



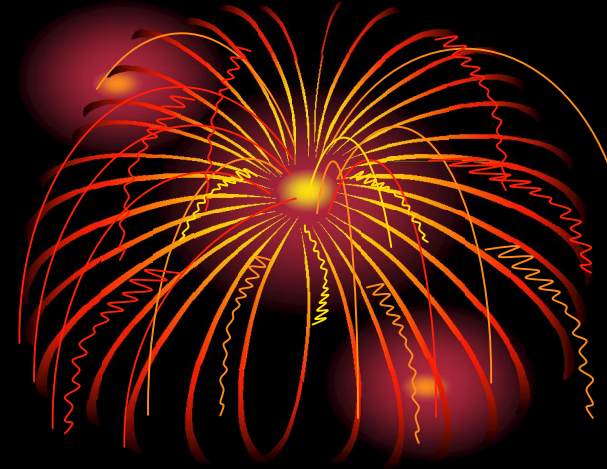
**This product was developed by the Prescription for Health Diabetes Project at the Open Door Health Center in Homestead, FL. Support for this product was provided by a grant from the Robert Wood Johnson Foundation® in Princeton, New Jersey.**



# **Strategies for Engaging and Supporting Diabetes Self- Management in a Multicultural Setting**

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# Open Door Health Center

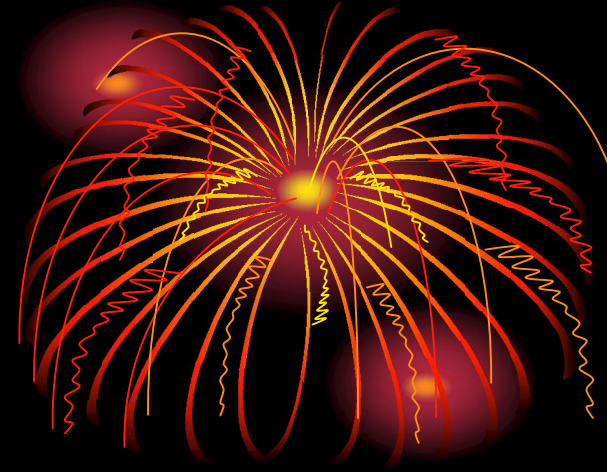


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**Prescription for Health**  
DIABETES PROJECT

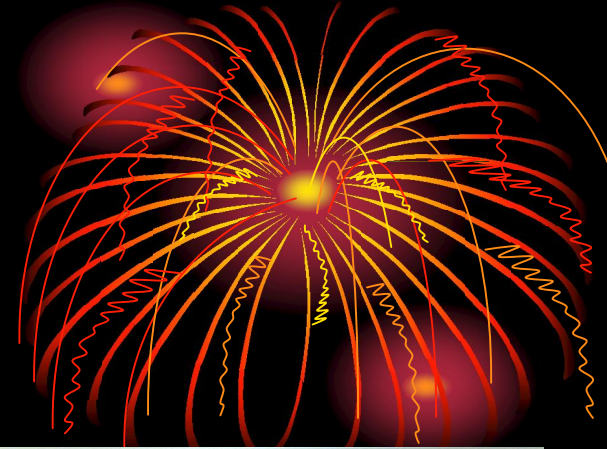
# Objectives



- **To improve Diabetes Type 2 self - management with cultural competence & sensitivity**
- **To strengthen community support**

# Key Strategies

- **Support Groups/  
Group  
Appointments**
- **Multi-cultural  
Cooking Classes**
- **Supermarket Tours**
- **“Diabetes 101  
Classes”**
- **Adult Fitness  
Classes**
- **Comprehensive  
Health Care**
- **Diabetes  
Presentations**

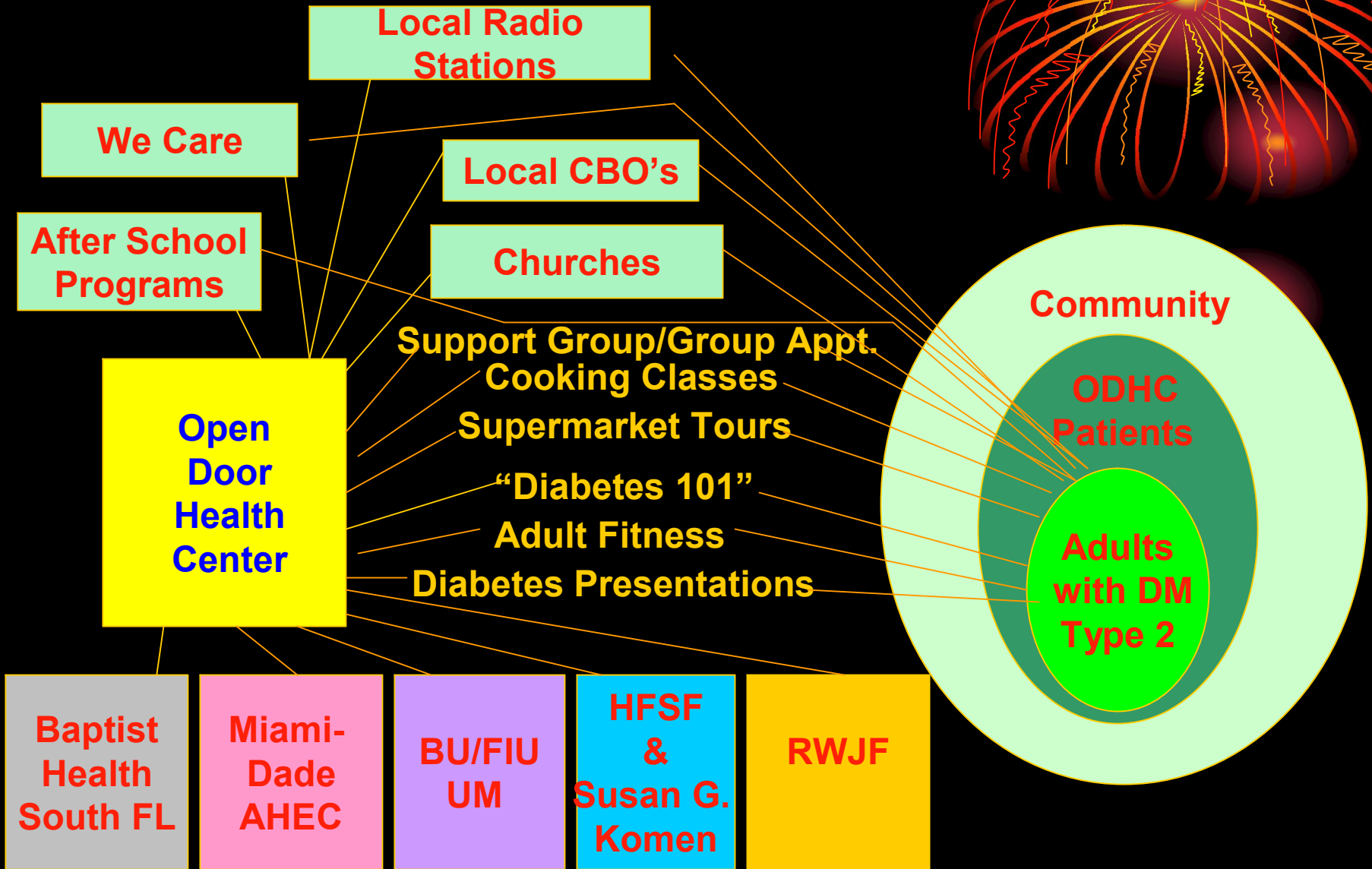
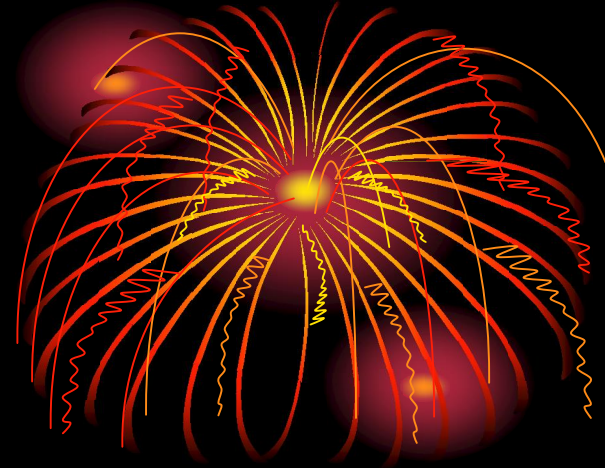


# Addressing Barriers

- **Lack of Access to Resources**
  - **Expanded Pharmaceutical Program use**
  - **Healthier Groceries “on-site”**
- **Lack of Diabetes Knowledge**
  - **“Diabetes 101”**
  - **Popular Education method**
- **Inability to apply diabetes information**
  - **“Hands-On Education”**
  - **Peer Educators/supporters**



# Present Model



**ODHC: Clinic as platform for community program**

# Important Outcomes



- **Improved patient education**
- **Data collected show improved Hb A<sub>1c</sub> correlated with improved clinical outcomes**
- **Increased access to resources**
- **Continued positive impact expected “down the road”**



# Lessons Learned



- **Communication techniques matter**
- **Modeled behavior= best teacher**
- **Interventions in illiterate  
Multi-ethnic communities are  
“Challenging”**

# Key Lesson to Share

- ***Improved Diabetes Self-management in a multi-ethnic community is possible through innovative collaboration and cultural sensitivity***





**To the Robert Wood Johnson Foundation Diabetes Initiative NPO, the NAC, guest presenters and our fellow grantees we say ...**

**Thank You!!**

**Gracias!!**

**Merci!!**