

## Diabetes

### Texas

**The Texas Diabetes Prevention and Control Program (DPCP) mobilizes 17 community-based diabetes prevention and control programs targeting populations with and at highest risk for diabetes.**

An estimated 1.8 million Texans, or 10.30% of those aged 18 years and older, have been diagnosed with diabetes. Rates are highest among black non-Hispanic (10.3%) and Hispanic populations (8.0%), and diabetes is the fourth leading cause of death among African Americans and Hispanics. Further, an estimated 460,000 persons aged 18 and older are believed to have undiagnosed diabetes. It is estimated that in the next 30 years, the total number of diabetes cases in Texas will increase by 77%, from 1.3 million in 2005 to almost 2.3 million in 2035.

DDT's funding assisted the Texas DPCP's development of 17 community-based diabetes prevention and control programs. These programs bring culturally appropriate diabetes education and prevention messages to those at greatest risk for diabetes and its complications. Target populations include racial and ethnic minorities with previously noted disproportionate rates of diabetes and diabetes complications and limited access to health care services.

The following changes occurred as a result of the community-based programs:

- Increased opportunities for physical activity and better nutrition with the implementation of 81 ongoing physical activity groups and 81 sustained nutrition programs.
- Increased access to self-management education, with a total of 249 classes.
- Improved capacity of coalition-based community programs to design and implement diabetes interventions. (Three hundred forty-four key partners were recruited and maintained by community programs throughout all regions of the state.)

Since September 1, 2007, these efforts have reached over 62,000 Texans (19% African American and 48% Hispanic) across multiple sectors, including health systems, senior citizen centers, businesses, faith-based organizations, nonprofit organizations, and schools.

## Healthy Communities Program

### Texas

#### **CATCH – Coordinated Approach to Child Health - An Evidenced-Based Healthy Eating and Physical Activity Curriculum**

Through its “Get a Move On” initiative, the Activate Dallas Team completed year one of a pilot health and wellness program in the Dallas Independent School District (DISD) to give 5,200 elementary school students in 52 schools a pedometer and the tools to use it. For the 2006 – 2007 school year, the curriculum and supplies were provided to new and participating schools, and 150 DISD nurses were trained to deliver the program so that all 157 District schools will implement these activities. The Team also launched an awareness campaign, which included public service announcements and handing out t-shirts and bumper stickers, to encourage residents to incorporate 30 minutes of physical activity into everyday life.

The YMCA of Metropolitan Dallas has been implementing the *CATCH* (Coordinated Approach to Child Health) *Kids Club* nutrition and physical activity curriculum in approximately 100 afterschool sites serving 3,100 youth per day in 17 different school districts. *CATCH* teaches kids about the importance of being physically fit, staying active during out-of-school time, and making healthy eating choices. Post tests from the 2005 – 2006 school year indicated that kids participating in these afterschool programs demonstrated increases in fruit consumption, decreases in the amount of desserts and candy consumed, increases in identifying the appropriate number of servings of fruits and vegetables, increases in moderate physical activity, and decreases in the amount of time watching TV.

The Activate Dallas Team also engaged in a variety of other activities to improve the health and wellness of its community members. The Team encouraged local companies and organizations to develop and support their own customized corporate wellness program and recognized those who did. A website has been developed that includes health and fitness information and a calendar of current events ([www.get a move on dallas.org](http://www.get a move on dallas.org)). The team encouraged and influenced policy decisions that promote healthy living, eating, and exercise.

## Healthy Communities Program

### Texas

#### **Creating Individual Student Asthma Action Plans at Schools**

Asthma is a significant health issue for San Antonio's student population. In 2005, there were 777 hospital admissions due to pediatric asthma in Bexar County; in 2006, there were 40,397 children with asthma in the same county (data from the Texas Department of Health Services Center for Health Statistics). The San Antonio Steps Program reports that 96% of students in the San Antonio Independent School District (SAISD) are Hispanic or African American—populations disproportionately affected by asthma.

Beginning in 2005, the Steps Program collaborated with the SAISD and the South Texas Asthma Coalition (STAC) to implement a pilot asthma action plan program for asthmatic children required to take medication during school. A training session was held for school nurses, respiratory therapists, and nurse practitioners to improve their knowledge of clinical assessment and medication delivery devices, as well as the use of asthma action plans and asthma equipment. Children were given individual asthma action plans, in both English and Spanish, for their physicians to complete; the plans were then returned to the school clinic. Children were also given tools for managing their asthma, such as peak flow meters (hand-held devices used to measure one's breathing levels) and spacers (devices that assist in inhaling asthma medications). Peak flow meters and spacers were distributed to students in the San Antonio Independent School District who did not previously have access to them at school.

Asthma action plans tripled to approximately 1,200 on file in the SAISD during the 2007-2008 school year, compared to 400 plans at the end of the initiative's first year (2005-2006). Prior to this initiative, there were only 20 plans on file at SAISD.

The project's success led to its expansion to other San Antonio school districts, which total 15 independent school districts with over 278,000 students enrolled. During the 2007-2008 school year, the use of the asthma action plan was expanded to 13 of the remaining 14 San Antonio school districts, for a total of 2,972 additional asthma action plans. A city-wide Asthma Action Plan Summit was conducted in February 2007 to gather representatives from local school districts to discuss the possibility of using a uniform asthma action plan. In February 2008, a second summit was held to recruit additional school districts and to revise the previous plan.

It is anticipated that all 15 school districts in San Antonio will be using the asthma action plans for students during the 2008-2009 school year, representing an expansion of this project from a pilot school district in 2005 to full participation of all San Antonio school districts over a 4-year period. Interest in this asthma program has even extended to three districts outside of San Antonio who are also expected to participate in 2008-2009.