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# CHICAGO SOUTHEAST DIABETES COMMUNITY ACTION COALITION

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# CHICAGO SOUTHEAST DIABETES COMMUNITY ACTION COALITION

## Promising Practices

- **Capacity building:**
  - Coalition building using community participatory research and approaches
- **Targeted Action:**
  - Diabetes Empowerment Education Program (DEEP)
- **Change among Change Agents:**
  - Trainings to health care providers:
  - Continuing Medical Education (CME)
  - DEEP Training of Trainers
- **Systems Change**
  - Self-care centers
  - Healthy eating



# DIABETES EMPOWERMENT EDUCATION PROGRAM (DEEP)

- 45 DEEP cycles from 2003 to 2007
- 500 participants
  - Approximately 50% diagnosed with diabetes
  - 91% Hispanic/Latino
  - 83% = female
- Significant improvements from pre- to post-test outcomes:
  - Increased diabetes knowledge
  - Changes to a healthy eating plan
  - Improved self-care behaviors: check feet, daily monitoring, etc.
  - Improved emotional well-being → reduced depression
  - Increased self-efficacy
  - Reduced HbA1c levels → reduced risk of complications



# Learning self-care management



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# TRAININGS

From 2003 to 2007:

- **DEEP Training of Trainers:** 26 workshops
- Participants: 465 health promoters, nurses, dietitians, administrators

## **Continuing Medical Education:**

From 2004 to 2005:

- Participants: 257 physicians, nurses, students



# Learning to teach others



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# SELF-CARE CENTERS

**From 2005 to 2006:**

- Health fairs: 4299 Participants
- Screenings: 1744 Participants
- Promotional materials: 7042
- Lectures presentations: 382 Participants
- National Media/Broadcasts Interviews: 16
- Support group meetings: 198 Participants
- Physical activity groups: 401 Participants
- Referrals: 141



# Store-front self-care centers



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# Health fairs and screenings



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# HEALTHY EATING

- Initiated by community members
- Important business involvement
- Change in business practices
- Change in local norms
- Activities: from 2005 to 2006
  - Samplings: 3372 participants
  - Presentations: 431 attendees
  - Food demonstrations: 161
  - Surveys: 481
  - Brochures and cards: 2650



# Effective displays





# Food Demonstrations

At schools (report card days), health fairs, senior centers, and public meetings.



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# Community health worker promotes healthy foods at local supermarkets



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# Keys to Lasting Change in Hispanic and African American Communities

Empowering communities through education at individual, group, and community levels is essential for success. This strategy includes:

- addressing individual needs by providing knowledge, peer support, and information;
- teaching people to help others while helping themselves;
- involving business groups and providing a win-win strategies for change; and
- spreading the word and inviting support from advocates and legislators.



# Conclusions

- REACH 2010 provides evidence that community interventions work.
- REACH Centers of Excellence in the Elimination of Health Disparities (**CEED**) will be building upon the successes of REACH 2010, focusing on community and systems change and disseminating promising models across the nation.



# Recommendations

- For the elimination of health disparities is critical to engage in community mobilization and empowerment;
- Follow an ecological model targeting individual, family, community and systems change;
- Form partnerships with public and private sectors including departments of health and human services, education, economic development, environmental health, chambers of commerce and other non-traditional sectors