

Communities Taking Action on

On DSME

MHP Salud

MHP Salud, organizes and implements Community Health Worker (CHW) programs to empower underserved Latino communities and promote the CHW model nationally as a culturally appropriate strategy to improve health. Their program, *Salud y vida*, is dedicated to improving the health of members in Hildago County, Texas who are diagnosed with type 2 diabetes. The program focuses on education, skill building

and support to help participants live healthy lives. It offers diabetes self-management education, and participants work with CHWs to develop an individualized plan of action that empowers them to choose healthy habits. CHWs ensure that every participant has a medical home and actively seeks health care. The CHWs can also go with participants to their primary care provider visits if participants want this kind of support. *Salud y vida*

offers a full assessment of participants' needs to ensure that all have access to community resources in order to meet their goal for controlling their diabetes.



Photo: MHP Salud

What is a Medical Home?



The medical home is a model of care that enhances the relationship between you and your primary care physician, specialists and other health professionals. A medical home is not a "place" but rather a better way to deliver healthcare. It's referred to as a "Medical Home" because your care and critical medical information are coordinated and managed through one office, your 'home base'. Your primary care doctor interacts with you, your family and caregivers, along with your specialists and other health care professionals, to deliver coordinated medical care that closes the information gaps and emphasizes your health as a whole person. Adapted from <http://www.metcare.com/caremodel.php>

The National Kidney Foundation of Michigan

The National Kidney Foundation of Michigan works with local communities throughout the state to develop coalitions that

address diabetes and its complications. Efforts in Flint, Inkster and Northwest Detroit are focused on African American adults with

diabetes. The coalitions have worked to train 28 community health workers to lead Diabetes PATH (Personal Action Towards Health)

workshops. These diabetes self-management classes are taught in libraries, grocery stores, health clinics, hospitals, churches, schools and community centers. The coalitions have also trained 25 community health workers to teach Enhanced Fitness, a physical activity program for older adults. These classes are provided at senior centers, sororities, parks and recreation centers, community organizations and schools. Finally, 8 community health workers have been trained to serve as patient navigators who help people with diabetes connect with resources and navigate the health care system.

Both of these programs deal with factors that are important in getting people to go to diabetes self-management education (DSME) classes including offering them in places that are easy for people to get to, and working with Community Healthy Workers (CHWs) who are members of the community. The CHWs in these programs also supported other activities like physical activity programs and helping people navigate the health care system.

What spaces in your community would be good places to hold DSME classes?

What roles could CHWs play in your community?

National Diabetes Education Program

For more information call 1-800-CDC-INFO (800-232-4636)

TTY 1-(888) 232-6348 or visit www.cdc.gov/info.

To order resources, visit www.cdc.gov/diabetes/ndep.