

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.

FOCUS ON DIABETES

*NOBIDAN WORKSHOP
FNCE 2004
ANAHEIM, CALIFORNIA*



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Diabetes Project Manager
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Health Disparities

- Millions of Americans are benefiting from advances in the medical and public health fields such as improved diagnostic and therapeutic technologies, in addition to a better overall living environment. This has and resulted in increased life expectancy.
- However, benefits from these improvements have been unevenly distributed by race and ethnicity.

Health Disparities

- While Colorado as a whole is a healthy state, some demographic groups are less healthy than others.
- Blacks, Latinos and American Indians who represent nearly 25% of the population are disproportionately impacted by disease, disability and death.
- These inequities in health status are known as health disparities.

Why the Black Church?

- There are over 65,000 black churches in America.
- Place of spirituality, culture and family.
- Place for leadership development.
- Center of social activism.
- Supporter of education outreach.
- Black Philanthropy.
- Longevity.

The Denver Black Church Initiative

Churches Working Together to Build Strong and Healthy Communities

- Youth and Family Programs
- After School Initiatives
- Faith and Health Ministries
- Training and Technical Assistance
- Scholarships for Skill Enhancement
- Source of data and research on models and best practices
- Source of development expertise on fundraising
- Enhancing the use of technology
- Mini Grants to support programs and services

Key Assets in Health Partnership

- Leaders with Followers
- Churches are communities within community
- Cultural connections
- Supportive Congregation Members
- History and Tradition

Faith & Health Ministries

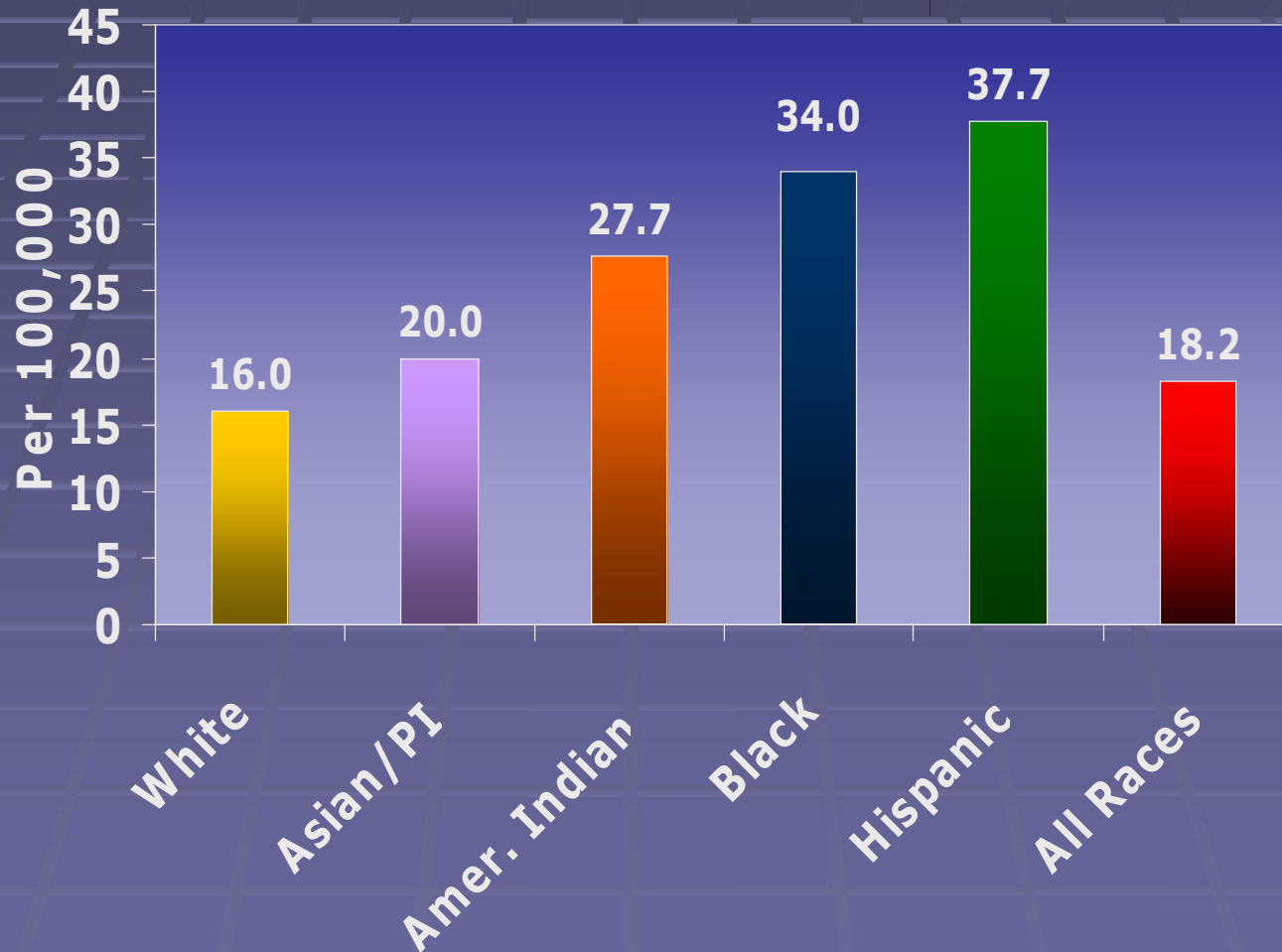
A collaborative of 35 churches working to alleviate health disparities by promoting active and healthy lifestyles in the African-American community

Setting Priorities

- Diabetes
- Hypertension
- Heart Disease
- Glaucoma
- Breast & Prostate Cancer

Diabetes

Age-Adjusted Death Rates by Race/Ethnicity
Colorado Annual Average 1995-1999



Diabetes, Hypertension, Heart Disease & Glaucoma

- **Workshops**
- **Diabetes Sunday Glucose Screenings**
- **Diabetes Expo**
- **Diabetes Self-Management Classes**

Focus on Diabetes

- Funded by grant from RWJ Foundation
- A community based approach
- Includes Diabetes Self-management classes
- Reaching Beauty shops and Barber Shops
- Establishing Diabetes Support Groups
- Establishing Walking Groups

Diabetes Self-Management Classes

- One class held weekly for six weeks
- African-American faculty members
 - Nurses, Physician, CDE, Dietitian, Pharmacist, Psychiatric Social worker, Fitness Instructors

Nutrition

- **Food Portion Education**
- **Reading Food Labels**
- **Cooking Demonstrations**
- **Assistance Adapting Traditional Recipes**





Physical Activity

- **Improves Health Status – Feel Better**
- **Reduces Risk for Disease**
- **Colorado on the Move**
- **Over 1,600 Step Counters Distributed**



Participant Feedback

- Many were told they were Borderline Diabetic
- Some participants had never attended any classes
- Realizing the importance of taking control
- Understanding portion control makes a difference
- Learning about medications and what they do in the body
- Trying to balance exercise, food, and medication is challenging
- Learning to read labels

PROGRESS TO DATE

- 5 Classes conducted
- Approximately 100 persons trained
- One Support Group in place

Faith & Health Ministries Building Capacity

- **Pastors**
- **Health Liaisons**
- **Congregational Nurses**



The Power of Collaboration

Agency Partners

*American Diabetes Association
American Cancer Society
Susan G. Komen Breast Cancer Foundation
Cancer Information Service
Dental Access Centers
Arthritis Foundation – Rocky Mountain Chapter*

Pharmaceutical Partners

*GlaxoSmithKline
Pfizer*

Government Partners

*CO Turning Point Initiative
CO Minority Health Forum
CDPHE
UCHSC*

Community Partners

*CO Council of Black Nurses
African-American Physicians

Delta Sigma Theta Sorority, Inc.*

Funding Partners

*Rose Community Foundation
Caring for Colorado Foundation
Komen Foundation
Denver Health
Pfizer
GlaxoSmithKline*

Lucille C. Johnson
Associate Director

Faith & Health Ministries
(F&HM)
35 Churches

Church Liaisons & Congregational Nurses