

This product was developed by the Galveston: Take Action project at the Galveston County Health District in Texas City, TX. Support for this product was provided by a grant from the Robert Wood Johnson Foundation® in Princeton, New Jersey.

# Community Supports for Diabetes Self- management

Collaborative program funded by the  
Robert Wood Johnson Foundation





# History

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- **2002: GCHD plus other HRSA- funded Community Access Program (CAP) agencies collaborated to submit a grant to RWJF**
- **November 2002: RWJF site visit**
- **February 1, 2003: Funding begins (\$124,757)**
- **Awarded 3-month extension (4/1/04) \$25,000**
- **Wrote Phase II proposal- \$370,000 for 30-month period (to 10/31/06)**

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# Strategic Health Plan Priorities

- Management of chronic conditions
  - Access to care and health disparities
  - Senior health issues
  - Business improvement
  - Public awareness
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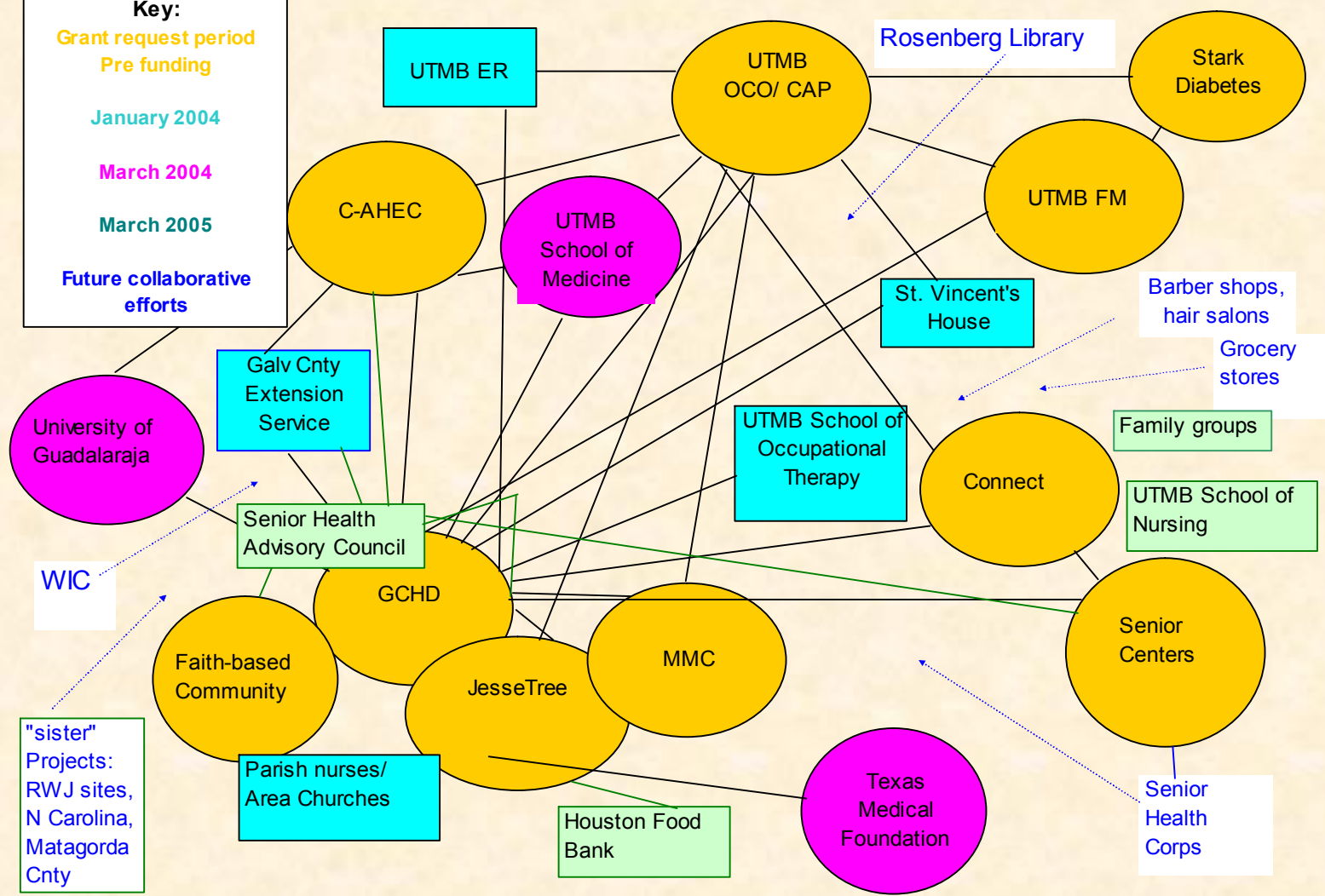
# Key Elements

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- ❑ Community Collaboration
- ❑ Focus on Self- Management
- ❑ Community and Clinical Involvement and Support
- ❑ Participatory development and continual assessment and improvement of activities

**Key:**

- Grant request period
- Pre funding
- January 2004
- March 2004
- March 2005
- Future collaborative efforts





# Focus on Self- Management





# Activities: Keys and Tools to Self-management

## Current

- **Diabetes Education Classes in English and Spanish**
- **Health Coach training**
- **Support Groups**
- **Goal Patrol**



## In Progress/ Development

- **Cooking Classes**
- **Weight Loss activities**
- **Creating exercise opportunities**
- **Class reunions**
- **Diabetes Collaborative**



# Community and Clinical Involvement and Support

## Community

- Faith-based institutions
- Public housing
- Senior Citizen centers
- City-wide Support Groups
- Requests for training in other communities



## Clinic

- Goal Patrol
- Classes (English and Spanish)
- Support Groups





# Participatory development and continual assessment and improvement of activities

- ✓ Pre- program (to design interventions);
  - Focus groups (4 groups/
  - 140 individuals interviewed
- ✓ Diabetic test strip survey
- ✓ Coaches and student questionnaires
- ✓ Support group survey



# Improvement Activities

## Example: Health Coaches

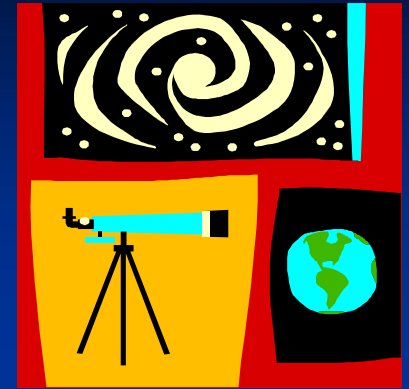
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- Training >>>> *3<sup>rd</sup> class added*
- Quarterly luncheons for education and sharing of ideas and solutions to common issues >>>>> *improved Coach and Participant Manual*
- Informal sharing >>>> Future: *internet*



# Future Plans

- Cooking and nutrition schools (County Extension Agent and RWJ staff)
- Physical activity asset maps, community surveys
- Connect with SON and WIC to address childhood obesity
- Continued collaboration with clinics, agencies, RWJ Collaborative, and other centers



Any Questions????