

BCBSKS

Results from Dodging Diabetes Deliciously 4-Week Online Self-Paced Employee Cohort

Program Dates: October 2023 through November 2023

Based on 16 participants who completed assessments at the beginning and at the end of the program



Participants enrolled: 50

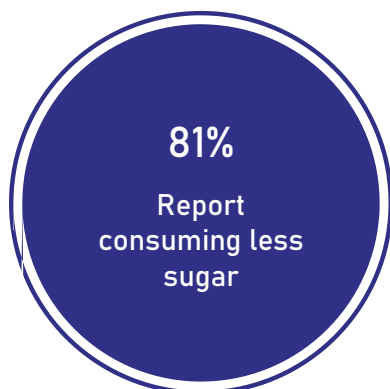
Number of pre-program assessments completed: 33

Number of pre- and post-program assessments completed: 16

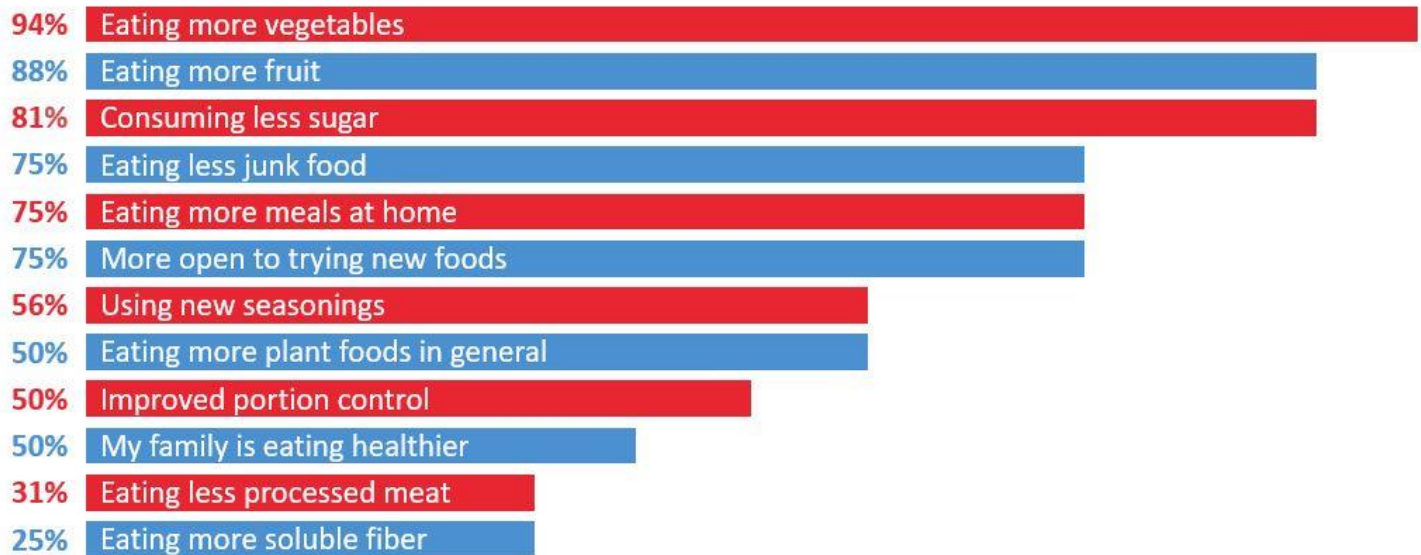
% Yes Pre	% Yes Post	The Changes They Made
13%	100%	I understand the difference between insulin resistance and insulin sensitivity and know the steps to increasing my insulin sensitivity.
19%	100%	I understand how fiber affects diabetes and know how to include fiber at every meal and snack.
13%	100%	I understand how inflammation affects diabetes and how to lower my inflammation.
6%	100%	I understand how gut health affects diabetes and how to keep my gut microbiome healthy.
38%	94%	I understand how to either count carbohydrates or eyeball them, for a lifestyle I can easily sustain for life.
31%	94%	I understand why some people think dried beans, fruit, and sweet potatoes are “bad” carbohydrates and why they are actually good for you when smartly balanced.
25%	100%	I know exactly how to enjoy fruit healthfully, several times a day, without it becoming too many carbs.
69%	100%	I avoid sugary drinks and know how to make water and tea delicious without adding sugar.
13%	69%	I am proficient at cooking low carb foods like spaghetti squash, zucchini, cauliflower, and quinoa, creatively and deliciously.
13%	100%	I understand how processed meats affect diabetes and I know which fresh meats or plant-based proteins to choose instead.

2.4 = The average “Dodging Diabetes IQ” score (out of 10) at the beginning of the program

9.6 = The average “Dodging Diabetes IQ” score (out of 10) at the end of the program



In what ways have your eating habits changed as a result of this program?



Program Cost/Benefit Data

Health Questionnaire (Yes/No forced choice)	Improved Participants	Projected Savings Per Improved Participant*	Projected Savings from Improved Health Conditions
I have diabetes, or I am on a diabetes medication	1	\$9,640.00	\$9,640.00
I have high cholesterol, or I am on a cholesterol-lowering medication	1	\$7,520.00	\$7,520.00
I have high blood pressure, or I am on a blood pressure-lowering medication.	1	\$8,028.00	\$8,028.00
*Data from Vital Incite 2018 Book of Business		Total	\$25,188.00

Projected Total Dollars Saved (Cost Avoidance)	Program Cost	Projected Net Dollars Saved	Cost/Benefit Ratio	ROI
\$25,188.00	\$6,450.00	\$18,738.00	1 : 3.91	391%

My biggest "Yay me!" outcomes from this class have been:

- Replacing sweets with fruit more often than before
- **Eating foods I never tried before and liking them. Increasing my water - My soda drinking is gone.**
- Finding out information that I didn't know that was to my advantage.
- More tea not doctored replacing coffee doctored.
- Trying new things and stopped eating processed meats.
- **Awareness of how to curb those factors that attribute to diabetes**
- Eating more veggies and trying fish
- Eating more fiber.
- **How inflammation can affect diabetes whether you have it or possibly getting it.**
- **I learned a lot about how to choose healthy foods.**
- Eating more vegetables
- **Finding new flavors to combine and enjoy has been a win. I do not meal plan religiously and I love perusing Lickety Split Meals and the ERA website for fresh ideas!**
- Trying new foods!
- **Trying new recipes for the family**
- Trying to incorporate more vegetables into our meals whenever we can.
- **I have lost weight**
- Trying new vegetables

Did this course meet your expectations? Please explain

- **Yes. This course even exceeded my expectations. Lots of wonderful information that is not being shared or taught often.**
- Yes - I learned healthier options, what to avoid, the science behind things, etc.
- **Yes I learned things about Diabetes that I was unaware of and was surprised about some of the information. It was very eye opening.**
- Yes it provided lots of information I was not aware of that would be helpful.
- Yes. The course taught me more about processed foods and added sugars.
- **Yes the videos were very informative and surprised me with the information I was not aware of xylitol versus stevia, etc.**
- **Yes it's helped me with what to eat and not to eat and new recipes to try with my family**
- Yes this course met my expectations. It gave me new insights of what can cause diabetes.
- The information was really helpful.
- Yes, it was exactly what I expected having taken a couple of courses from Zonya before.
- **Yes, it was a good combination of reminding me of best food choices and teaching me importance along with ways to try in new recipes. Loved the course. Thank you!**
- yes it did
- Yes (4 people submitted this answer.)