

A Multicomponent Approach to Diabetes Prevention and Control

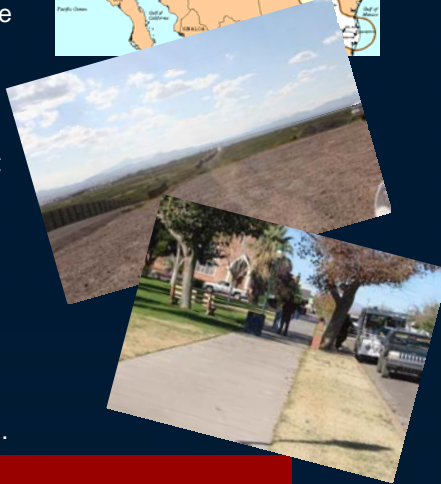
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CANYON RANCH CENTER FOR PREVENTION AND HEALTH PROMOTION

SOUTHWEST CENTER FOR COMMUNITY HEALTH PROMOTION

Community Setting

Health challenges such as diabetes and inadequate access to health care, good nutrition, and opportunities to be physically active along the U.S.-Mexico border are too complex for a single intervention, agency or service, working by itself, to be effectively addressed. Only a coordinated response on the part of the whole community can make a significant difference. Douglas, AZ has worked for ten years to improve the infrastructure for people with diabetes and for primary prevention. The Arizona PRC is working with the community to examine the effects of an intervention: three behavioral components and a policy coalition.



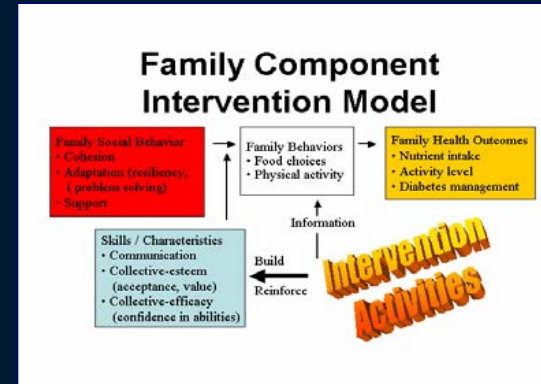
Patient Component

Type II Diabetes Self-management Education at Chiricahua Community Health Center (CCHC)

- * Classes educate participants on the effect of diabetes on the body and emotions, and the role of self-management practices in controlling the disease.
- Subject areas addressed in class included:
 1. Understanding the disease;
 2. Meal planning;
 3. Monitoring, medication, and movement;
 4. Avoiding complications and maintaining health; and
 5. A foot clinic.
- * Community Health Workers (*promotoras*)
 - recruit participants into the program;
 - encourage participation; and
 - remind participants to attend classes.

Behavioral Components

Family Component



The purpose of this program is to build family skills to support a family member with diabetes and to increase behaviors associated with the primary prevention of diabetes in family members. *Promotoras* in Cochise County implement the program using a curriculum that addresses both the prevention and management of diabetes and associated depression.



Community Component

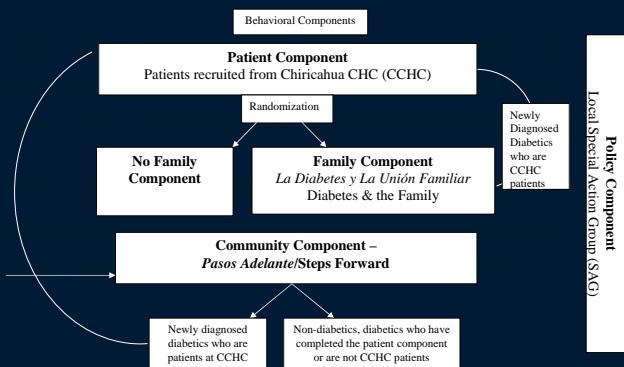


Pasos Adelante/Steps Forward is a 12 week program facilitated by community health workers (CHWs) that focuses on chronic disease prevention through physical activity and nutrition as well as community advocacy. The CHW-led walking groups engage participants in a coordinated effort to increase physical activity through social support. The program is currently being implemented in Douglas and is continuing and expanding in Yuma County, AZ as part of the Steps to a HealthierUS Initiative as well as in communities in Imperial County, California. As of March 2007, more than 1100 people have participated in the program.



Research Design

Diabetes Prevention and Control Intervention Flow Chart



Policy Component

The goal of the Douglas Special Action Group (SAG) is to make diabetes prevention and health promotion interventions more effective and sustainable through the development, implementation and monitoring of policy change. SAG initiatives have resulted in various policy changes such as the re-introduction of physical education in the elementary schools and continual advocacy to keep it in place, removing soda vending machines in some schools; and writing district level school wellness policies.

Acknowledgements

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