Neighborhood Diabetes Education Program
Healthy Lifestyle Project

ABSTRACT

- Type 2 Diabetes Mellitus is an epidemic which has become a concern to healthcare providers and researchers. There are an increasing number of people of all ethnicities and ages who are affected by this metabolic disorder. Healthy lifestyle changes and education is an important component in the prevention of Type 2 Diabetes Mellitus.
- The literature shows that many African Americans, Hispanics, and Native Americans have increase rates of Type 2 Diabetes. Education is necessary to promote change to prevent diabetes and the complications. The Healthy Lifestyle Project is a diabetic education program designed to teach adults in the community about Type 2 Diabetes.

BACKGROUND

- Diabetes accounts for 90% of the diabetes cases in the United States and other parts of the world, such as Canada and Europe. Diabetes was the 7th cause of death in the United States (U.S.) in 2010. There are 13.2% African Americans with diabetes. In New York City African Americans make up 31% of diagnosed cases of Diabetes. Diabetes was the 9th leading cause of death in Brooklyn in 2015; and is the 3rd leading cause of death in the Canarsie and Flatlands section in Brooklyn in 2015.
- Diabetes is a serious, complicated, and a multifactorial illness that require meticulous self-management, as well as patient-centered care from their medical providers. Education is the key to prevent and treat Type 2 Diabetes. Educating individuals at their health care medical visits, churches, community centers, sites of employment, as well as on social media about the effects of diabetes, healthy habits, and daily physical activities is important.

OBJECTIVES

- Offer weekly group sessions to teach individuals about effects diabetes.
- Discuss healthy eating habits and increasing daily physical activities.
- Encourage weight loss through lifestyle modifications.
- Develop a support system for continuity of care and self-management.

METHODS

- The Healthy Lifestyle Project took place at the “International House of Bread Christian Center” (IHOBCC).
- The program was for 10-12 weeks; once a week for 2-4 hours.
- Participants were recruited by posting flyers around the community and word of mouth.
- There were 10 participants.
- Tools used:
  - Pre and Post-Program Participants Surveys
  - Emotional Survey
  - Satisfaction Survey.
- Small group sessions were used to teach the participants about healthy lifestyle.
- “Teach back” was used to evaluate participants understanding about the subject matter at the end of the session.
- The participants kept a journal to record daily meals and daily activities.
- Weights were taken weekly at the beginning of each session.
- Project coordinator and project mentor engaged with each participant for 10 minutes during each session.

SURVEYS USED TO COLLECT DATA

PRE AND POST PROGRAM PARTICIPANT SURVEY
- Pre-Program Participant Survey showed 70% of the participants lost weight. 70% of the participants their BMI remained the same.
- 70% of the participants decreased their BMI.

EMOTIONAL SURVEY
- 70% of the participants were satisfied with the Healthy Lifestyle Project.
- The participants reported improvement from the program.

SATISFACTION SURVEY
- 70% of the participants were satisfied with the Healthy Lifestyle Project.
- The participants reported improvement from the program.

RESULTS

- 70% of the participants lost weight.
- 30% of the participants their weight remained the same.
- 70% of the participants BMI remained the same.
- 30% of the participants decreased their BMI.

CONCLUSIONS

- All of the participants received educations about healthy lifestyle changes to decreased the risk of diabetes.
- 70% of the participants were able to implement healthy lifestyle changes in order to lose weight.
- All individuals are at risk to develop diabetes without moderate physical activity, weight loss, an proper nutrition.
- Continuing this message of lifestyle change is vital to the health of the community.