



# METRO DENVER BLACK CHURCH INITIATIVE

## FOCUS ON DIABETES

*Bridging the Gap: A partnership between the Black Church Initiative & Denver Health*

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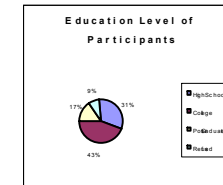
### BACKGROUND:

The Focus on Diabetes project is conducted by the Metro Denver Black Church Initiative, a church association for community service. The Black Church Initiative collaborates with a clinical partner, Denver Health - Eastside Health Center. The purpose of the project is to provide African Americans with diabetes or at risk for diabetes, in the targeted area, with the knowledge, skills and support to manage diabetes so that their health-related quality of life is improved and the complications of their chronic condition are lessened. Participants have been recruited through churches, beauty and barber salons, and Eastside Health Center registry of African American diabetic clients, word of mouth and other sources. Classes have been conducted at churches throughout the Metro area in the community where people live and/or socialize making this approach unique and convenient for persons to attend. The classes are 6 weekly sessions conducted by a faculty consisting of 3 Congregational Nurses, CDE, Physician, Registered Dietitian, Pharmacist and Physical Activity Specialists. The Community Outreach Coordinator is an integral part of all that goes into making the program work.

### Resources and Support provided for BCI Focus on Diabetes:

- Administer pre & post enrollment forms
- Track student participation
- Analyze data from enrollment forms
- Prepare notebooks for students and disseminate handouts for faculty
- Healthy eating for self-management class and Diabetes Support group
- Physical activity

- All of the participants had a high School Education (9% did not respond to the question)



### Goals for Diabetes Initiative

- Demonstrate value of programs promoting diabetes self management as part of quality care in primary care and community settings
- Identify key or useful elements of such programs, e.g.,
  - Goal setting
  - Community Outreach Coordinator
  - Importance of community, place and setting



### Resources and support provided at Denver Health – Eastside Clinic:

- Referral to DM Self-Management Class
- Pre-visit planning
- Update DM Labs
- Re-enforce education sheets
- Health Passport
- Enrollment- review process
- Pharmacy refills – review process
- Goals and Action plans
  - Healthy eating
  - Physical activity
- Follow-up calls

### Bridging the Gap



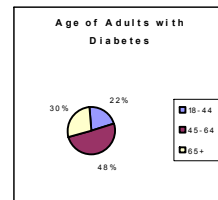
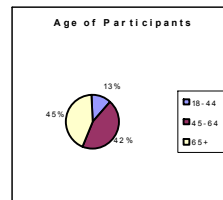
- Assist with instructing Chronic Disease Self-Management Classes
- Arrange for transportation for students to attend classes
- Send out meeting reminder, prepare agenda and actively participate in Focus on Diabetes Advisory Council meetings
- Arrange for follow-up calls to Support Group participants

### DEMOGRAPHICS:

From July 2004 to January 2005 a total of 6 classes were conducted at six churches in the metro Denver area. More than 150 students have participated in the self-management classes. These data only reflect the first 7 months of the program.

### Age and Education:

- The majority of the participants were 65 years or older.
- Most of the adults with diabetes were between the ages of 45 and 64 years old.



### MOVING FORWARD:

- Continue to enhance self-management classes
- Expand recruitment of African Americans through Denver Health, Beauty and Barber Salons, Dental offices and other venues
- Explore options for providing support to students beyond class attendance
- Utilize strategies from Chronic Disease Management Training in DSM classes
- Develop and sustain additional walking group

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