This product was developed by the Galveston: Take Action project at the Galveston County Health District in Texas City, TX. Support for this product was provided by a grant from the Robert Wood Johnson Foundation® in Princeton, New Jersey.
Community Supports for Diabetes Self-management

Collaborative program funded by the Robert Wood Johnson Foundation
History

- 2002: GCHD plus other HRSA-funded Community Access Program (CAP) agencies collaborated to submit a grant to RWJF
- November 2002: RWJF site visit
- February 1, 2003: Funding begins ($124,757)
- Awarded 3-month extension (4/1/04) $25,000
- Wrote Phase II proposal- $370,000 for 30-month period (to 10/31/06)
Strategic Health Plan Priorities

- Management of chronic conditions
- Access to care and health disparities
- Senior health issues
- Business improvement
- Public awareness
Key Elements

- Community Collaboration
- Focus on Self-Management
- Community and Clinical Involvement and Support
- Participatory development and continual assessment and improvement of activities
Focus on Self-Management
Activities: Keys and Tools to Self-management

**Current**
- Diabetes Education Classes in English and Spanish
- Health Coach training
- Support Groups
- Goal Patrol

**In Progress/Development**
- Cooking Classes
- Weight Loss activities
- Creating exercise opportunities
- Class reunions
- Diabetes Collaborative
Community and Clinical Involvement and Support

Community
- Faith-based institutions
- Public housing
- Senior Citizen centers
- City-wide Support Groups
- Requests for training in other communities

Clinic
- Goal Patrol
- Classes (English and Spanish)
- Support Groups
Participatory development and continual assessment and improvement of activities

- Pre-program (to design interventions);
  - Focus groups (4 groups/
  - 140 individuals interviewed
- Diabetic test strip survey
- Coaches and student questionnaires
- Support group survey
Improvement Activities
Example: Health Coaches

- Training >>>> 3rd class added
- Quarterly luncheons for education and sharing of ideas and solutions to common issues >>>> improved Coach and Participant Manual
- Informal sharing >>>> Future: internet
Future Plans

- Cooking and nutrition schools (County Extension Agent and RWJ staff)
- Physical activity asset maps, community surveys
- Connect with SON and WIC to address childhood obesity
- Continued collaboration with clinics, agencies, RWJ Collaborative, and other centers
Any Questions????