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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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

Open Door Health Center

Local Radio Stations

Local CBO’s

Churches

Support Group/Group Appt.
Cooking Classes
Supermarket Tours
“Diabetes 101”
Adult Fitness
Diabetes Presentations

Community

ODHC Patients

Adults with DM Type 2

ODHC: Clinic as platform for community program

Baptist Health South FL

Miami-Dade AHEC

BU/FIU UM

HFSF & Susan G. Komen

RWJF

We Care

After School Programs
Important Outcomes

- Improved patient education
- Data collected show improved Hb A\textsubscript{1c} 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!!