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**DIABETES INITIATIVE**  
A National Program of The Robert Wood Johnson Foundation



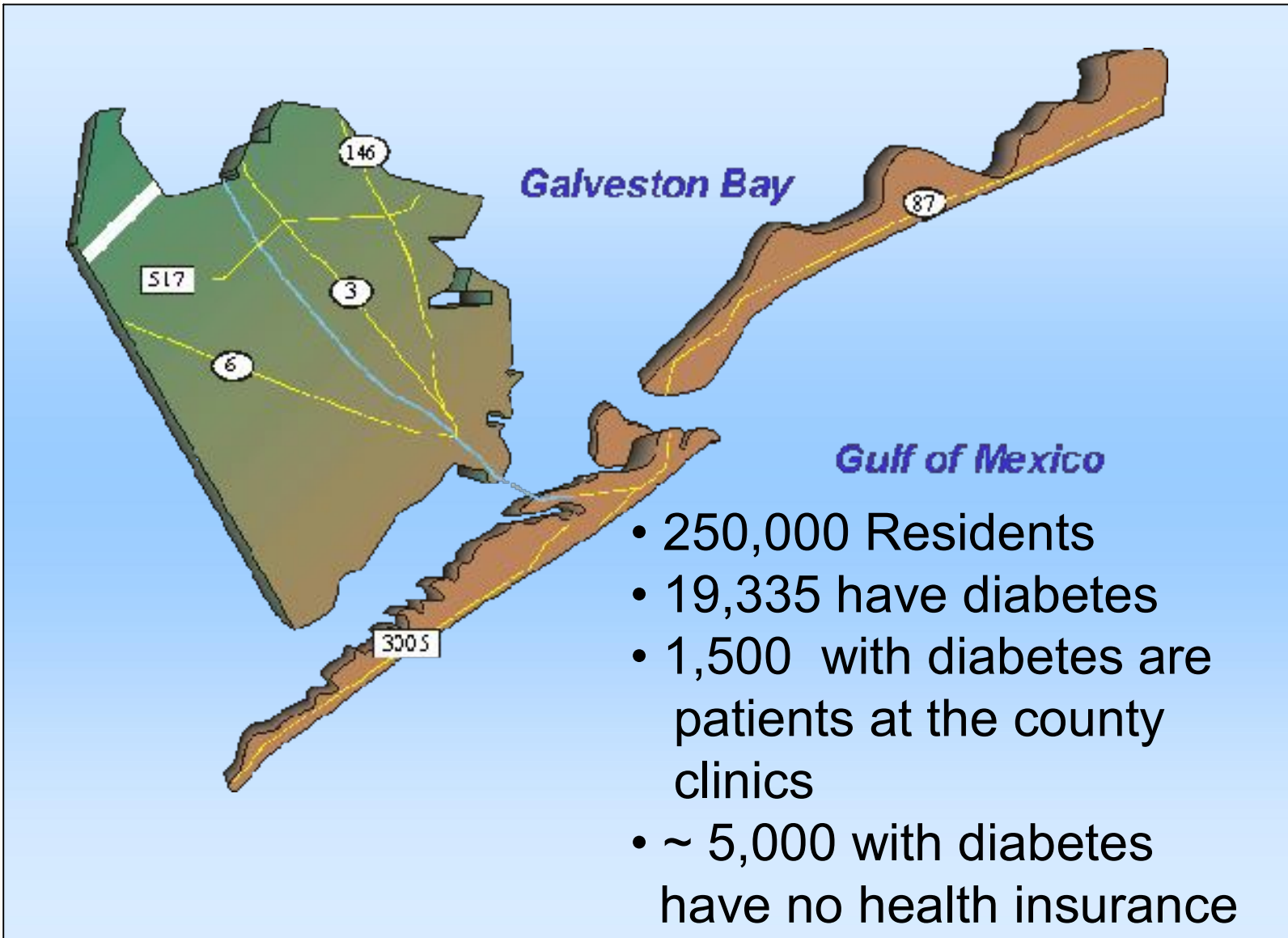
## *Take Action Galveston*

**A Diabetes Self-Management Program**

AADE Annual Meeting  
Los Angeles, August 2006  
**Darlene Cass, RN**



# Galveston County Texas





# *Take Action*

## *A Diabetes Self-Management Program*

- Take Action curriculum is an interactive program that includes the AADE 7
- Goal setting at each class, a Goal Tracker and follow up reporting
- Individual Medical Record
- Workbook of worksheets to assist participants in understanding their current diabetes management and where they are ready to make changes



# *Take Action Galveston*

## Our Project:

- Provide diabetes education in the community in non-traditional settings
- Recruit and train Community Health Coaches using the Train the Trainer Model and the Take Action, A Diabetes Self-Management Program.



# *Community Health Coach Classes*

Community Health Coaches – 53

Number of class locations - 20

Community classes – 5 are on going

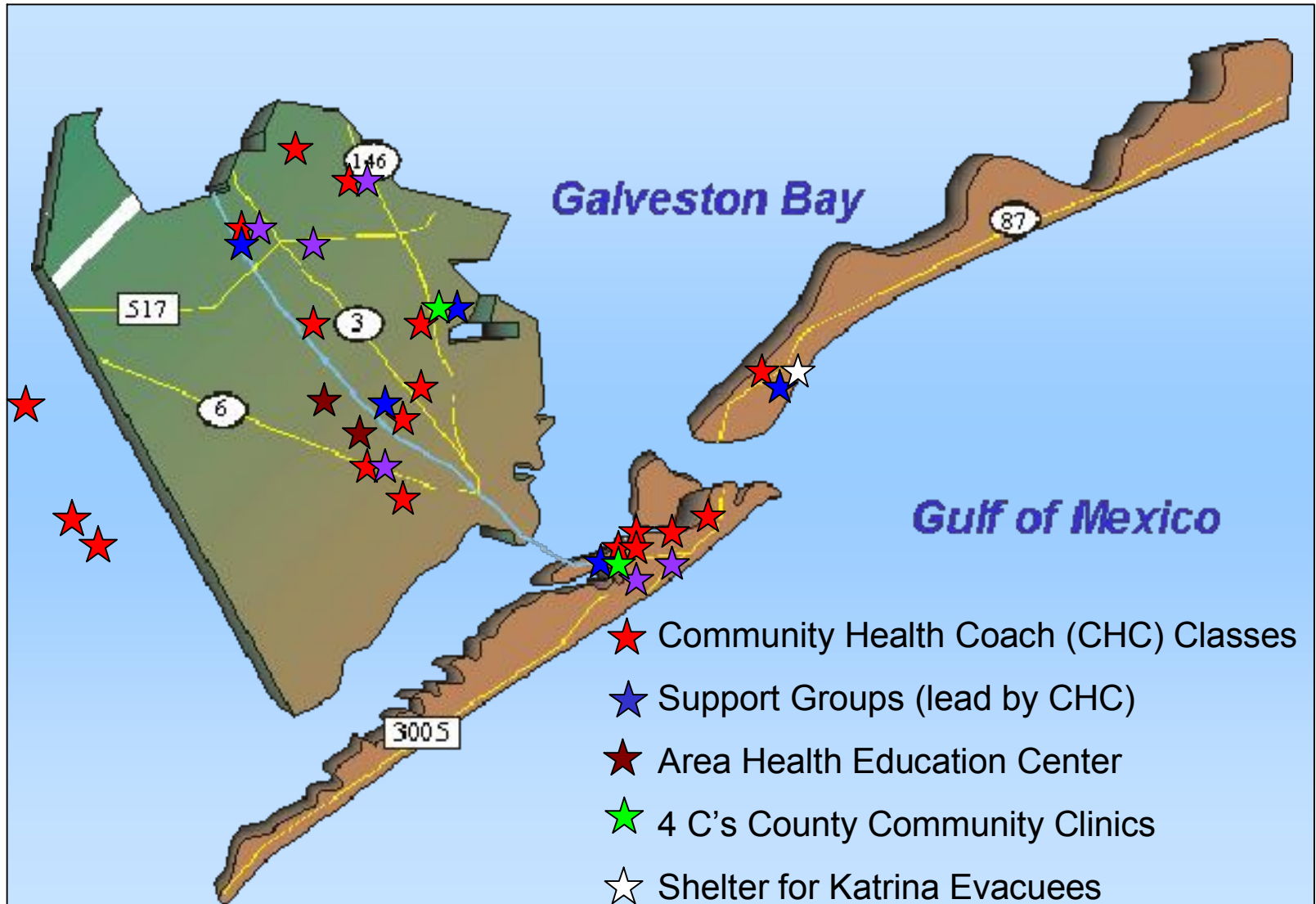
- 328 individuals

Community Support Groups

- 105 individuals



# Take Action Class Locations





# Class Sites







## *Coach “Recruitment”*

- Participants in the Take Action Classes
- Community Health Nurses
- Parish Nurses
- Area Health Education Center staff
- Texas Cooperative Extension agent
- Local pharmacists
- Interested community members
- Medical students and nursing students



# *Training and Support*

## **Training**

- Coach manual
- Tool Box
- Power Point presentation
- 12 hours of training

## **Support**

- Monthly phone contact
- Assist with setting up classes and delivering supplies and certificates
- Quarterly coach luncheons
- Quarterly TAG (Take Action Galveston) Newsletter



# *Shining Stars*





# *Common Characteristics of a Community Health Coach*

- Eager and willing to learn new things
- Flexible
- Positive and encouraging
- Committed
- Strong desire to help others

Coach's with diabetes want to share their experiences and show you can take control of diabetes



# *Whisking Your Way to Health*

- Series of five classes
- Hands on
- Topics
  - Reducing sugar, fat and salt in recipes
  - Meal planning
  - Adding flavor with herbs, spices, citrus and vegetables
  - Portion sizes
  - Grocery Store Tour





# *Spreading the word*

## Take Action participants

- Student manuals
- Participants take the information to family members and friends
- Trained health professionals in 2 other counties to teach Take Action in their communities
- Area Health Education Center (AHEC)
  - Trained 19 AHEC staff to train members of their local community to teach Take Action and Whisking Your Way to Health



# Take Action





# *What makes CHWs effective?*

- CHWs have access to the population they serve
- They have passion and commitment
- The unique relationship they have with clients provides social support that is critical to self management
- This trusting relationship lays the foundation for good self management
- CHW's have greater flexibility to meet clients needs, e.g., time, place, scope
- They have the training and support to fulfill their various roles

