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Take Action Galveston

A Diabetes Self-Management Program

AADE Annual Meeting
Los Angeles, August 2006
Darlene Cass, RN
Galveston County Texas

- 250,000 Residents
- 19,335 have diabetes
- 1,500 with diabetes are patients at the county clinics
- ~5,000 with diabetes have no health insurance
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

- Community Health Coach (CHC) Classes
- Support Groups (lead by CHC)
- Area Health Education Center
- 4 C’s County Community Clinics
- Shelter for Katrina Evacuees
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

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