

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.

Take Action



Galveston

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Community Health Workers Facilitate Self-Management



Key objectives for using Community Health Coaches

- Provide diabetes self-management education in non-traditional setting
- Remove barriers to class attendance
- Community Health Coaches would be trained and supported by Galveston County Health District

Key strategies of the intervention

- Use Take Action, A Diabetes Self-Management Program curriculum
- Focus - to empower participants to take control of their diabetes through knowledge
- Participants would use Action Plans to assist in behavior change
- Coach Support
 - ▶ Coach recruitment
 - ▶ Coach training
 - ▶ Coach support
 - ▶ Supplies for classes
 - ▶ Ongoing support

Barriers

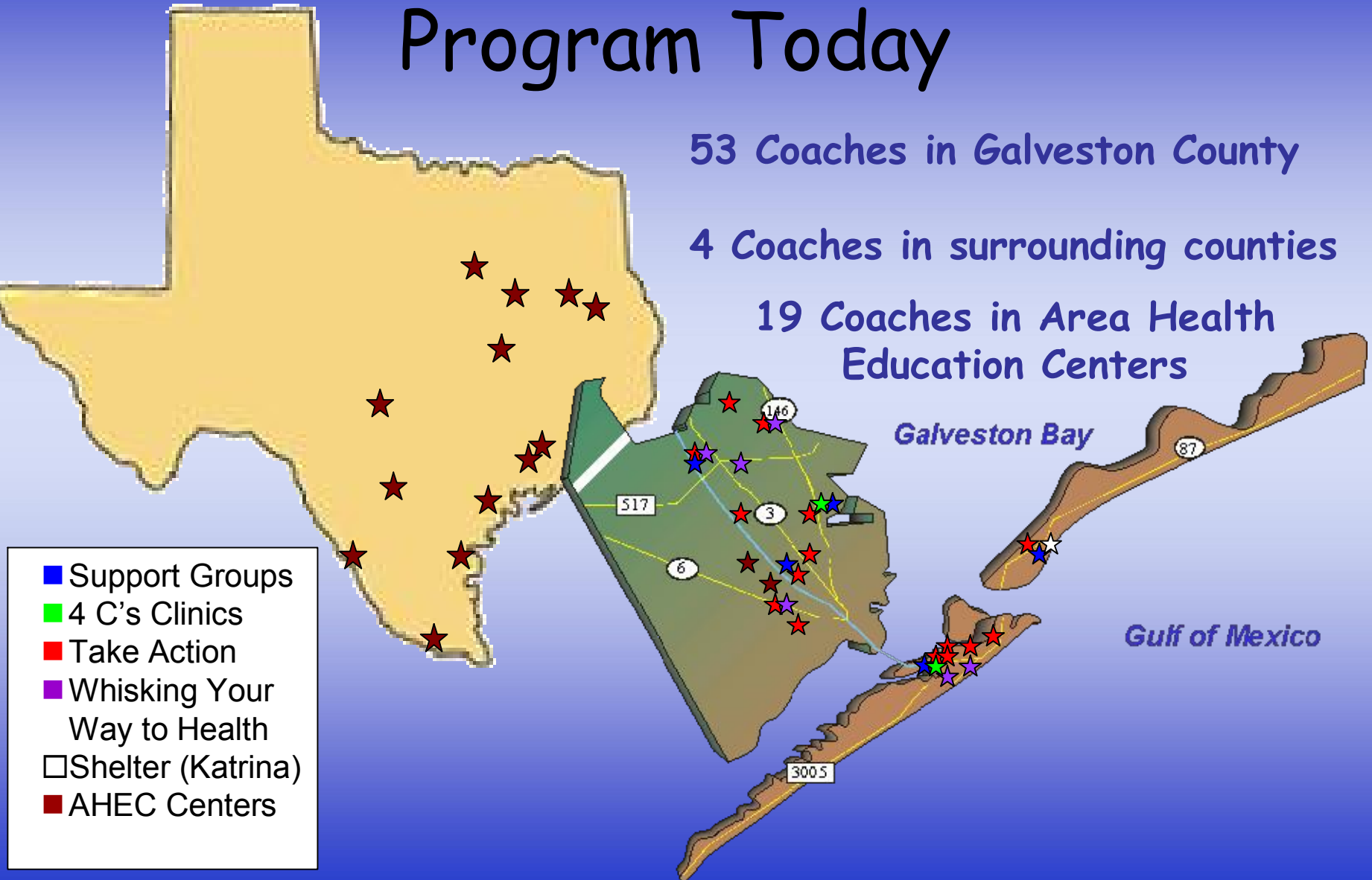
- ▶ Easier to find coaches than participants
- ▶ Coach health
- ▶ Pace of working with volunteers
- ▶ Schedules
- ▶ Organizations wanting programs but one of many priorities, low level of support

Our Community Health Coach Program Today

53 Coaches in Galveston County

4 Coaches in surrounding counties

19 Coaches in Area Health Education Centers



- Support Groups
- 4 C's Clinics
- Take Action
- Whisking Your Way to Health
- Shelter (Katrina)
- AHEC Centers

What Successful Community Health Coaches Look Like



- Enthusiastic
- Dedicated
- Over come personal barriers
- Want to share knowledge and experience with others



Important Outcomes from the Intervention

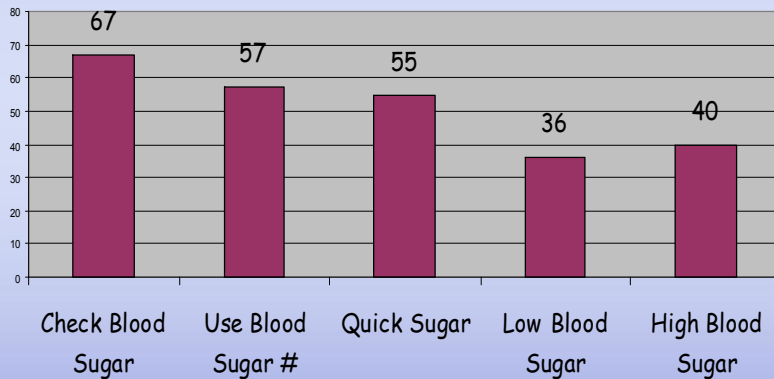
- Training and Teaching Material
 - 100% of coaches reported the materials were clear and tool box was helpful
 - 100% of coaches felt there was adequate information to teach the class
 - 63% were very confident and 31% confident they would be able to teach the Take Action Program after the training
- Location of classes in Galveston County
 - 17 locations (churches, social service agencies, senior centers, families, pharmacies)
 - One time series and ongoing classes
 - Support groups
- 704 participants

Important Outcomes from the Intervention

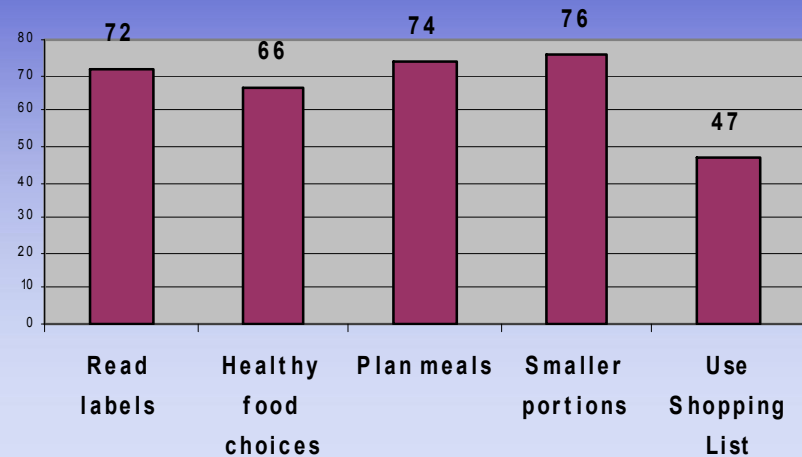
- 97% of participants completing an evaluation indicated they were making changes in the management of their diabetes
- 88% indicated there was a lot of new information provided
- 100% indicated Action Plans helped with behavior change
- 58% never attended diabetes education classes
- 98% indicated they would use the Diabetic Record

Changing Behavior

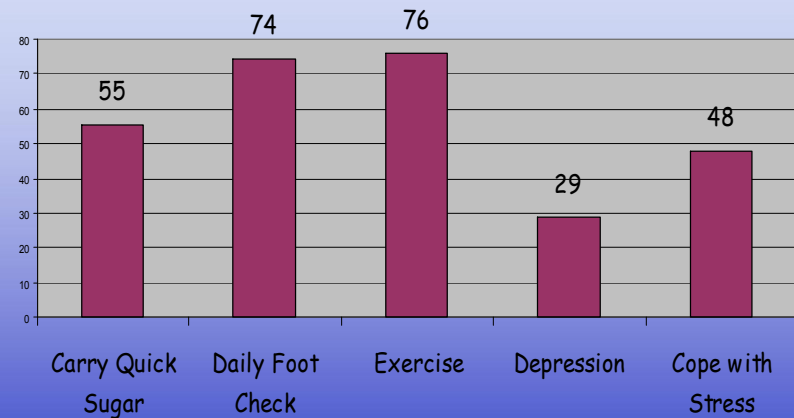
Managing Blood Sugar



Change in Nutrition



Areas of Change



Lessons Learned

- ▶ A Lay Person can successfully teach
Take Action, A Diabetes Self-
Management Program

(98% of participants indicated coaches were well prepared)

- ▶ Work at the pace of the volunteers
with gentle nudging
- ▶ Continuing support is essential