

Jensen Esteves, RN

ABSTRACT

- In 2013, Metropolitan Hospital Center performed a community health needs assessment in areas they served, the assessment showed diabetes as being the most prevalent medical issue affecting their patient population, chosen by 60 percent of study participants, and had the most negative impact on individuals' day to day lives. It also ranks as the second leading cause of preventable hospital admissions in New York City. One of the main communities served by Metropolitan Hospital is East Harlem. The results of Metropolitan's community needs assessment put forward the strong need to implement an intervention for adults, 18 years and older living in the East Harlem community with type 2 diabetes.
- East Harlem residents have the highest proportions of Black and Hispanics residents in all of New York City, which studies have shown to have the highest prevalence of diabetes. Along with being one of the poorest neighborhoods in New York City, 38 percent of residents living below the poverty line, its residents are faced with a multitude of barriers and lack of quality resources such as; poor access to healthy foods, lack of safe spaces, education, social support, healthcare, housing, and employment. All of these factors negatively affect the overall health and well-being of the community.

BACKGROUND

- La Clinica del Barrio aims to empower and improve the quality of life of New York City's East Harlem. Such as residents living with and at risk for type 2 diabetes by promoting effective self-management, providing linkages to all available resources, early disease detection and management of complications.

GOALS

- Meet Healthy People 2020 diabetes goals which include decreased weight, blood sugar control, and hemoglobin a1c.
- Decrease overall the incidence of diabetes in the East Harlem community
- Avoid development of the diabetes and the extensive complications the disease can cause such as cardiovascular disease, vision impairment, amputation, kidney disease, disability, and mortality
- Develop an ongoing diabetes education program can continue indefinitely to provide East Harlem residents the utmost diabetes education and care they can get.

OBJECTIVES

- Connecting patients to all available resources
- Negotiating and coordinating a comprehensive plan of care
- Empowering East Harlem residents with the tools to help ease the burden of diabetes on their daily lives to improve overall quality of life

METHODS

- Recruitment within La Clinica del Barrios's patient population with Type 2 Diabetes, Pre-Diabetes and/or Obesity.
- Assessment of participant's knowledge base regarding diabetes; medications, diet, complications, exercise, nutrition, prevention, weight loss, BMI, A1C, etc. Done during the first diabetes educator and participant meeting.
- Teachings tailored and given for each participant taking into consideration educational level, literacy, disease knowledge base, strengths and weaknesses.
- Individual goals set for each participant that range from weight loss, decreased BMI, increased exercise, improved diet, medication adherence, lowering of A1C.
- Bi-weekly follow up made via phone calls to each patient to assess progress, address any questions or issues, reinforce teachings provided, provide additional teachings and encouragement.
- Post survey and assessment made at the end of program to assess weight loss, BMI, and A1C levels. Provide each participant feedback.

DIABETES Education Sessions

Are you interested in learning more about diabetes, managing your weight and improving your health?

Come drop in to learn how through. The Diabetes Education Sessions at La Clinica del Barrio is **FREE** to everyone.

WHEN:
Every Tuesdays 8:00 am to 4:00 pm
And Wednesdays 8:00 am to 12:00 pm
Starting January 2016 to May 2016

FOR MORE INFORMATION:
Contact Jensen Esteves, RN
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Tel: (646) 596-9146

WHERE:
La Clinica del Barrio
413 E 120th St.
New York, NY 10035

TOPICS:
Each week a variety of nutrition related topics will be covered

- Meal planning and portion control tips
- Ideas for easy and safe exercises
- Improve diabetes and health management
- Shopping better and save money
- Learn to read food labels and serving sizes
- Individual consultations also available

La Clinica Del Barrio 2015. New York, NY 10035

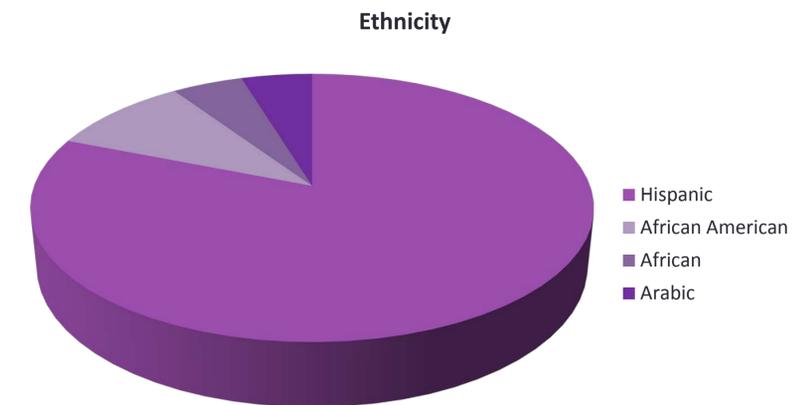
RESULTS

- Program results show that 62% of the twenty-one participants had a decrease in weight from their initial visit and also results in a decrease in BMI.
- 17 out of 21 participants reported English as their second language and 10 participants needed language interpreters.
- Majority of participants comprised of Hispanic descent and spoke mostly Spanish.
- The data shows that the program was successful but cannot be statistically significant due to the small number of participants, relatively short length of the program and the presence of other factors that could affect weight loss that may not have been identified.
- Additionally, based on the post-program surveys, all program participants report an improved understanding of diabetes management.
- 100% of participants expressed feelings of stress and fear towards the negative health and financial impact diabetes has on their daily lives.

RESULTS

Participants	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
	BMI/Weight	BMI/Weight	BMI/Weight	BMI/Weight	BMI/Weight	BMI/Weight	BMI/Weight	BMI/Weight	BMI/Weight	BMI/Weight	BMI/Weight	BMI/Weight
1	162/576	30.4/83g	n/a	n/a	n/a	n/a	30.1/82.1g	n/a	n/a	30.2/82.1g	n/a	30.1/82.1g
2	152/782	42/126.1g	n/a	n/a	42/126.1g	n/a	42/126.1g	n/a	n/a	42/126.1g	n/a	42.6/127.9g
3	165/979	34.5/91.2g	n/a	n/a	34.5/91.2g	n/a	34.5/91.2g	n/a	34.3/91g	n/a	n/a	34.3/91g
4	97/453	28.8/78.5g	n/a	n/a	28.5/77.6g	n/a	28.5/77.6g	n/a	27.9/76.2g	n/a	28.8/78.5g	28.3/77.1g
5	116/454	32.2/79.4g	n/a	n/a	31.4/77.6g	n/a	31.4/77.6g	n/a	n/a	n/a	31.4/77.6g	31.4/77.6g
6	158/156	31.8/84.8g	n/a	n/a	n/a	n/a	31.8/84.8g	n/a	n/a	31.8/84.8g	n/a	31.2/83g
7	127/197	31.3/88.5g	30.5/86.2g	n/a	30.6/86.6g	n/a	30.6/86.6g	n/a	n/a	30.8/87.5g	n/a	30.5/86.1g
8	96/412	50.2/136.9g	n/a	51.3/139.7g	n/a	53.5/142.4g	n/a	53.2/142g	n/a	54.5/145.1g	n/a	49.9/136.1g
9	92/425	39/126.6g	n/a	n/a	38.1/123.4g	n/a	n/a	37/120g	n/a	37.4/121.6g	n/a	37/120g
10	137/584	28.4/80.4g	n/a	n/a	n/a	n/a	28.2/79.8g	n/a	n/a	28.2/79.8g	n/a	n/a
11	91/819	27.7/86.7g	n/a	n/a	n/a	27.7/86.7g	n/a	27.4/86g	n/a	27.7/86.7g	n/a	n/a
12	140/681	27.7/80.3g	n/a	n/a	27.7/80.3g	n/a	n/a	n/a	27.4/79.4g	n/a	n/a	n/a
13	112/745	42.1/109.9g	n/a	42.5/104.8g	n/a	42.1/103.9g	n/a	n/a	40.8/100.7g	n/a	n/a	n/a
14	128/952	28.6/86.2g	n/a	n/a	28.6/86.2g	n/a	n/a	28.6/86.2g	n/a	n/a	n/a	n/a
15	101/4761	28.1/74.8g	n/a	n/a	n/a	28.1/74.8g	n/a	28.1/74.8g	n/a	28.1/74.8g	n/a	n/a
16	93/3673	41/116.1g	n/a	41.4/117g	n/a	41.0/116.1g	41.0/116.1g	n/a	n/a	n/a	n/a	n/a
17	145/1896	22.0/46.3g	n/a	n/a	22.0/46.3g	n/a	22.4/47.2g	n/a	n/a	n/a	n/a	n/a
18	157/850	33.6/100.7g	n/a	n/a	33.7/101g	n/a	n/a	n/a	n/a	n/a	n/a	n/a
19	156/2769	30.9/85.3g	n/a	n/a	29.7/82.1g	n/a	n/a	n/a	n/a	n/a	n/a	n/a
20	161/2827	40.6/117.5g	n/a	40.6/117.5g	39.8/115.2g	n/a	n/a	n/a	n/a	n/a	n/a	n/a
21	188/808	29.2/85.8g	n/a	n/a	29.2/85.8g	n/a	n/a	n/a	n/a	n/a	n/a	n/a

Green: Decrease Red: Increase Black: No Change (in BMI/weight)



CONCLUSIONS

- There is an increasing demand for improved healthcare, especially for underserved populations living with diabetes. All interventions, objectives and evaluation mentioned above are to help meet Healthy People 2020 diabetes goals and decrease overall the incidence of diabetes in the East Harlem community.
- There are many improvements that could be implemented in future programs but by individualizing care, one can provide better diabetes education and help avoid the extensive complications the disease can cause such as cardiovascular disease, vision impairment, amputation, kidney disease, disability, and mortality.
- A individualized approach to the neighborhood diabetes education program shows great potential to improve the health of the community residents by helping them develop the skills, knowledge and self-efficacy to self-manage their diabetes.