Neighborhood Diabetes Education Program at Glenwood Community Center

[Replace the following names and titles with those of the actual contributors]

ABSTRACT

Diabetes is a crippling disease that has become extremely prevalent in todays society. Type 2 diabetes is a form of diabetes that is often associated with obesity, and has been found to be preventable or reversible by applying diet changes and exercise regimens. The goal of this project was to meet with an at risk community, and provide educational tools to the members of the group so that they could implement healthy lifestyle changes. The program covered various topics including healthy food alternatives, recipe suggestions, stress reduction techniques and exercise tips. Progress was monitored via biweekly weigh ins that were used to calculate BMI's. My program was very successful with 80% of clients having a lower BMI after 12 weeks of participating in the program..

METHODS

- New York Housing Authority Glenwood Community Center (Figure 1) was the site visited for 12 weeks
- Program consisted of weekly meetings with a 15 person group
- Material was presented by a short powerpoint and then followed by a group discussion
- Topics included diet changes such as food alternatives, and healthy recipes, as well as stress management techniques and lifestyle changes
- Participants had their weight taken on a weekly basis, which was used to calculate their body mass indexes
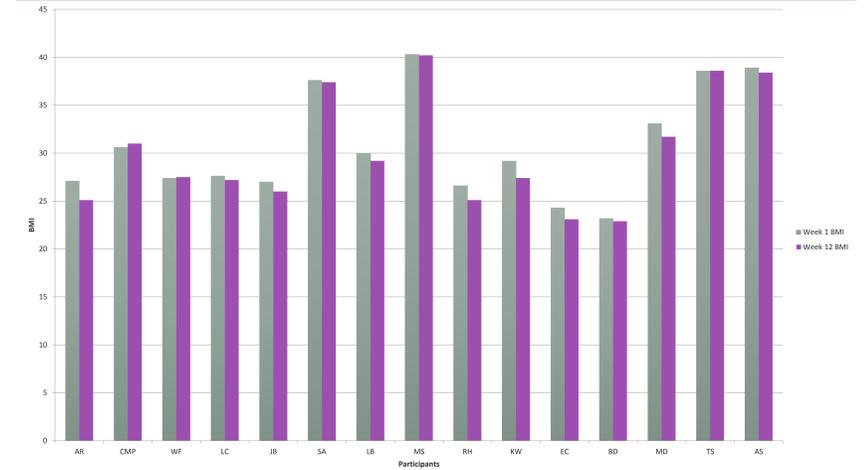
RESULTS

Figure 2: Results of 12-week community education program. Grey bars indicate initial BMI's, purple bars indicate BMI's after 12 weeks.

BACKGROUND

- According to the American Diabetes Association 2 million New Yorkers have diabetes
- Of the 2 million New Yorkers living with diabetes, 28% are Hispanic, and 31% are African American
- The Institute of Medicine reported "African Americans, Hispanics, and Native Americans experience a 50-100% higher burden of illness and mortality from diabetes than white Americans"
- According to the CDC having a BMI of 30 or above is considered obese and has been associated as a key risk factor for type 2 diabetes
- Body mass index was identified as the variable that would be targeted throughout the project.
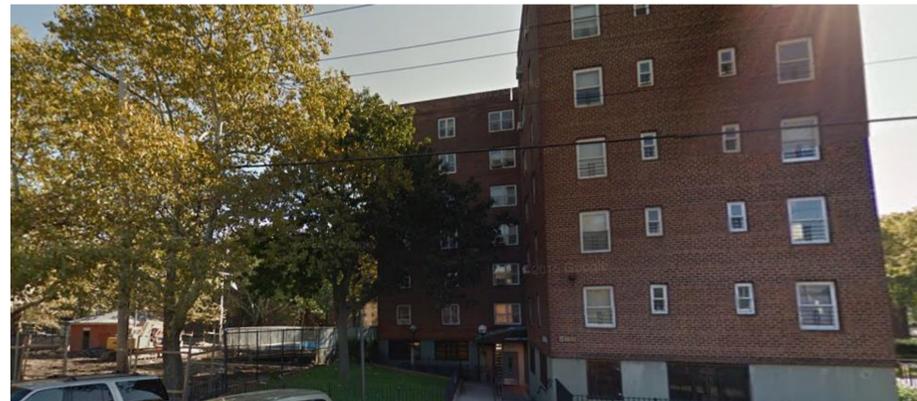
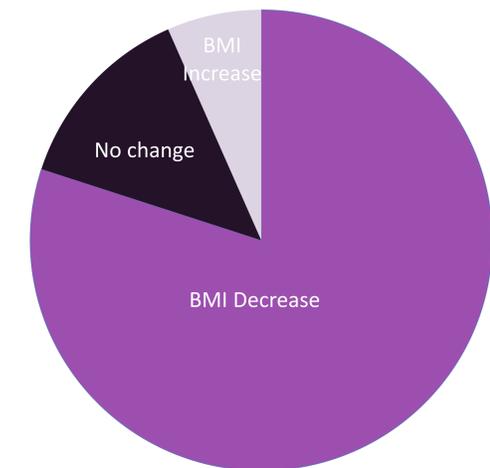New York Housing Authority Glenwood Community Center

Figure 3: Percentage of participants that had a decreased, increased, or no change in BMI. 80% had a decreased BMI (purple), 13.6% had an increase (Black), and 6.4% had no change in BMI (Lilac).

OBJECTIVES

- Organize a group that would meet weekly to learn about type 2 diabetes and how to prevent it
- Inform participants about how lifestyle changes can reduce risk of type 2 diabetes diagnosis
- Provide information about diet changes and food alternatives
- Monitor progress of program by using body mass index measurements

RESULTS

- Over the course of twelve weeks the weights of fifteen participants were recorded Result 2
- Initial BMI and BMI after 12 weeks is shown by Figure 2
- The overall percentage of participants that successfully lowered their body mass index was 80% (12 clients) as shown by Figure 3
- 13.6% of participants (2 clients) had an increase in BMI, and 6.4% (1 client) had no change in their BMI

CONCLUSIONS

- Overall the project was a success as there was a 80% reduction in total participants BMI
- The one one one format seemed most effective for information delivery
- 12 weeks seemed like an efficient time period for the program
- Project could be improved by implementing non-in person communication such as face timing or Skype sessions with group members