

# REACH U.S.

## Mount Sinai School of Medicine, Communities IMPACT Diabetes Center

New York City, New York

*A REACH Center of Excellence in the Elimination of Disparities (CEED)*

**Racial and Ethnic Approaches to Community Health Across the U.S. (REACH U.S.)** is a national Centers for Disease Control and Prevention (CDC) program aimed at eliminating racial and ethnic health disparities. It utilizes community-based approaches to reduce the burden of chronic illness in specific at-risk populations. There are 18 **REACH Centers of Excellence in the Elimination of Disparities**. They serve as national expert centers implementing, coordinating, refining, and disseminating programmatic activities designed to eliminate health disparities.

### ISSUE

It is projected that one in two African American and Hispanic-Latino children born this generation will develop type 2 diabetes as adults, unless action is taken. Mount Sinai School of Medicine is partnering with community representatives and organizational and policy leaders to implement a novel and sustainable program. The Communities Inspired and Motivated to Prevent and Control (IMPACT) Diabetes Center supports initiatives contributing to improved nutrition, physical activity, diabetes prevention, detection, and management.

### ACTIVITIES

- Implements peer-led diabetes self-management classes.
- Develops standardized Diabetes and Pre-Diabetes Screening Tool and training guide to improve quality and relevance of community-based screenings that include glucose testing and disseminates information to East Harlem organizations.
- Leads a restaurant-based portion control campaign and community education campaigns to reduce portion sizes.
- Provides and promotes physical fitness avenues for children and adults, as well as diabetes prevention/weight loss education and skills training for high risk persons.
- Promotes policy, systems, and environmental change strategies to increase access to healthy food outlets in low-income, high-need communities.
- Trains community leaders to write, review, and monitor diabetes prevention and control grants.

### ACHIEVEMENTS

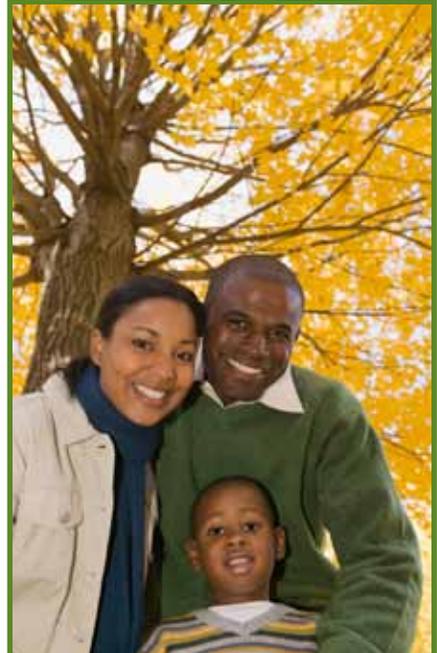
- Assessed neighborhoods to identify and implement multilevel environmental and systems changes to prevent and control diabetes.
- Trained over 40 Spanish and English-speaking peer leaders to conduct diabetes management, diabetes prevention and weight loss classes in community settings.
- Screened over 1,000 adults for pre-diabetes. More than half of those screened were identified as having pre-diabetes and 15% were diagnosed with diabetes. These individuals were referred to peer-led local workshops proven to control diabetes and result in significant, sustained weight loss.
- Created new opportunities for physical activity, including walking trails, dance fitness classes, and open play streets.
- Through regional and national dissemination, education, and training, informed and influenced regional and national stakeholders to promote evidence-based diabetes prevention and control activities.
- Funded and mentored novel programs in the Northeast U.S. including the retraining of congregate meal chefs, gardening and cooking programs for children, diabetes screenings by dentists, school-based diabetes prevention activities, and diabetes management programs for cancer survivors.

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Division of Community Health

