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FOCUS ON DIABETES

NOBIDAN WORKSHOP
FNCE 2004
ANAHEIM, CALIFORNIA
Jo Ann Pegues RD, MPA

Focus on
Diabetes Project Manager
Metro Denver Black Church Initiative
Health Disparities

- Millions of Americans are benefiting from advances in the medical and public health fields such as improved diagnostic and therapeutic technologies, in addition to a better overall living environment. This has and resulted in increased life expectancy.

- However, benefits from these improvements have been unevenly distributed by race and ethnicity.
Health Disparities

• While Colorado as a whole is a healthy state, some demographic groups are less healthy than others.

• Blacks, Latinos and American Indians who represent nearly 25% of the population are disproportionately impacted by disease, disability and death.

• These inequities in health status are known as health disparities.
Why the Black Church?

- There are over 65,000 black churches in America.
- Place of spirituality, culture and family.
- Place for leadership development.
- Center of social activism.
- Supporter of education outreach.
- Black Philanthropy.
- Longevity.
The Denver Black Church Initiative

Churches Working Together to Build Strong and Healthy Communities

- Youth and Family Programs
- After School Initiatives
- Faith and Health Ministries
- Training and Technical Assistance
- Scholarships for Skill Enhancement
- Source of data and research on models and best practices
- Source of development expertise on fundraising
- Enhancing the use of technology
- Mini Grants to support programs and services
Key Assets in Health Partnership

- Leaders with Followers
- Churches are communities within community
- Cultural connections
- Supportive Congregation Members
- History and Tradition
Faith & Health Ministries

A collaborative of 35 churches working to alleviate health disparities by promoting active and healthy lifestyles in the African-American community.
Setting Priorities

- Diabetes
- Hypertension
- Heart Disease
- Glaucoma
- Breast & Prostate Cancer
Diabetes

Age-Adjusted Death Rates by Race/Ethnicity
Colorado Annual Average 1995-1999

Source: Colorado Turning Point Initiative
Diabetes, Hypertension, Heart Disease & Glaucoma

- Workshops
- Diabetes Sunday Glucose Screenings
- Diabetes Expo
- Diabetes Self-Management Classes
Focus on Diabetes

- Funded by grant from RWJ Foundation
- A community based approach
- Includes Diabetes Self-management classes
- Reaching Beauty shops and Barber Shops
- Establishing Diabetes Support Groups
- Establishing Walking Groups
Diabetes Self-Management Classes

- One class held weekly for six weeks
- African-American faculty members
  - Nurses, Physician, CDE, Dietitian, Pharmacist, Psychiatric Social worker, Fitness Instructors
Nutrition

- Food Portion Education
- Reading Food Labels
- Cooking Demonstrations
- Assistance Adapting Traditional Recipes
Physical Activity

- Improves Health Status – Feel Better
- Reduces Risk for Disease
- Colorado on the Move
- Over 1,600 Step Counters Distributed
Participant Feedback

- Many were told they were Borderline Diabetic
- Some participants had never attended any classes
- Realizing the importance of taking control
- Understanding portion control makes a difference
- Learning about medications and what they do in the body

- Trying to balance exercise, food, and medication is challenging
- Learning to read labels
PROGRESS TO DATE

- 5 Classes conducted
- Approximately 100 persons trained
- One Support Group in place
Faith & Health Ministries
Building Capacity

- Pastors
- Health Liaisons
- Congregational Nurses
The Power of Collaboration

Agency Partners
- American Diabetes Association
- American Cancer Society
- Susan G. Komen Breast Cancer Foundation
- Cancer Information Service
- Dental Access Centers
- Arthritis Foundation – Rocky Mountain Chapter

Pharmaceutical Partners
- GlaxoSmithKline
- Pfizer

Government Partners
- CO Turning Point Initiative
- CO Minority Health Forum
- CDPHE
- UCHSC

Lucille C. Johnson
Associate Director

Community Partners
- CO Council of Black Nurses
- African-American Physicians
- Delta Sigma Theta Sorority, Inc.

Faith & Health Ministries (F&HM)
35 Churches

Church Liaisons & Congregational Nurses

Funding Partners
- Rose Community Foundation
- Caring for Colorado Foundation
- Komen Foundation
- Denver Health
- Pfizer
- GlaxoSmithKline