

This product was developed by the Campesinos Diabetes Management Program at Campesinos Sin Fronteras in Somerton, AZ. Support for this product was provided by a grant from the Robert Wood Johnson Foundation® in Princeton, New Jersey.

“Campesinos Diabetes Management Program” (CDMP)

A collaborative between
Campesinos Sin Fronteras, Sunset Community Health Center,
University of Arizona College of Public Health
and Yuma County Cooperative Extension

By

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Campeños Sin Fronteras

- CSF is a 501- c3 non-profit community based organization advocating for the health and well being of the farmworker population



Selecting CDMP's Target Population

- Farmworkers



- and their families



Needs of Target Population

Hispanic/Mexican farmworkers are being greatly affected by diabetes due to:

- Limited access to health care services
- Working poor
- Lack of health insurance
- Lack of transportation
- Lack of knowledge and education on disease

CSF/CDMP Uses the Promotora Model

- CSF recognizes promotoras as the most effective to reach minority and under served populations
- *Promotoras have the trust and respect from their community members*
- *Promotoras have gain medical provider' s appreciation for their contribution to improving the health of their families and community members*
- *They represent the cultural, linguistic, socio/economic and educational characteristics of the population they serve*
- *Most CSF/CDMP Promotores are members of a farmworker family or they are ex - farmworkers*

CDMP Promotoras Outreach and Education

- Promotoras reach the targeted population at their work site, their homes, churches and community .



- Sunset's Promotora Diabetes Classes

Community Support Services Offered by CDMP

- Diabetes Self-Management Education Classes
- Promotora Advocacy and Referral
- Home Visits
- Diabetes Support Groups
- Family and couple support
- Physical Activity



Community Support Services Offered by Promotoras

- *Patient Diabetes Education*

Through educational sessions participants learn about diabetes and how to manage it

- *Family Diabetes Prevention*

Through home visits, participant and family members are provided the tools to control and prevent diabetes.

- *Healthy Cooking Classes*

Through classes and home visits participants and family members learn about proper food portions and healthy food



Physical Activity

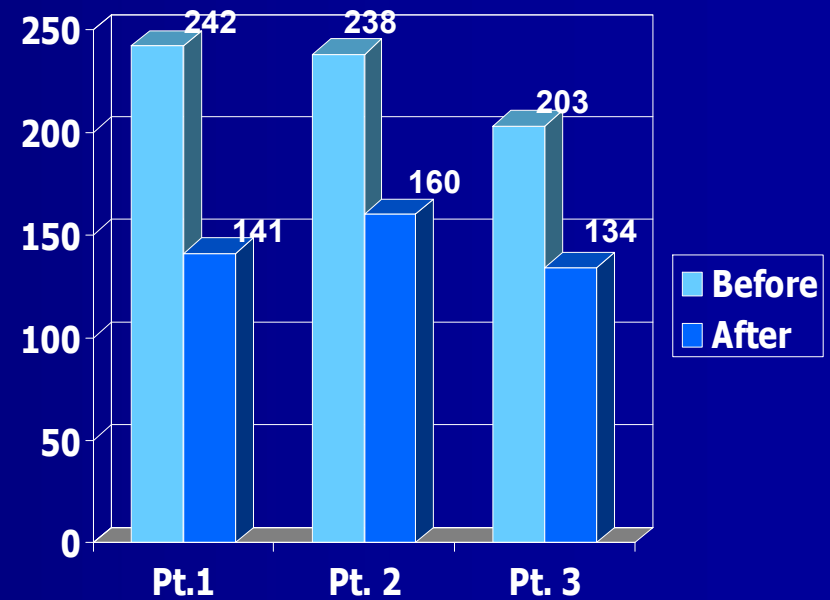
Low Impact Aerobics

- 75% of participants reported this being their first time in their lives performing this kind of activity



Walking Group

- Patients are encourage to check their glucose levels before and after the walk to demonstrate to them the effect of physical activity in reducing glucose levels



Innovative Exercising Strategies

- **Promotoras encourage participants with lower extremity problems or other physical disabilities to stay physically active**



Fun Time!

- Stress and Aromatherapy



- Group picture



Services Offered by CDMP Collaborator

Sunset Community Health Center

- Patient's Medical Care
- Patient Case Management
- Monitor Patient's Medical Compliance
- Patient Diabetes Education Program
- Monitor Patient Medicine Intake
- Patient & Physician Communication



Participant follow-up

- **Patient Support**

Promotoras help the participants to monitor and control their diabetes through advocacy, home visits and phone calls

- **Diabetes Portable Record**

Participants use this document to keep a record of their doctor's office visits in the U.S and Mexico

Community Advisory Group

The Special Action Group (SAG) serves as a community Advisory to CDMP

SAG is Housed by the U of A Cooperative Extension of Yuma.

The SAG is composed of 26 community leaders representing the health field, community based organizations, city planning, education sector, parks and recreation, law enforcement and community members.

The SAG is dedicated to promote healthy lifestyle for the residents of Yuma County, by building awareness and understanding of the benefits of good nutrition and physical activity in their daily living.



CDMP Evaluation Measures

- CDMP is tracking the following participant outcomes:
 - Changes in self management behavior;
 - Changes in perceived level of support for diabetes management;
 - Improvements in perceived quality of life;
 - Continuity of diabetes care;
 - Improvements in health status (HbA1C, B/P, cholesterol, weight)

Thank you

Muchas Gracias

Campeños Sin Fronteras
Somerton, AZ