



This product was developed by the Proyecto Vida Saludable at the Holyoke Health Center, Inc. in Holyoke, MA. Support for this product was provided by a grant from the Robert Wood Johnson Foundation® in Princeton, New Jersey.



Proyecto Vida Saludable Breakfast Club

Dawn Heffernan RN, MS
Project Manager
Holyoke Health Center



Holyoke Health Center

- JCAHO accredited
- Western Massachusetts
- 15,000 patients, mostly Puerto Rican
- 120 employees
 - ✓ 20 medical providers
 - ✓ 2.5 dentists
 - ✓ On-site retail pharmacy
- Highest Diabetes mortality in state
- 92% of patients have incomes below 200% of Federal Poverty Level
- Over 95% of these patients have extensive oral health problems
- Many suffer from substance abuse, and other diseases that routinely plague low-income urban communities



Overall Goal of our Project:

- Engage HHC's clinical and support staff and patients with type 2 diabetes to improve and maintain positive behavior changes and health outcomes by providing a series of pilot tested programmatic interventions.

Programmatic Interventions

- Breakfast Club
- Diabetes Education
- Drop In Club
- Exercise Classes
- Promotoras
- Snack Club
- Staff Training (Self-Management)



Diabetes Project Focus:

- Holyoke Health Center's patients with Type 2 diabetes. We have currently populated the registry with eight hundred and ninety three (963) diagnosed patients who live in Holyoke, Massachusetts.
- During Pilot Phase of the project we have engaged 177 patients in DSM
- Patients are 89% Latino/Puerto Rican
- 100% live at or below the poverty level
- Average per capita income of \$8,369.00

Planning Our Interventions: Focus Groups

- Four patient focus groups, one provider group, and one nurse-medical assistant group were completed.
- The goal: to obtain information to assist with the **development** and **planning** of our diabetes self-management programs.
- Need-based interventions for patients and clinical staff were designed as a result of focus group findings.

Focus Group Analysis:

- Patients face many barriers to diabetes self management including socioeconomic status, low educational levels, multiple medical problems, and difficulty with access to healthy foods and medical supplies.

Focus Group Analysis: Breakfast Club

- Skipping meals, particularly breakfast is a common practice.
- Patients benefit from weekly coaching.
- Patients motivate each other in a group setting and benefit emotionally from the social support.



Breakfast Club: Getting Started

- Staffing
 - Promotora Coordinator
 - Lifestyles Coordinator
 - Promotoras
- Schedule
- Referrals
- Support Group Tools
- Educational Materials
- Incentives



Making the Connection

- Referral from provider to DE and Nutritionist
- Patients meet individually with diabetes educator and nutritionist
- Explanation of breakfast club and other diabetes self-management interventions
- Motivational Counseling
- Patient makes a commitment
- Follow up to meeting

Breakfast Club Components

- Nutritious breakfast
- Hands on Learning
- Weekly coaching
- Connection to other patients
- Emotional and social support
- Supermarket Tour
- Graduation

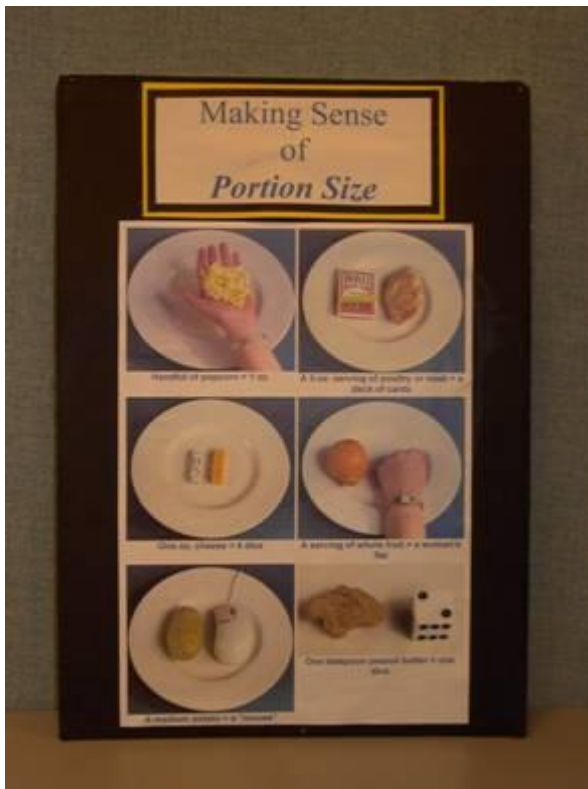
Nutritious Breakfast

- Menus
- Portion sizes
- Food Selection
- Sampling

Club de Desayuno Menu

½ whole grain bagel
1 tbs of light cream cheese or
1 tbs of Teddy's peanut butter 1/2 an apple
1 cup decaffeinated coffee
1% low fat milk and sugar substitute

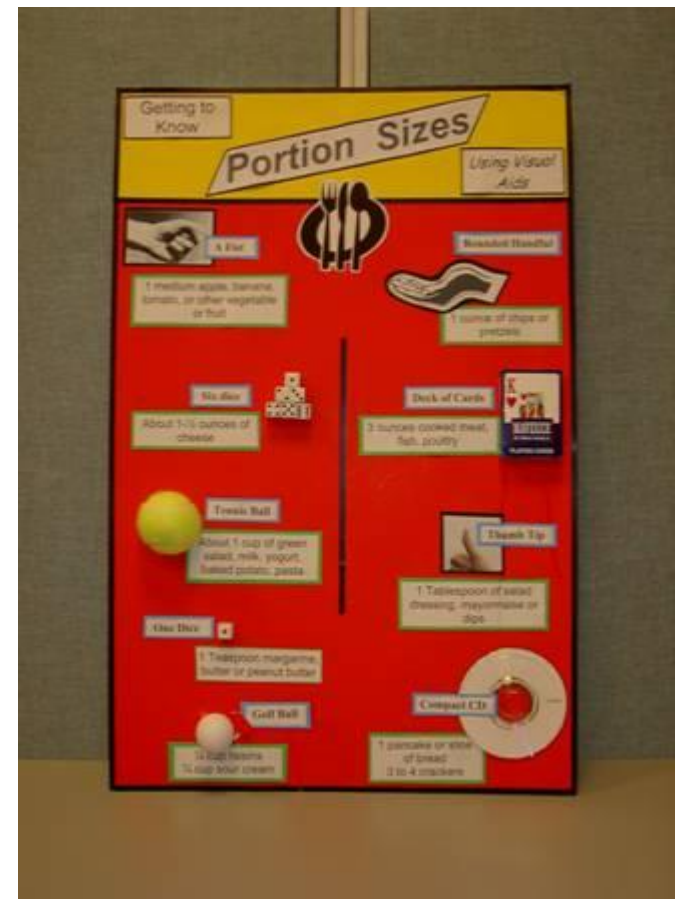
Breakfast Club: Portion Size



Low Literacy Educational Materials developed and utilized to teach portion size.

Teaching Tools for Breakfast Club

- Diabetes Empowerment Education Program (DEEP)
- Patients respond to the use of self management related teaching tools (incentives):
 - Measuring cups,
 - Measuring spoons,
 - Placemats
 - Healthy snack foods.
- Importance of Low Literacy materials



Breakfast Club: Graduation



First Breakfast Club Graduation 1-04

Supermarket Tours



Importance of hands on experience outside of class

Supermarket Tours



Supermarket Tours



Patients learn how to read labels and compare prices at local supermarkets.

Breakfast Club



We are hoping that you integrate this information into your daily life.“
You are the pioneers of the Club de Desayuno.
You are the first and you are the pioneers.
We want to know if this program is working and if you like it.
Jeanette Rodriguez

Breakfast Club

“ What is the importance of the Club de Desayuno in your life?

Has it helped you?

How has it helped you?

“Juanita, your family includes three generations: grandmother, daughter and granddaughter, so I'd like to start with you.”

Jeanette Rodriguez
Breakfast Club Facilitator



Breakfast Club

"Well I think that the Club de Desayuno has helped us a lot.

I say this because the Club de Desayuno has motivated my grand daughter, daughter, and husband. (Husband pictured on left)

It has showed us how we should be eating and I like this."

Juanita



Breakfast Club

"The Club de Desayuno is a help. It teaches us to eat the right foods and the right portions because being a diabetic is not easy. I am learning a lot about doing things differently. You feel better about yourself."

Damaris



Breakfast Club

"You have to understand that with these breakfast club classes, we are not expecting to see huge changes. We are looking for small changes. Small steps that will leave big footprints. Small changes over time lead to big changes that last."

Jeanette Rodriguez:
Breakfast Club Facilitator



Breakfast Club

“This is like my case. I used to eat a big plate of food with three pork chops and with four to five large cooking spoons of rice on the side but now have learned to serve myself less food.”

Manuel



Breakfast Club

“Now that I am eating these portions my blood sugar level is lowered, it has gone down to 125. My doctor says that's low and if I keep eating the portions I'm eating now it will be under control.”

Manuel



Breakfast Club

"I used to cook in a larger pot. A pot that was larger and deeper, where four to six people could eat well.

Now, I use a smaller pot and make less food. Well, if you make more food then you have to eat that food because it is a sin to throw food away.

You know, in other countries people are looking for food in trash barrels and here we waste food.

That's what I think."

Manuel



Breakfast Club

"You don't have to deny yourself the pork chops and rice. You just eat smaller amounts. You can learn about portions here at the Club de Desayuno."

"Your homes are no different than other Latino homes where people are accustomed to eating large portions. So we understand your struggles in cutting down the portions."

Jeanette Rodriguez:
Breakfast Club Facilitator



Breakfast Club

“ Well, now I know what has been happening in my body. I have learned and I've woken up. I can even wake up now and hear the birds singing. I've learned to appreciate the wind, nature. I used to wake up all cloudy, I was always sleepy and sleeping. I woke up this morning and I was singing.”

Maria



Breakfast Club

The Club de Desayuno means a lot to me. It means a lot as far as health. I have learned about calories. I've learned what I can eat so that my blood sugar is normal. If I do not do these things, I become incoherent. It has even been that I cannot see. I now know that diabetes is a serious illness.”

Maria



Breakfast Club



Besides, I can share here with other people who have the same disease that I have and feel the same way I do. I feel so good sharing this because sometimes I feel I am the only one feeling this way. But there are a lot of us feeling this way. I was depressed because I was the only one with diabetes in my home, and no one understood what was happening to me. And I felt very bad because I also have other illnesses. I have made new friends at the Club de Desayuno and I like that. I am returning to getting out of bed. I used to always be in bed."

Maria

Breakfast Club

“It’s great that you are feeling this way because you bring a lot to this group and you bring a lot to the exercise group as well. I always think of you as a very happy up person full of life. That is the Maria I know. You also brought us the information about how to get free whole wheat bread.

“How about at home? Do you use what you have learned here at home?”

Jeanette Rodriguez:
Breakfast Club Facilitator



Breakfast Club

"At home I am trying. I have actually made a breakfast that I learned here and sat down and ate it myself.

Not all the time, though. But I shop differently now and my cabinets look different. I am putting healthy foods into the cabinets. The Club de Desayuno helps me a lot."

Damaris



Breakfast Club

"Well, now I am going to the supermarket to buy cheese (low fat, low sodium cheddar demonstrated in class) and the ham (Russell's 98% fat free and low sodium). The same kind that we ate here."

Juanita



Breakfast Club



“ We have learned a lot, made new friends, and feel better.”

Juanita

Breakfast Club Patient Outcomes

| Patient Date of Entry into Program | Prior to Enrollment HAIC | After Enrollment HAIC | Prior to Enrollment BMI | After Enrollment BMI | Prior to Enrollment WGT | After Enrollment WGT |
|------------------------------------|--------------------------|-----------------------|-------------------------|----------------------|-------------------------|----------------------|
| 2-24-2004 | 6.8 2-12-04 | 5.7 6-18-04 | 26.5 2-12-04 | 24 6-18-04 | 155 | 145 |
| 10-8-2003 | 6.9 5-15-03 | 6.2 5-4-04 | 46 5-15-03 | 43 5-4-04 | 258 5-15-03 | 244 5-4-04 |
| 2-23-2004 | 13.7 1-8-04 | 10.7 3-12-04 | 25 1-8-04 | 27 5-6-04 | 156 1-8-04 | 173 3-12-04 |
| 10-14-03 | 8.4 8-25-03 | 8.4 3-9-04 | 42.2 8-25-03 | 40.5 3-9-04 | 278 8-25-03 | 267 3-9-04 |
| 5-14-2004 | 6.4 3-9-04 | 6.6 6-21-04 | 37.5 3-9-04 | 39 6-21-04 | 123 3-9-04 | 128 6-21-04 |
| 11-3-03 | 11.3 7-22-03 | 10.2 1-23-04 | 43.5 9-26-03 | 44 6-24-04 | 227 9-26-03 | 231 6-24-04 |
| 11-3-03 | 5.9 6-9-03 | 4.6 5-28-04 | 31.3 6-9-03 | 29.7 5-28-04 | 176 6-6-03 | 168 5-28-04 |
| 10-8-03 | 10.8 9-30-03 | 10.2 4-22-04 | 36 6-6-03 | 35.1 4-22-04 | 197 6-6-06 | 192 4-22-04 |

Breakfast Club Patient Outcomes

| Patient Date of Entry into Program | Prior to Enrollment HAIC | After Enrollment HAIC | Prior to Enrollment BMI | After Enrollment BMI | Prior to Enrollment WGT | After Enrollment WGT |
|------------------------------------|--------------------------|-----------------------|-------------------------|----------------------|-------------------------|----------------------|
| 2-23-04 | 8.5 2-5-04 | 10.4 5-24-04 | 36 1-9-04 | 34.7 5-24-04 | 198 1-9-04 | 190 5-24-04 |
| 2-23-04 | 7.5 1-24-03 | 6.7 4-29-04 | 48.2 11-03 | 47 4-29-04 | 332 1-24-03 | 319 4-29-04 |
| 2-24-04 | 5.4 12-5-03 | 6 6-2-04 | 50.2 2-23-04 | 49.6 6-2-04 | 266 12-05-03 | 263 6-2-04 |
| 2-23-04 | 8.1 12-9-03 | 7.8 5-5-04 | 30.0 1-26-04 | 29.7 5-5-04 | 178 1-26-04 | 176 5-5-04 |
| 4-14-04 | 7.7 10-2-03 | 7.2 4-27-04 | 38.0 1-27-04 | 37.4 4-27-04 | 208 1-27-04 | 205 4-27-04 |
| 7-2-03 | 8.1 4-18-03 | 6.9 11-14-03 | 29.8 6-30-03 | 30.3 2-6-04 | 174 6-30-03 | 177 2-6-04 |
| 11-3-03 | 6.8 7-30-03 | 5.9 1-26-04 | 40.0 7-30-03 | 38.9 3-24-04 | 227 7-30-03 | 220 3-24-04 |

Breakfast Club Outcome Conclusions

15 Patients Randomly Selected for Review of Clinical Outcomes

- 10 patients made significant improvements in HAIC & BMI
- 2 patients improved HAIC and gained WGT
- Total of 12 patients improved HAIC
- 2 Patients increased HAIC
- 1 Patients HAIC remained the same
- 12 Patients Lost WGT
- 3 patients gained WGT