This product was developed by the Focus on Diabetes project at the Center for **African American Health in** Denver, CO. Support for this product was provided by a grant from the Robert Wood Johnson Foundation® in **Princeton, New Jersey.**

EMPOWERING THE AFRICAN-AMERICAN COMMUNITY TO LIVE WELL "MEETING PEOPLE WHERE THEY ARE"

GRANT JONES
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Focus on Diabetes Project Manager





CENTER FOR AFRICAN AMERICAN HEATH FOCUS ON DIABETES

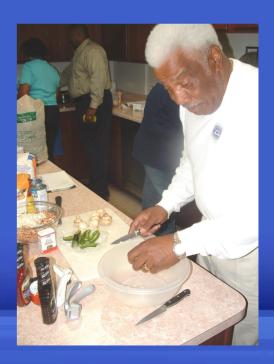


OVERVIEW

PARTICIPANT ENGAGEMENT

ORGANIZATIONAL TRANSITION

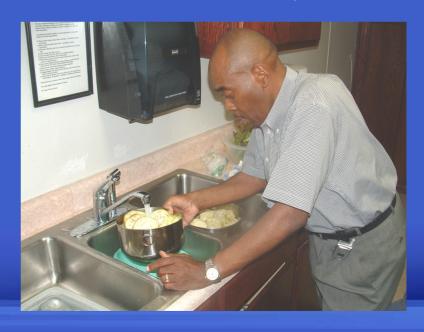
LESSONS LEARNED



KEY OBJECTIVES

- PRESENT 6 WEEK CURRICULUM
- UTILIZE AFRICAN AMERICAN FACULTY
- CONDUCT PHYSICAL ACTIVITIES EACH SESSION
- PROVIDE HANDS-ON COOKING CLASS





STRATEGIES

- PRESENT MATERIALS AT 4-5TH GRADE LEVEL
- PROVIDE TRANSPORTATION TO CLASS
- ALLOW HANDS ON EXAMPLES
- DEMONSTRATE
- REINFORCE AND ENCOURAGE

PARTICIPANT INVOLVEMENT

BARRIERS

- Low literacy level
- Lack of Transportation
- Not used to exercising



NOT UNDERSTANDING SERIOUSNESS OF DISEASE





ADDRESSING BARRIERS

- IDENTIFICATION
- APPLYING TRANS THEORETICAL MODEL
- REVISION OF CURRICULUM
- INDIVIDUAL ATTENTION

TRANSITION AND OUTCOMES

- THE CENTER FOR AFRICAN AMERICAN HEALTH EMERGES FROM THE METRO DENVER BLACK CHURCH INITIATIVE
- HEALTH FOCUS

LESSONS LEARNED

- LACK OF KNOWLEDGE ABOUT THE CAUSE
- THE IMPACT OF LOW HEALTH LITERACY ON HEALTH OUTCOMES IS SIGNIFICANT
- OBESITY AND INACTIVITY
 DISPROPORTIONATELY AFFECT DISEASES IN AFRICAN AMERICANS
- APPROXIMATELY 40% OF BLACKS HAVE LITERACY PROBLEMS

LESSONS LEARNED:

- THERE IS NEED TO ADDRESS PREVENTABLE CAUSES OF HEALTH DISPARITIES AMONG BLACKS AT THE COMMUNITY LEVEL;
- AFRICAN AMERICANS NEED A TRUSTED SOURCE OF HEALTH INFORMATION;
- A STRONG VOICE IS NEEDED TO ADVOCATE FOR HEALTH NEEDS OF AFRICAN AMERICANS
- THE CAA-HEALTH IS UNIQUELY QUALIFIED TO DO THIS WORK IN PARTNERSHIP WITH BLACK CHURCHES

CONTACT US

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