Manager,  
New York City



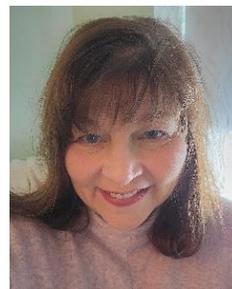
**Rachael Brust, MBA**

Project Manager,  
North Country



**Jonathan Serrano**

Communications Coordinator



**Theresa Green, PhD, MBA**

Associate Director, Associate Professor,  
Center for Community Health & Prevention  
Public Health Sciences URM, SON

# Our partners



## OUR FUNDER

Funding from the [Mother Cabrini Health Foundation](#) allows HANY to expand its capacity to provide education, direct support, tools and data to our members. With Care Connections, we strive to build hospital-community partnerships and share evidence-based chronic disease prevention and management strategies to address healthcare access barriers at the local level.



## OUR PARTNER

DataGen®, Inc. develops custom analytics for participants to help them understand healthcare access barriers and the chronic disease burden in their communities so they can develop tailored interventions.

# Today's presenters



## **Robert Rock, MD, MHS**

Clinical Director, Bureau of Bronx Neighborhood Health  
NYC Dept of Health



## **Abbie Gellman, MS, RD, CDN**

Director of Culinary Medicine & Teaching Kitchen,  
SBH Health System

# Prenatal & Gestational Diabetes Culinary Workshops

## **Robert Rock, MD, MHS**

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NYC Dept of Health  
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Cell: (646)-656-2478

## **Chef Abbie Gellman MS, RD, CDN**

Director of Culinary Medicine & Teaching Kitchen,  
SBH Health System  
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# Outline

- History of the Saint Barnabas Hospital (SBH) Teaching Kitchen
- History of SBH x NYC Dept of Health Collaboration on Prenatal & GDM Cooking Class
- Self Reported Participant Outcomes
- Plans for Future Collaboration



# SBH Teaching Kitchen

# SBH Center for Culinary Medicine & Teaching Kitchen

- Opened in January 2020
- Wellness center: fitness center, WIC office, women's and prenatal health, urgent care, rooftop garden
- Teaching Kitchen:
  - Community classes
  - Programming with local schools and youth programs
  - Private classes/programming with other non-profit organizations
  - Partner with healthcare organizations or specialized classes
  - Culinary nutrition training for healthcare professionals



# Prenatal & Gestational Diabetes Culinary Workshop

# Bureaus of Neighborhood Health

- One-stop-shop model

Physical space: for community

Package of services: clinical  
social services, social support

Ways of working: community  
engaged and partnered

- Build authentic community connections; understand public health problems & solutions
- Be held accountable for DOHMH decisions



# Bureau of Bronx Neighborhood Health: *Diabetes Programming Goals*

- Continue providing programs centered on diabetes and prevention
- Identify new opportunities to expand and enhance our programs
- Build networks to share information on community strengths and resources that support diabetes and prevention



# Origins of Collaboration with NYC Dept of Health

- Prenatal & Gestational Diabetes Culinary Workshop created in Fall 2022
- Increase knowledge and skills around food preparation to support a healthy pregnancy

Understanding Pregnancy Body Changes

Basic Nutrition + Pregnancy Blood Sugars

- Basics of Balance

Impacts of Food on Blood Sugar Control –  
How to Meal Prep for Balance

- Tips and ideas for meals and snacks
- Meal Planning

Gestational Diabetes + Stress Management

Support

# PDSA Cycles of Improvement

- Fall 2022
- Spring 2023
- Fall 2023
- Spring 2024
- Fall 2024



# PDSA Cycles of Improvement: First Cycle

Fall 2022

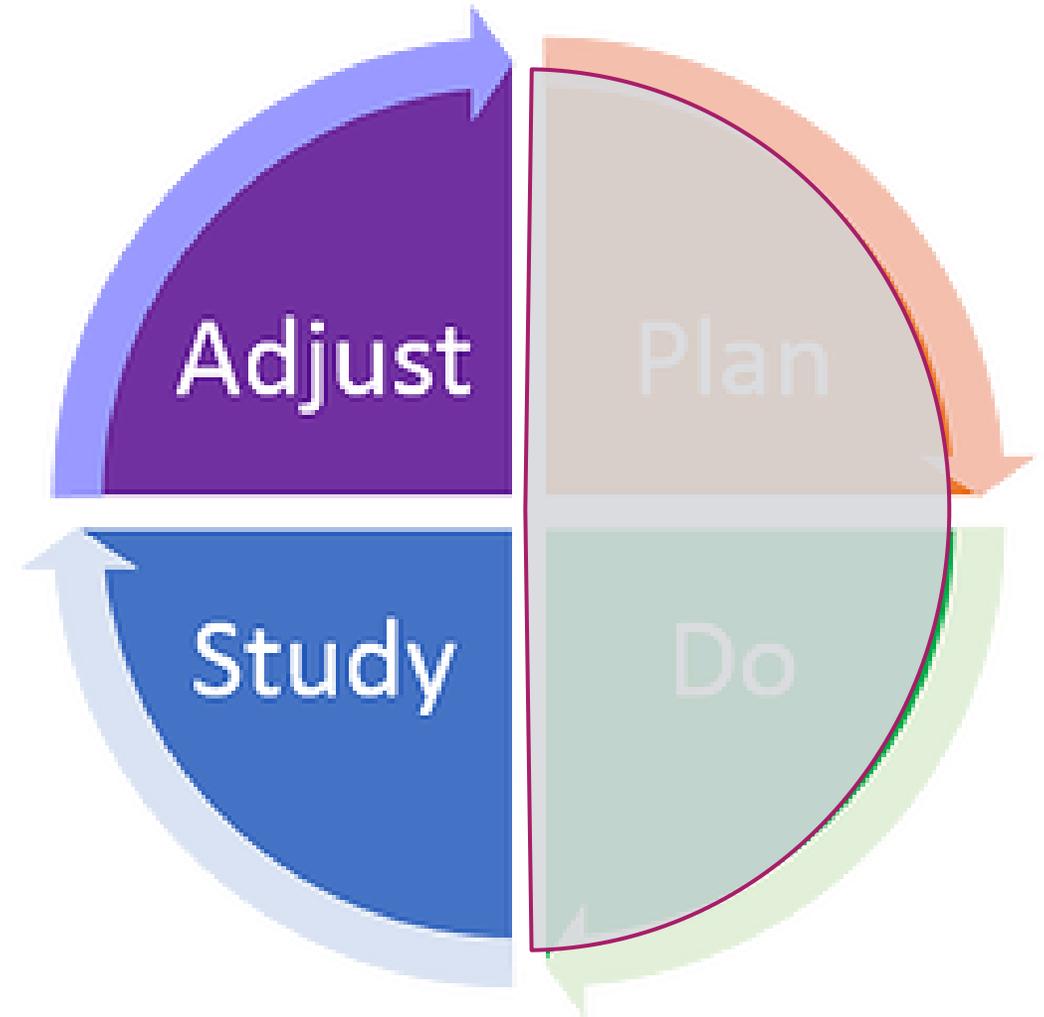
- Hands-on cooking demonstration and educational presentation in teaching kitchen
- Virtual options offered without hands on cooking
- Five session curriculum meeting weekly for pregnant persons diagnosed with gestational diabetes



# PDSA Cycles of Improvement: First Cycle

## Fall 2022 Outcomes

- 1 out of 3 attendees completed 5 sessions due to participants going into labor
  - Shorten program to 4 weeks
  - Open to all pregnant persons and caregivers
- Different populations attending in-person vs virtual
  - In-person: predominantly pregnant persons and supports
  - Virtual: exclusively birth-workers



# PDSA Cycles of Improvement: Second Cycle

Spring 2023

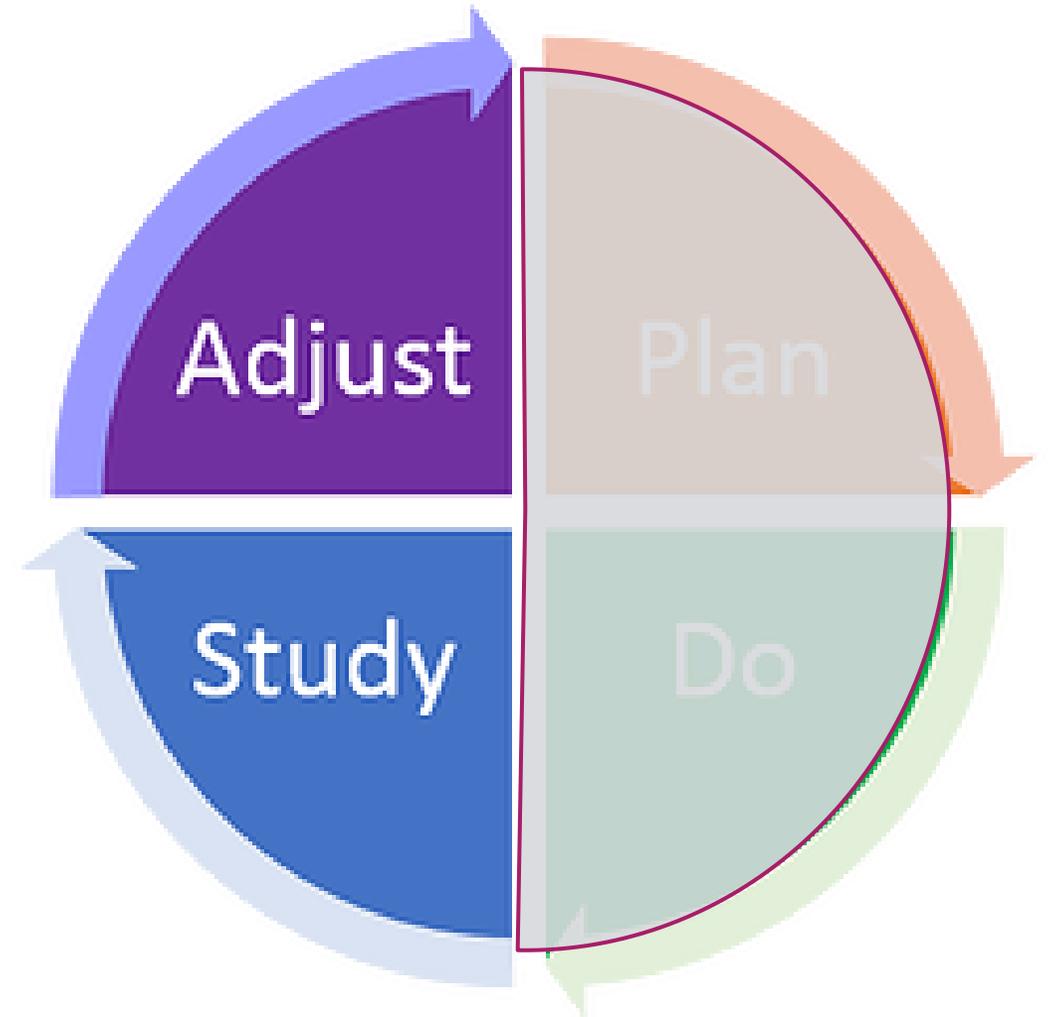
- 4 week curriculum
- Open to all pregnant persons and caregivers
- Only in-person programming



# PDSA Cycles of Improvement: Second Cycle

## Spring 2023 Outcomes

- 3 out of 8 attendees completed 4 sessions
  - Shorten series to 3 sessions
- Difficult for participants to stay standing for the duration of hands-on portion
  - Switch from hands-on cooking to cooking demonstration with meal provided during presentation



# PDSA Cycles of Improvement: Third Cycle

Fall 2023 and Spring 2024

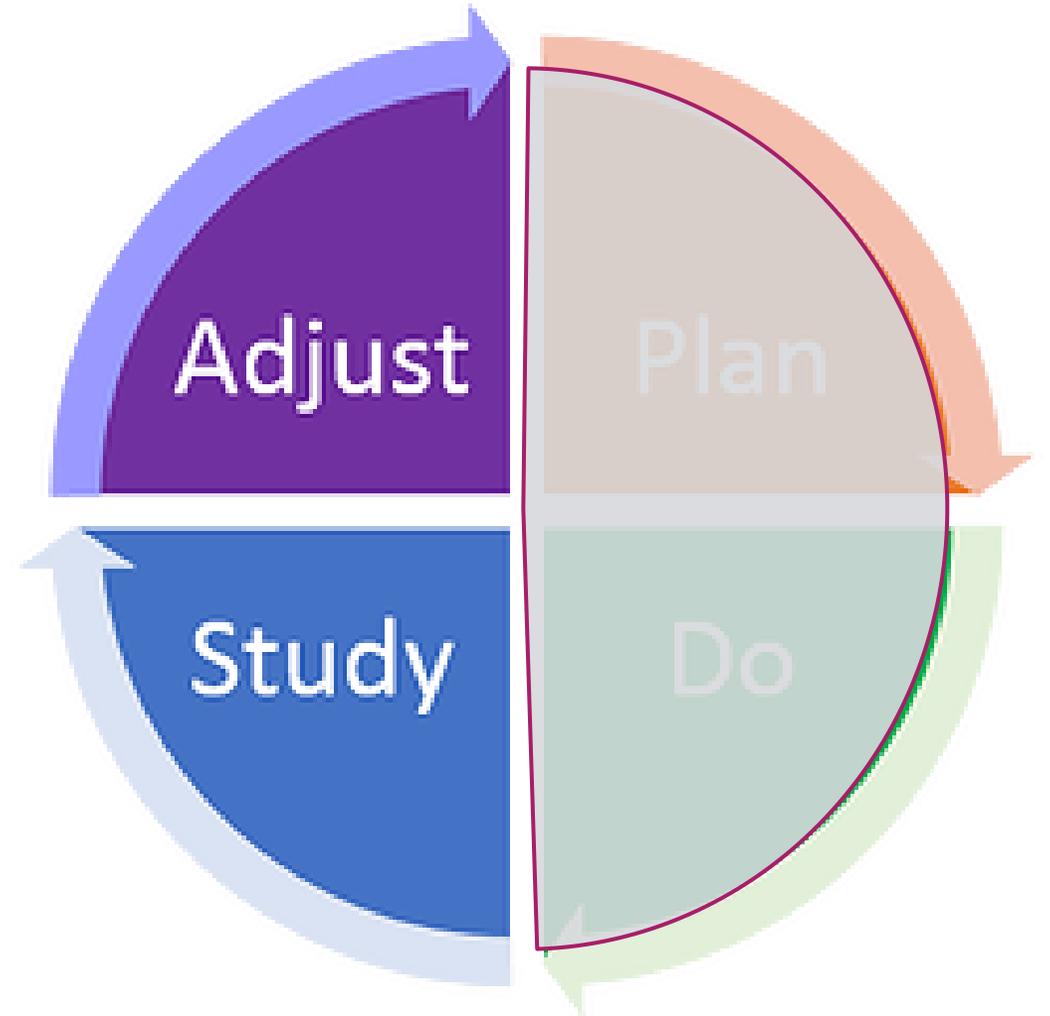
- Cooking demonstration and educational presentation in teaching kitchen
- Three session curriculum meeting weekly for pregnant persons and supporters



# PDSA Cycles of Improvement: Third Cycle

Fall 2023 and Spring 2024

- Fall: 1 out of 4 attendees completed 3 sessions
- Spring: 4 out of 17 attendees completed 3 sessions



# PDSA Cycles of Improvement: Fourth Cycle

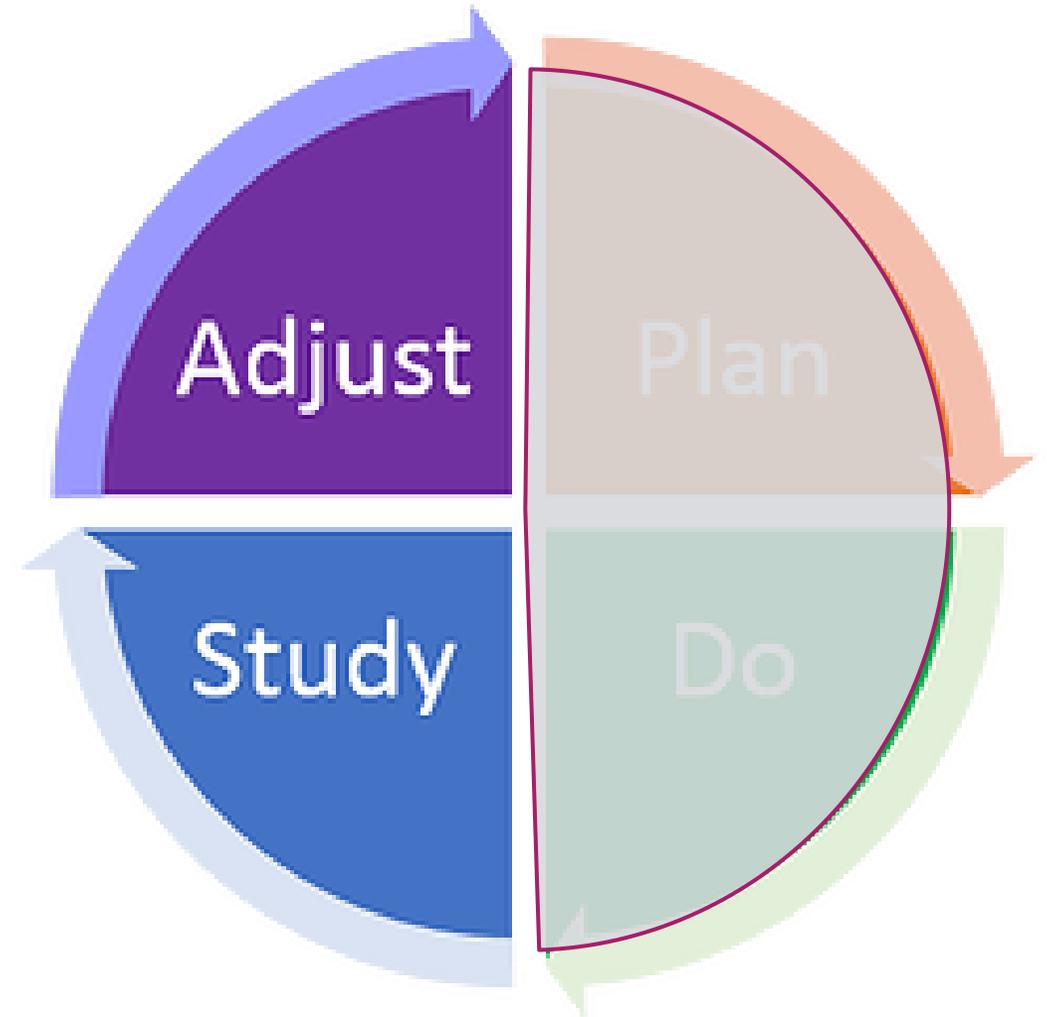
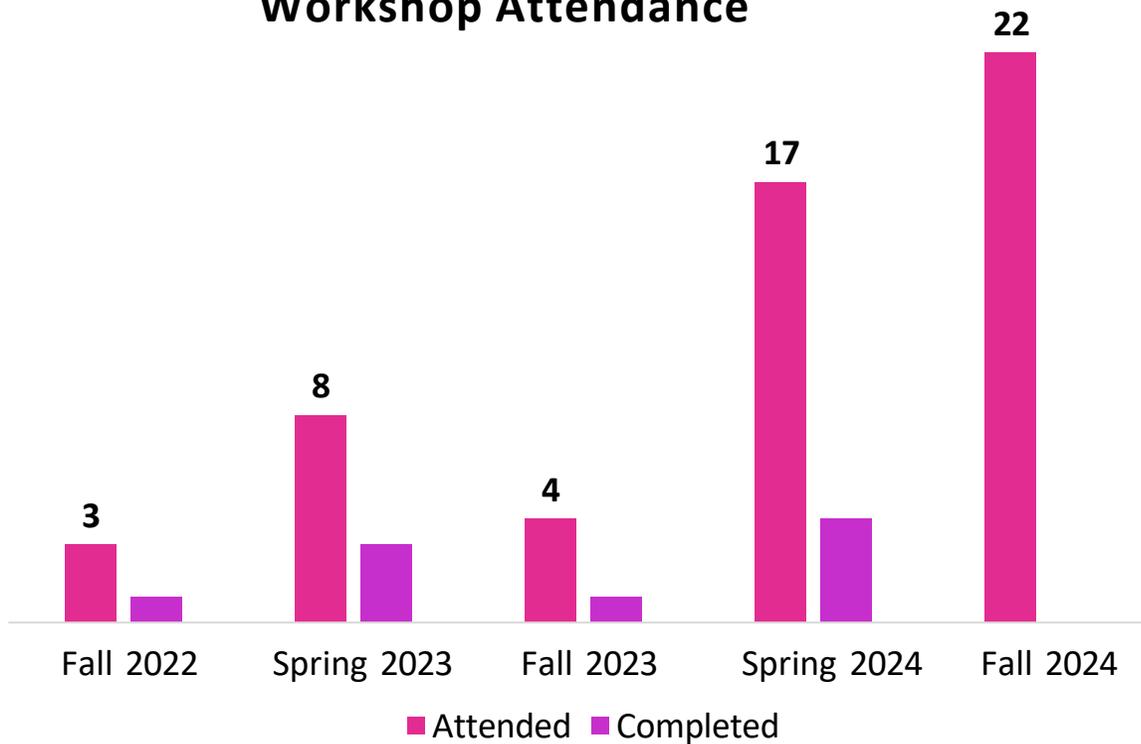
Fall 2024

- Cooking demonstration and educational presentation in teaching kitchen
- Condensed curriculum to one 90-minute session that is offered biweekly



# PDSA Cycles of Improvement:

Workshop Attendance



# Current Workshop Structure

- 90-Minute Workshop  
Comprised of:
  - 45 Minute Cooking Demonstration
  - 45 Minute presentation with interactive activities
- Participants provided a food bag at end of session



# Self Reported Participant Outcomes

- When asked what was most helpful about the workshop series, participants said...
  - *“I am learning about a lot of things you are not supposed to eat when pregnant.”*
  - *“This workshop is very good because you learn to eat healthy and responsibly.”*
- When asked what can be improved about the workshop series, participants said...
  - *“If anything, try to find a better time for mothers and fathers to come together.”*
  - *“They could do more workshops frequently.”*



# Plans for Future Collaboration

- Workshop will become a part of prenatal checklist for all patients within SBH
- Working to incorporate cooking demonstrations and nutrition education I into centering pregnancy groups
- Sustained enrollment would allow for exploring the clinical impact of workshop on participants

# Upcoming sessions

**Tuesday, June 3 | 11 a.m. – noon**

***Asthma*** with The American Lung Association

Farah Chatila, MHA, AE-C

Director, Health Promotions

## Remaining sessions in this series:

- June 10 | COPD
- June 17 | Breast Cancer
- June 24 | Mental health and substance use disorders
- July 1 | Building Community Partnerships



Care  
Connections

# Questions?

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