

Partners in Health. Engaging Faith Communities in Diabetes Prevention and Control



Reverend Michel Faulkner
Institute for Leadership



Mandilyn Hart
Center for Appalachian Philanthropy



Minister Deborah E. Holmes
ADA “Live Empowered” Committee Chair



National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention

Welcome and Introductions



Carol L. Mallette, MA

Director, Diabetes Outreach and Education
Director, Prenatal Access to Care Team
Southern Jersey Family Medical Centers



Alexis M. Williams, MPH, MS, CHES

Public Health Advisor
National Diabetes Education Program
Centers for Disease Control and Prevention



Goals

- Identify effective strategies for engaging faith communities in diabetes activities.
- Explore the benefits of partnerships with faith communities.
- Identify resources to support faith based partnerships for health.



Faith communities can make a difference in diabetes by:

- Raising awareness of diabetes.
- Conducting diabetes prevention and management activities.
- Creating a healthy church environment.



National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention



Rev. Michel Faulkner

REACHING THE FAITH COMMUNITY



Creating a Better Tomorrow By Making Better Leaders Today





National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention

Before



After





Faith Fights Diabetes Initiative

- The IFL's *Faith Fights Diabetes Initiative's* mission is to identify people at "high-risk" for diabetes in partnership with local places of worship and those living with diabetes and providing them with the necessary tools to live healthier and longer lives.
- Only program of this type that has been scaled statewide (NY) and will be scaled nationally.





What We Have Accomplished

Over the past 3 years:

- Engaged 4,425 places of worship
 - More than 900,000 people joined initiative
- Identified 9,426 people at high-risk for diabetes and who did not know it using the American Diabetes Association's Risk Assessment Survey.
 - Data indicates 61 percent of church goers are at high-risk for diabetes.
- Trained more than 250 Community Health Workers statewide.
- IFL implemented its 6-week Defy Diabetes programs at more than 160 communities statewide
 - 49: Number of programs that have done more than one 6-week program.
- Program participants totaled more than 2,700
 - 2,200 participants have completed the program
 - 1,700 were identified through the program at high-risk for diabetes and who did not know it
 - 500 that are living with diabetes
- 81 percent of the participants that attended the first class completed the entire six-week program.



4 Key Best Practices

1. Identifying and partnering with faith community ambassadors
2. Identify and training program facilitators (Community Health Workers)
3. Participant recruitment and program start date one in the same
4. Quality “touches”



#1. Identifying Faith Community Ambassadors

- Point 1: Find those that are passionate about health and wellness
- Point 2: Enlist community power brokers
- Point 3: Find those that are already doing something





#2. Identify and Train Program Facilitators (CHWs)

- Ability to facilitate a must
- A member of the faith community
- People person
- Health conscious
- Administrative and organizational skills a must





#3. Participant Recruitment and Program Start Date

- Major lesson learned
 - Importance of having the recruitment event and class one on the same day.
 - Attrition rate was hovering around 60% when the recruitment and class one were on separate days.
 - Once we decided programmatically to have class one right after the recruitment event the rate of attrition dropped from 60% to 20%.



#4. Quality “Touches”

- Designated Wednesdays as Community Health Worker (“CHW”) day.
 - Every Wednesday a program facilitator had the option of calling our office for assistance, trouble-shooting, or coaching as well as the option of stopping by our office to make copies, pick up supplies or just chat with their program associate.
 - When a program facilitator did not speak with their designated program associate for 2-4 weeks stretches the likelihood of being able to resolve a simple matter in real time diminished.
- It is paramount to monitor evaluation paperwork of the facilitator and actually pick up the paperwork at the first and last class to avoid delays and or potential misplacement or loss of paperwork.
 - The probability of not receiving completed evaluation paperwork increases with each day that you do not have the paperwork in-hand after the conclusion of the program.



National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention

Mandilyn J. Hart

FAITH AND COMMUNITY WORKING TOGETHER FOR A MORE HEALTHY APPALACHIA

The Center For



**Appalachian
Philanthropy**

AppaPhil
For the Love of
Appalachia
People And Place



National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention

Highest Diabetes Rates in the Nation



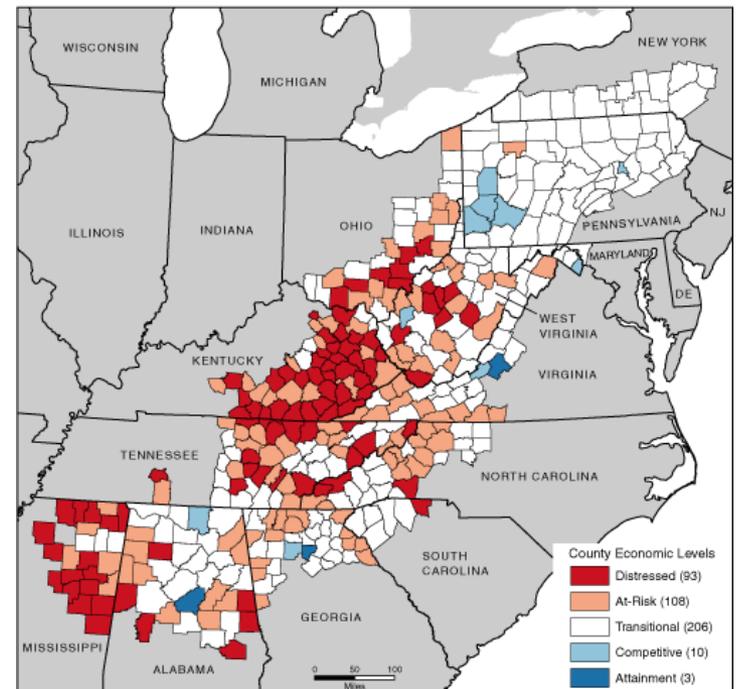
Appalachian
communities in
diabetes belt

Also in the Bible Belt

The importance of faith and spirituality in rural Appalachian populations, how it compares to the rest of the country.

Faith in Appalachia

- Fatalism in Appalachia – the crutch
- Building trust and relationships
- Appalachia is part of America, vulnerable and misunderstood
- Culture impacts beliefs and behaviors throughout the world



Created by the Appalachian Regional Commission, March 2013
 Data Sources:
 Unemployment data: U.S. Bureau of Labor Statistics, LAUS, 2009–2011
 Income data: U.S. Bureau of Economic Analysis, REIS, 2010
 Poverty data: U.S. Census Bureau, American Community Survey, 2007–2011

Effective October 1, 2013
 through September 30, 2014



Diabetes is a huge problem in Appalachian communities

- AppaPhil's multiple strategies
 - Vulnerable Populations Program
 - Healthy Kids Campaign
 - AppaCUPS/CARES/KIDS
 - Celebrate Appalachia
 - Turtle Challenge
 - Promising Futures
 - Linkages

FAITHBASED
LINKAGES
FORHEALTH



National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention

Opportunities

- Opportunities to inform both Faith and Community Members about health problems and the myriad tools available to create interventions for their churches, schools and communities



WWW.DIABETESAPPALACHIA.NET

WWW.DIABETESFAMILY.NET



Faith and Community Together

- Strategies to inform a collective audience
- Creating neutral platforms for learning
- Building bridges between faith and community
- Tools and resources for interventions – being the gatekeeper for a learning community





National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention

Education is Critical

Inform & Connect





National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention

Networking and Collaboration

- Partnerships – Key to Success
- Engaging Diverse Stakeholder Groups
- Providing Learning Opportunities
- Building Bridges
- Creating Synergy

Faith and Community
Working Together
for Healthy
Kids in Appalachia





National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention

Mandilyn Hart, Executive Director

Center for Appalachian Philanthropy

513 Second Street

PO Box 643

Portsmouth, OH 45662

(740) 876-4262

mandyhart@appaphil.com

<http://www.appaphil.com>

<http://www.diabetesappalachia.net>



National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention



Minister Deborah E. Holmes

PROJECT POWER - LIVE EMPOWERED PROGRAM



National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention

Mission

Association's targeted approach among African Americans to increase awareness of the seriousness of diabetes and the importance of making healthy lifestyle choices such as moving more and eating healthier.





National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention

Unmet Community Need



High diabetes
burden
in African American
communities



Dissemination Strategy: Top 10 African American Markets

32.3% of African Americans live in 10 markets

- New York
- Chicago
- Washington, DC
- Atlanta
- Philadelphia
- Dallas
- Detroit
- Los Angeles
- Houston
- Baltimore

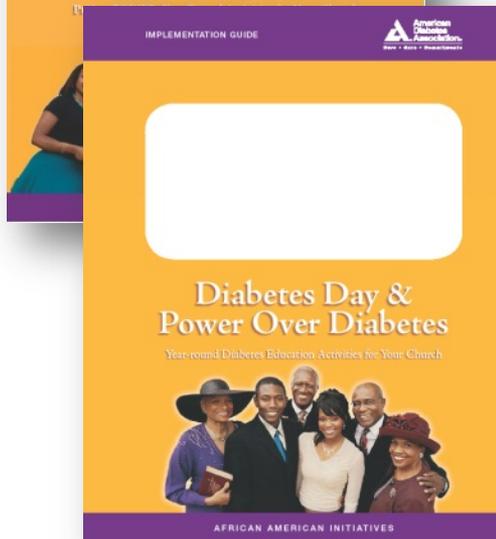


Faith-Based: The Project POWER Movement



Diabetes Day Awareness *Announcement to Congregation*

Power Over Diabetes *Management, Prevention & Treatment*



Fit and Faithful in Body and Soul *Physical Activity*

O Taste & See *Healthy Eating*

A Clean Heart *Heart Disease & Health Risk*

Train Up A Child *Youth & Diabetes*



Faith-Based: Why the Black Church?



- Approximately 13 million A-A households can be reached directly or indirectly through the church.
- Typical Black Church has an average attendance that is about 50% greater than non black churches.
- Trusted source of information.



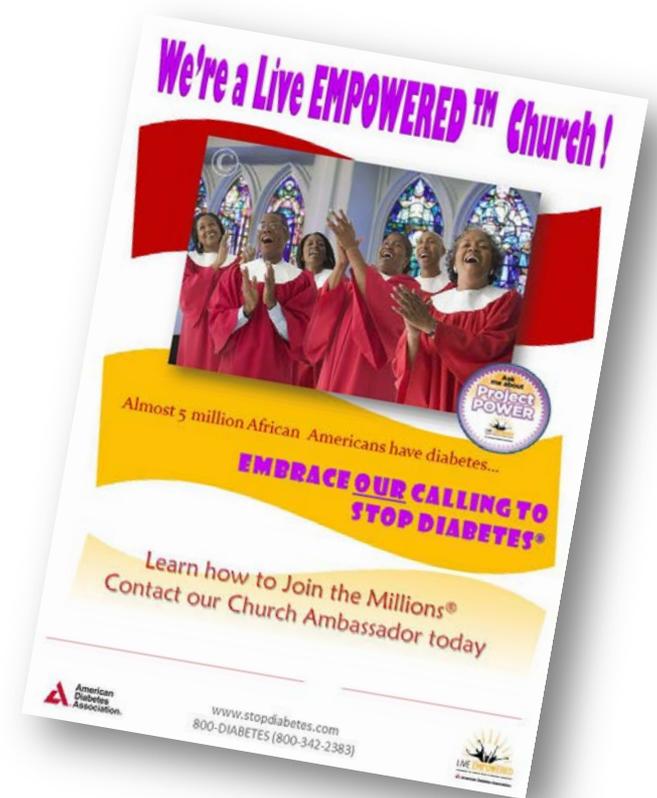
National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention

Integrated Community and Faith-based Program

What is ID Day?

- Rally AA community to Stop Diabetes.
- Day of action to support diabetes education.
- Diabetes education activities leading up to I Decide to Stop Diabetes Day (ID Day).
- Fosters “Live Empowered” churches.

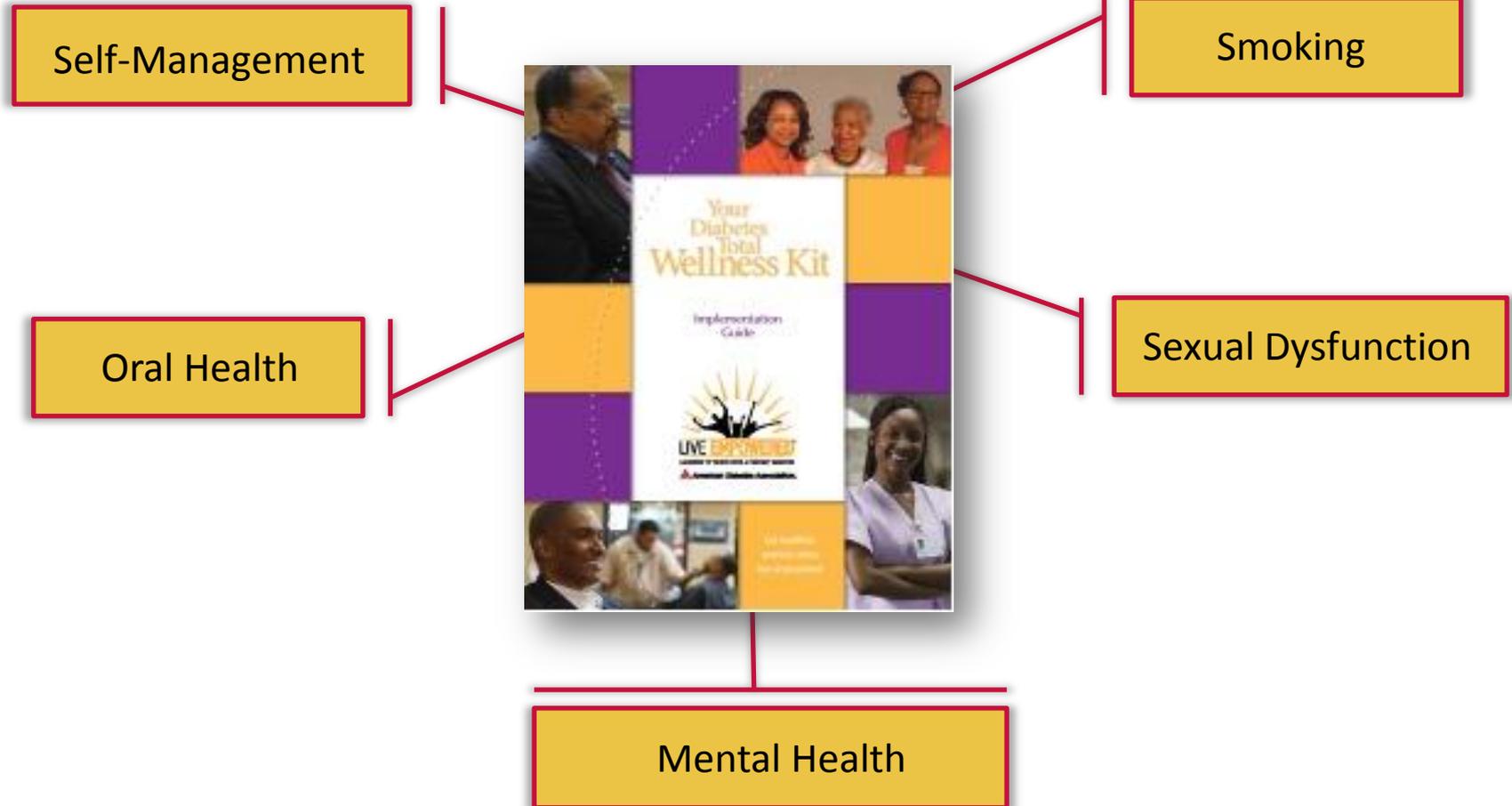




National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention

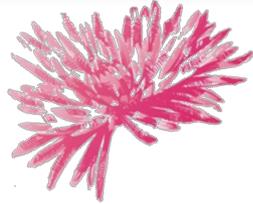
Community: Your Diabetes Total Wellness Adult Toolkit



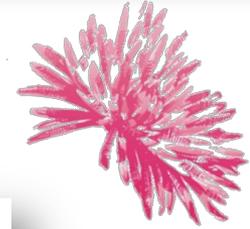


National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention



Women: Targeted Outreach



Choose to Live
Sisters Strong TogetherSM




Implementation Guide

www.diabetes.org
1-800-DIABETES (1-800-342-2383)

THE STORY OF
Mother Love

Women are the keepers of our children, families, and communities. My sisters, we need to take the best possible care of ourselves to be able to care for those we love.

Since I was diagnosed with diabetes several years ago, I have changed my entire lifestyle to take better care of myself and my diabetes. I have lost over 100 pounds! I've learned to shop, cook, and eat in a healthful way and still enjoy the foods I love. It is important to take care of ourselves first, because when we take better care of ourselves, we can take better care of our loved ones. I even exercise with my husband now!

With diabetes, we sometimes feel sad and blue, or angry and worried. If you're feeling down for more than two weeks, you might have clinical depression. Depression is common in people with diabetes, especially women. If you think you're depressed, talk with your health care team right away.

You don't have to tackle diabetes all by yourself. You can Choose to Live!

I will never say anything but the truth. We can do it. We can be role models by taking care of ourselves and our diabetes. Diabetes is with us all the time, and dealing with it is never easy. I encourage you to believe as I believe. We are fabulous! Let's work together to stop diabetes. The power is in your hands!

Mother Love
Spokesperson for Choose to Live
Research Foundation Ambassador, bringing the message of diabetes to researchers

For more information on diabetes contact the American Diabetes Association
1-800-DIABETES (1-800-342-2383)

Visit us online at www.diabetes.org/in-my-community





- Diabetes is occurring in epidemic proportions in African Americans.
- Implementation of programs such as Project Power help:
 - Stem the tide of diabetes.
 - Reduce health care costs.
- To better assess effectiveness, need greater number of participants to:
 - Complete pre/post questionnaires.
 - Follow-up phone calls.





National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention

Please send us your questions through the chat box or by phone

QUESTIONS?

Additional comments or questions?

Please contact:

Alexis Williams

Centers for Disease Control and Prevention

awilliams15@cdc.gov



National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention



National Institutes
of Health





National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention

Presenters' Information

Rev. Michel Faulkner

Institute for Leadership

<http://www.institute4leadership.com>

E-mail: MFaulkner@institute4leadership.com

Mandilyn J. Hart

Tel. (740) 876-4262

Center for Appalachia Philanthropy

<http://www.appaphil.com>

E-mail: mandyhart@appaphil.com

Denise Price-Brown

American Diabetes Association, Project POWER

<http://www.diabetes.org>

E-mail: DCBrown@diabetes.org



National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention

Special offer for today's participants.

- Free The Road to Health Toolkits.
- Send an email to awilliams15@cdc.gov with your name, mailing address, and number of toolkits needed.



Thank you!



A program of the National Institutes of Health and the Centers for Disease Control and Prevention

www.YourDiabetesInfo.org

1-888-693-NDEP (1-888-693-6337)

TTY: 1-866-569-1162

