



Celebrating 35 Years

Changing Health Through Food Support for Diabetes – CHEFS-DM Study



Provider Reference Sheet

We are recruiting patients who:

- Have a diagnosis of type 2 diabetes mellitus (T2DM) confirmed by medical or laboratory records.
- Are age ≥ 18 years
- Live in San Francisco or Alameda Counties
- Speak English or Spanish languages
- Have adequate cognitive and hearing capacity to complete study measures
- Had an HbA1c test in the last year (waitlisting those with HbA1c $< 6.5\%$)

Patients are not eligible who:

- Have documented type 1 diabetes mellitus
- Have stage 4/5 chronic kidney disease or end stage renal disease on dialysis.
- Are pregnant, less than 6 months post-partum, or who are breastfeeding
- Cannot safely store perishable food and/or do not have a place to prepare meals.
- Is *currently receiving* Project Open Hand nutrition services (may be eligible if received services more than 6 months before recruitment).
- Have a household member already enrolled in the CHEFS-DM study.

What do we offer patients who are not eligible?

All patients we screen and who either are not interested in participating in a research study or who are found to be ineligible will be asked if they would prefer to have a referral to Project Open Hand's nutrition programs, which the study team will facilitate on their behalf.



Providers, contact the study team with questions:

Asher:



(415) 226-6839

Jesus (español):



(415) 855-0026

Luis (español):



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Researchers want to understand how people with diabetes may benefit from receiving diabetes-tailored healthy meals and groceries paired with diabetes nutrition education. We will recruit ~400 patients over the next 2 years, estimated recruitment completion 2024-2025.

What will CHEFS-DM study participants be asked to do if they join?

- All participants will receive at least 12-months of diabetes-tailored food support from Project Open Hand.
- Some will also receive 4 group nutrition education classes and 2 one-on-one visits with a registered dietitian.
- Participants will complete 2-3 surveys, physical assessments, and blood work including HbA1C and cholesterol levels over 6-12 months.
- Patients will be paid between \$170 to \$310 depending on number of assessments completed.



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