MDH HCH/SIM Learning Collaborative Webinar – June 2016

*I CAN Prevent Diabetes Program*

Utilizing Community Partnerships To Address Health Disparities

Kristin Erickson, PartnerSHIP 4 Health - Healthcare Initiative Coordinator

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Today’s Journey

By the end of this webinar, participants will be able to:

• Detail the relationship between *PartnerSHIP 4 Health* and “I CAN Prevent Diabetes”
• Identify three *PartnerSHIP 4 Health* priority populations
• Recall at least 4-5 partners per priority population group
• Describe at least one highlight and one lesson learned per priority population group
• List one thing you can do to prevent diabetes

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PartnerSHIP 4 Health - Background

- CDC awarded funding to prevent and better manage obesity, diabetes, heart disease, and stroke, while reducing health disparities
- Minnesota: one of 17 states
- PartnerSHIP 4 Health: one of 4 Minnesota local public health grantees
- PartnerSHIP 4 Health partners with schools, communities, worksites, and healthcare

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“I CAN Prevent Diabetes”

Sara VanOffelen
University of MN Extension Regional Coordinator
Health & Nutrition Programs, SNAP Education

- Minnesota Version of the National Diabetes Prevention Program (NDPP)
- A collaborative, community-based, lifestyle change program designed for people with pre-diabetes
- An Evidence-Based Class: Meets weekly for 16 weeks and monthly for 8 months of Post-Core Maintenance
- Program Goal: 5-10% weight reduction per participant
- http://icanpreventdiabetes.org/

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PartnerSHIP 4 Health Opportunity

Kristin Erickson, Healthcare Initiative Coordinator

Partnering Organization DELIVERABLES:
- Facilitate and lead each of two ICPD classes
- Track hours related to the ICPD classes
- Participate in local diabetic prevention network (LDPN)
- Submit a sustainability plan (https://sustaintool.org/)

PartnerSHIP 4 Health DELIVERABLES:
- Free Local Lifestyle Coach Training (Taught by MDH)
- $2,000 upon fourth week of each class
- $500 for participation in 80% of the LDPN Meetings
- $500 for sustainability plan

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Disparate Populations

- Rates of diagnosed diabetes by race/ethnic background:\n  - 7.6% of non-Hispanic whites
  - 9.0% of Asian Americans
  - 12.8% of Hispanics
  - 13.2% of non-Hispanic blacks
  - 15.9% of American Indians/Alaskan Natives

- Severe mental illness is associated with elevated risk for type 2 diabetes mellitus.²


Intentional Engagement

*PartnerSHIP 4 Health* Priority Populations:
- Hispanic Immigrants
- Somali Refugees
- Mental Health Consumers

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Intentional Partnerships

- Hispanic Class
  - Catholic Priest
  - Catholic Lay Leaders
  - Catholic Parish
- University of MN Extension Bilingual Lifestyle Coach
- Otter Tail County Public Health Lifestyle Coach
- Sanford Health Clinic
- St. Leonard’s Parish
- PartnerSHIP 4 Health Community Leadership Team
- PartnerSHIP 4 Health Staff

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Intentional Partnerships

- Somali Refugee Class
  - PartnerSHIP 4 Health Community Leadership Team
  - Multicultural Resource Center
  - Bilingual Somali Lifestyle Coach
  - Mosque
  - Spiritual Leader/Imam
  - Local Library
  - Local Somali Grocery Store
  - Multicultural Resource Center – U of MN Extension
  - Sanford Health Clinic
  - PartnerSHIP 4 Health Staff
  - Thrivent Financial (ESL Books)
  - Local Police and County Detective

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Intentional Partnerships

- Mental Health Consumers
  - A Place To Belong Social Club
  - Lakeland Mental Health Center
  - U of MN Extension
  - PartnerSHIP 4 Health Staff
  - PartnerSHIP 4 Health Community Leadership Team Member (wrote Thrivent Action Team Grant)
  - Thrivent Financial (Tennis Shoes)
  - Service Food Market (Vegetable Gift Certificates)
  - Farmers Market (Fruit/Vegetable Gift Certificates)
Local ICPD Highlight #1

- Hispanic Class at St. Leonard’s Parish in Pelican Rapids
- Lifestyle Coaches:
  - Rosie Gonzalez, SNAP-Ed Educator, U of MN Extension
  - Carol Hagel, PartnerSHIP 4 Health Staff Member
Hispanic Class Overview

- Recruitment:
  - Brochures and Flyers in Spanish distributed to local restaurants, library, Mexican grocery store, and parish
  - Clinic Referrals
  - Lifestyle Coach spoke at Mass the Sunday before class started
- Core Sessions Start Date: October 2015
- Core Session #1 Attendance: 20
- Core Sessions Average Attendance: 12
- Post-Core Sessions March - October 2016
- Total pounds lost to-date: 222 lbs.
- Average cumulative % change in group weight: 5.73%

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Hispanic Class In Action

https://www.youtube.com/watch?v=1JQRlIr8Gma8
Hispanic Class Lessons and Highlights

- Lessons Learned
  - Pre-registration = 0; Initial Attendance = 20
  - Trackers do not work for those who cannot read or write
  - More “hands on” cooking components needed including modification of Mexican “made from scratch recipes”
  - Interest in supplemental nutritional classes
  - Interest in incorporating low impact Zumba Dance routines

- Highlights:
  - Participants were READY to dance to any music we could download from our phones.
  - The glow on their faces was an inspiring indication that participants enjoyed every minute of the class and that they would be back for the next class
Hispanic Class
Physical Activity and Total Weight Loss

**Session 16 - Core**
Total cumulative weight reduction by group: 166
Average cumulative weight reduction per person: 8.7
*Average cumulative percent change in weight for the group: 4.70%

**Session 18 - Post Core**
Total cumulative weight reduction by group: 222
Average cumulative weight reduction per person: 11.7
*Average cumulative percent change in weight for the group: 5.73%
Hispanic Class
Physical Activity and Total Weight Loss

Physical Activity (Minutes)

Weight Loss (Pounds)

Session

Group Physical Activity
Group Total Weight Loss

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Local ICPD Highlight #2

- Somali Classes (M/F) at the Library in Pelican Rapids
- Lifestyle Coaches:
  - Jackie Larson, SNAP-Ed Educator, U of MN Extension
  - Sara VanOffelen, SNAP-Ed Educator, U of MN Extension
  - Abshir Hussein, Multicultural Resource Center Staff

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Somali Class Overview

- Recruitment: Brochures and Posters in English; Lifestyle Coach Recruitment face-to-face in mosque and at the Multicultural Resource Center.
- Core Sessions Start Date: January 2016
- First Core Session Saturday Attendance: 1
- First Core Session Sunday Attendance: 7 (F); 5 (M)
- Core Sessions Average Attendance: 6
- Post-Core Sessions (8) to begin June 2016
- Total pounds lost to-date: The last few sessions there has not been an interest for weigh-ins; 2 of the 5 regulars are pregnant.

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Somali Class in Action
Jackie and Somali Translator “Q” and class members
Somali Class Lessons and Highlights

- Lessons Learned:
  - Posters and brochures do not work for recruitment; response is best when recruited face-to-face or via phone call/text
  - Enrollment/tracking difficult for those who do not read/write
  - Go slowly and allow time for translation and/or writing
  - Repeat in English and show an example - then repeat again
  - Plan around prayer time (pay attention to Daylight Savings Time Change!)
  - Adapt curriculum to Somali Culture (rice calories versus potatoes calories; sugar content of Somali Tea)
  - WAIT. WATCH. LISTEN. LEARN.

- Highlights:
  - The desire to learn English!
  - They want to learn healthy cooking skills
Local ICPD Highlight #3

- Class at *A Place To Belong* in Fergus Falls
- Lifestyle Coaches
  - Colleen Kennedy, MSW, LGSW, Mental Health Professional at Lakeland Mental Health Center
  - Jackie Larson, SNAP-Ed Educator, U of MN Extension

*A Place to Belong is a Social Club for persons with serious and persistent mental illness. The club provides a safe, secure and comfortable place for members as they manage their mental health in a community setting.*
A Place To Belong Class Overview

- Recruitment:
  A. Clinical recruitment/referral strategy and clinical location resulted in zero enrollees
  B. Partnered with A Place To Belong members in planning the kick-off class and incentives

- Core Sessions Start Date: February 2016
- First Class Attendance: 11
- Core Sessions Average Attendance: 6 - only one participant continuing to monitor weight. They enjoy the opportunity to learn about health and be social.
- Post-Core Sessions Start Date: June 2016
- Total pounds lost to-date: 22 lbs.

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A Place To Belong Class in Action
A Place To Belong Lessons and Highlights

- Lessons Learned
  - Partnering with a social club brought results; club members were engaged in brainstorming attendance incentives, and club agreed to host class and add class to their monthly calendar
  - Certificates of completion, tennis shoes, scales, and fresh fruits and vegetables are valued as incentives
  - Active listening of successes and challenges is more important than completing the session’s lesson

- Highlights
  - Small changes are a huge WIN socially, mentally and physically for participants

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Additional Classes Supported by PS4H

- **ComDel Innovation in Wahpeton**
  - Lifestyle Coaches: ComDel Innovation/Essentia Health employee and NDSU Extension employee
  - Focus: Employees and Community
- **Lake Region Healthcare in Fergus Falls**
  - Lifestyle Coaches: employees
  - Focus: employees
- **Perham Health – Perham Clinic in Perham**
  - Lifestyle Coaches: employees
  - Focus: community
- **PROResources**
  - Lifestyle Coach: employee
  - Focus (In process): employees and worksite clients
Local Diabetes Prevention Network

The Local Diabetes Prevention Network (LDPN)
- Meets via monthly conference calls
- Brings together lifestyle coaches, ICPD partners, community members, and organizations representing communities experiencing disparities
- Aims to grow and strengthen the National Diabetes Prevention Program (NDPP) in the identified community and among priority populations
Opportunities

What can I do to support ICPD in Minnesota?

- Ask your employer to offer the ICPD class as an employee benefit
- Volunteer to be trained as an ICPD Lifestyle Coach
- Contact your health plan and ask them to add the ICPD as a covered benefit
In Conclusion

DIABETES: You could be at risk! Take the test—Know your score!

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WE CAN Prevent Diabetes! TOGETHER