

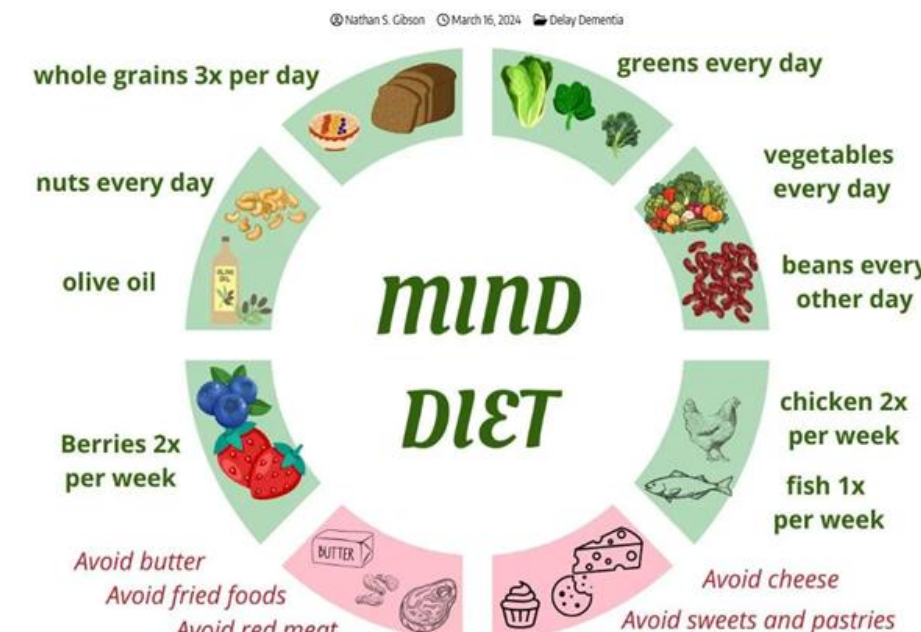
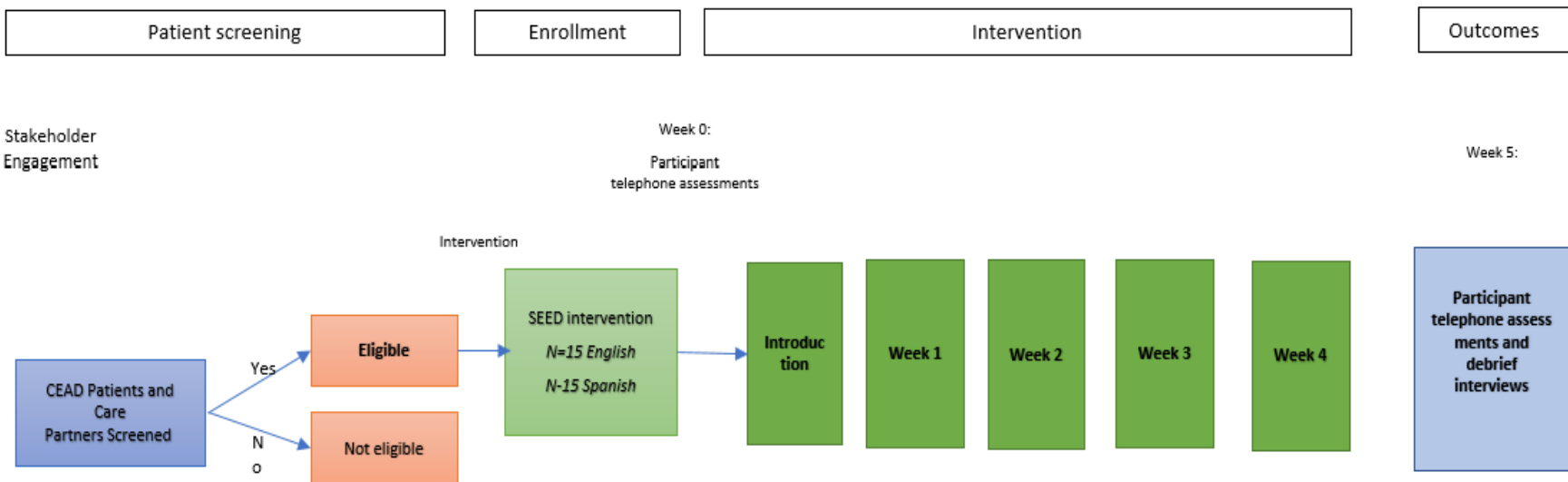
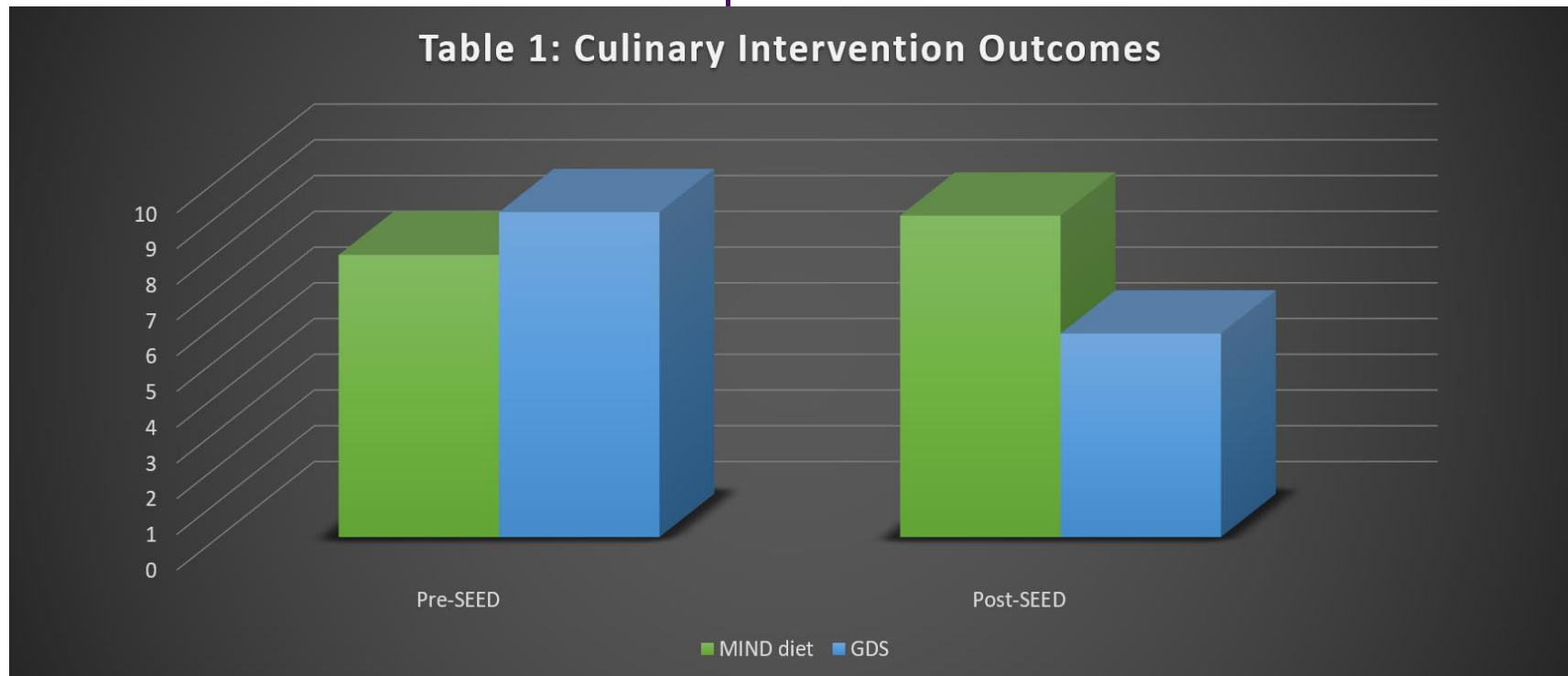
Preliminary outcomes of a culinary medicine intervention to promote MIND diet adherence in older adults with type 2 diabetes at risk for Alzheimer’s disease and related dementias

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Utilizing a 5-week culinary medicine intervention to promote the MIND diet, we significantly improved MIND diet adherence and depressive symptoms in a diverse sample of older adults with type 2 diabetes at risk for Alzheimer’s disease and related dementias.

INTRODUCTION	METHODS	RESULTS	CONCLUSIONS	REFERENCES			
Background: Type 2 Diabetes (T2DM) is one of the 14 modifiable risk factors highlighted in the 2024 Lancet Commission on Dementia Prevention. Even prediabetes was associated with cognitive decline and smaller global brain volume. In a review of the Mediterranean diet, a whole food plant forward dietary pattern; adherence to this pattern was associated with lower HbA1c levels. The Mediterranean-DASH diet intervention for neurodegenerative delay (MIND) diet has been linked to improved cognitive function in older adults. Culinary medicine combines the art of preparing and presenting food with the science of medicine to target underlying disease processes, by promoting more whole foods, skill building, and self-efficacy.	Objective: The aim of this pilot study is to evaluate the effect of a 5-weeks culinary medicine intervention to promote the MIND diet and improve diabetes management, mood, and cognition in older adults with T2DM. Methods: The Strengthening, Engaging, and Empowering Dyads Through Nutrition & Wellness pilot (SEED) was conducted between 2024-2025. Each session consisted of 20 mins of nutrition education by a registered dietician, 40 mins of culinary demonstration by a culinary medicine provider, and 30 min for food tasting and socialization. The effect of the SEED pilot on MIND diet adherence, diabetes management, depression, and cognition was evaluated using paired samples T-Tests.	Results: 16 participants were enrolled. 87.5 % of participants were female with a mean age of 74 years old (±7.3) and an average of 13.6 (±2.60) years of education. 68.8% were Hispanic, 31.3% were Black, 6.3% Asian. After 5 weeks, there was significant improvement in mean MIND diet score (7.9 vs. 9.0, p=.027) and Geriatric Depression Scale score (9.1 vs. 5.7), p=.031). Mean MOCA and Diabetes Self-Management scores did not significantly change.	 Conclusions: Our study demonstrated the preliminary benefit of utilizing a culinary medicine approach to promote MIND diet adherence and improved mood after 5 weekly culinary medicine workshops. Our findings suggest that the SEED intervention will possibly need to be extended, intensified, and culturally tailored to improve diabetes management and cognition in a future clinical trial.	1. Livingston G, Huntley J, Sommerlad A, Ames D, Ballard C, Banerjee S, et al. Dementia prevention, intervention, and care: 2020 report of the Lancet Commission. The Lancet. 2020;396(10248):413-46. 2. Chatterjee S, Peters SA, Woodward M, Mejia Arango S, Batty GD, Beckett N, et al. Type 2 Diabetes as a Risk Factor for Dementia in Women Compared With Men: A Pooled Analysis of 2.3 Million People Comprising More Than 100,000 Cases of Dementia. Diabetes Care. 2016;39(2):300-7 3. Morris MC, Tangney CC, Wang Y, Sacks FM, Barnes LL, Bennett DA, et al. MIND diet slows cognitive decline with aging. Alzheimer's & dementia : the journal of the Alzheimer's Association. 2015;11(9):1015-22. 4. La Puma, J. (2016). What is culinary medicine and what does it do?. Population health management, 19(1), 1-3. 5. Juarez LD, Presley CA, Howell CR, Agne AA, Cherrington AL. The Mediating Role of Self-Efficacy in the Association Between Diabetes Education and Support and Self-Care Management. Health Educ Behav. 2022;49(4):689-96.			
					Figure 1: SEED Study Design 	Table 1: Culinary Intervention Outcomes 	 Mirnova Ceide mceide@montefiore.org Funding: NIDDK P30DK111022  ALZHEIMER'S ASSOCIATION  AAIC 26