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BACKGROUND

The Healthy Detroit Corner Store started as an initiative to change a neighborhood corner store in Detroit into a place where you can buy nutritious, whole foods. Corner stores are more prevalent in low-income areas and typically lack fresh produce, whole grains, and low-fat dairy products.^{1,2} Proximity to corner stores is correlated with higher body mass indexes (BMI) among teenagers and higher rates of obesity and diabetes among nearby neighbors.^{3,4} Other corner store intervention programs suggest that dedicating more store shelf space towards healthy produce is positively correlated with an increase in produce consumption among customers.⁵ These intervention programs are an economic development tool in addition to a public health service. Healthy food retail creates jobs by utilizing locally grown produce and can become a part of revitalization efforts in underserved communities.

Previous studies have shown there is a gap in nutrition education for medical students, resulting in students feeling unprepared to provide adequate nutrition care to their future patients.⁶ Engaging students directly with participants in this program will give them the skillset to start engaging with their patients regarding nutritional habits.

OBJECTIVES

Communication Skills

Give medical students direct exposure to discussing nutrition with potential patients in a low-income area of Detroit. Medical students learn about nutrition in their curriculum, but they do not have an opportunity to practice discussing nutrition with patients.

Community

This project benefits the community by directly providing nutritious food items and providing physicians that are well-versed in guiding patients' nutrition. An effective way to promote healthy eating is physicians discussing nutrition with their patients.⁶

Long-Term

Grow the population of medical students who are comfortable talking about food insecurity and healthy eating with their patients.

CORNER STORE EVENT



Auntie Na's volunteers performing health screenings at E&N Party Store in Detroit, MI

MATERIALS

Health Screening Equipment

Blood pressure cuffs, stethoscope, and standard glucose meters

Participant Handout Material

Recipe cards and list of healthy foods in the corner store

Lesson Plan

Guide for student-participant nutrition conversations

Likert-Scale Survey

Assess improvement in nutritional education skills

RESULTS

Our plan is to collect a post-event survey from the volunteers of the Corner Store events. The following questions will be asked in the surveys:

Likert-Scale Questions:

- I feel comfortable talking to patients about their nutritional habits.
 - I feel that my medical education has provided me with the knowledge and skills to provide high-quality, nutrition care.
 - I am confident that I could CURRENTLY demonstrate a good understanding of key nutritional issues in the management of patients with high blood pressure and/or high glucose.
 - I feel more confident in giving nutritional advice to patients after participating in this event.
- Answer choices: (1) Strongly disagree; (2) Disagree; (3) Neither agree nor disagree; (4) Agree; (5) Strongly agree.

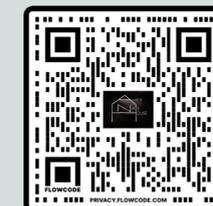
FUTURE DIRECTION

Our goal is to expand the Corner Store initiative by having 2 events with 4 volunteers each month of 2023. The events will give more medical students the opportunity to not only discuss nutrition with patients, but also learn the hardships people face when it comes to eating a healthy diet. As the year goes on, we hope to collect more measurable data and reflect on the beneficial outcomes of the Corner Store events for both the community and the student volunteers. Eventually, the adaptation of this program by medical schools across the country can **improve student engagement** with their communities and create a population of future physicians able to **provide high-quality nutritional care**.

ACKNOWLEDGEMENTS

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REFERENCES



Recipe card (front and back) that was handed out to community members after their health screening

METHODS

- This project is a partnership between Auntie Na's Student Organization and the Detroit Food Policy Council.
- Medical students provide a health screening, including blood glucose and blood pressure measurements, outside of the E&N Party Store in Detroit, MI.
- Students discuss diet and lifestyle changes with the participants, counsel them on how to lower blood pressure or blood glucose levels, and provide healthy recipe cards.
- After the health screening, students take community members inside of the grocery store to pick out a healthy item for \$5-7.
- While in the store, they discuss healthy swaps and how certain foods influence their health.
- Give survey to medical student volunteers after Corner Store event.