

DP17-1705: Scaling the National Diabetes Prevention Program in Underserved Areas

The Balm In Gilead – Southeast Diabetes Faith Initiative

Principal Investigator: Dr. Pernessa Seele



Centers for Disease Control and Prevention

National Center for Chronic Disease Prevention and Health Promotion

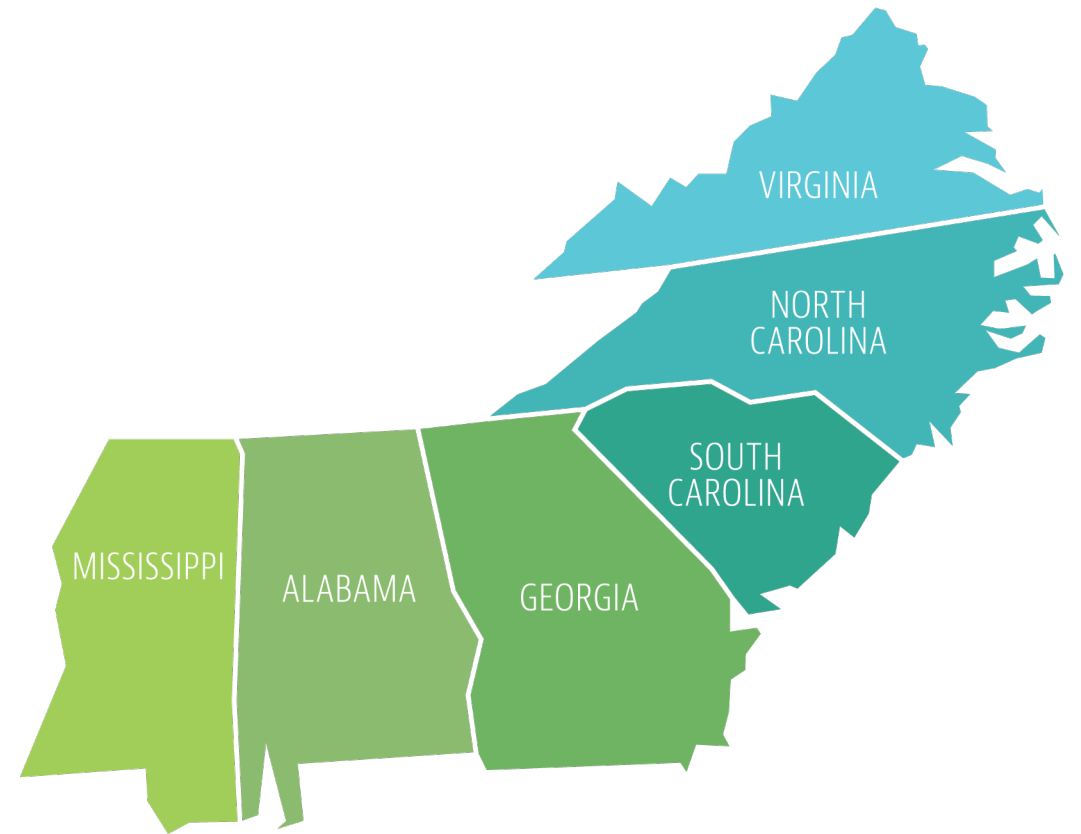


AFFILIATES

- As of March 2023, the Balm's Southeast Diabetes Faith Initiative (SDFI) has a total of 52 local affiliate sites
- The Balm is offering the National Diabetes Prevention Program (National DPP) lifestyle change program (LCP) in 7 states and a satellite class to participants in Ghana via a VA health care partner
 - Alabama
 - Florida (via distance learning only)
 - Georgia
 - Mississippi (not CDC/1705 funded)
 - North Carolina
 - South Carolina
 - Virginia

MAP OF AFFILIATES

- Alabama – 7 affiliates
 - 14 counties
- Georgia – 9 affiliates
 - 16 counties
- Mississippi – 9 affiliates (not CDC-funded)
 - 8 counties
- North Carolina – 10 affiliates
 - 18 cities/counties
- South Carolina – 15 affiliates
 - 16 cities/counties
- Virginia – 10 affiliates
 - 11 cities/counties



POPULATION FOCUS

- African Americans
- Older Adults, African American Men



ORGANIZATION STATS

- Total number enrolled – 1,603
- Retention rate of 48.06%
- Demographics – approx. 3 to 1 female to male ratio; 88% African American; 14% age 65 and older
- Risk reduction or weight loss – average (all states) – 12.35% reduction
- Balm has one-MDPP Supplier (SDFI: Virginia)



BALM SDFI 1705 SHOWCASE: MEN AT WORK - TAPPING INTO SOCIAL CONNECTIONS TO RAISE AWARENESS & INCREASE ENGAGEMENT

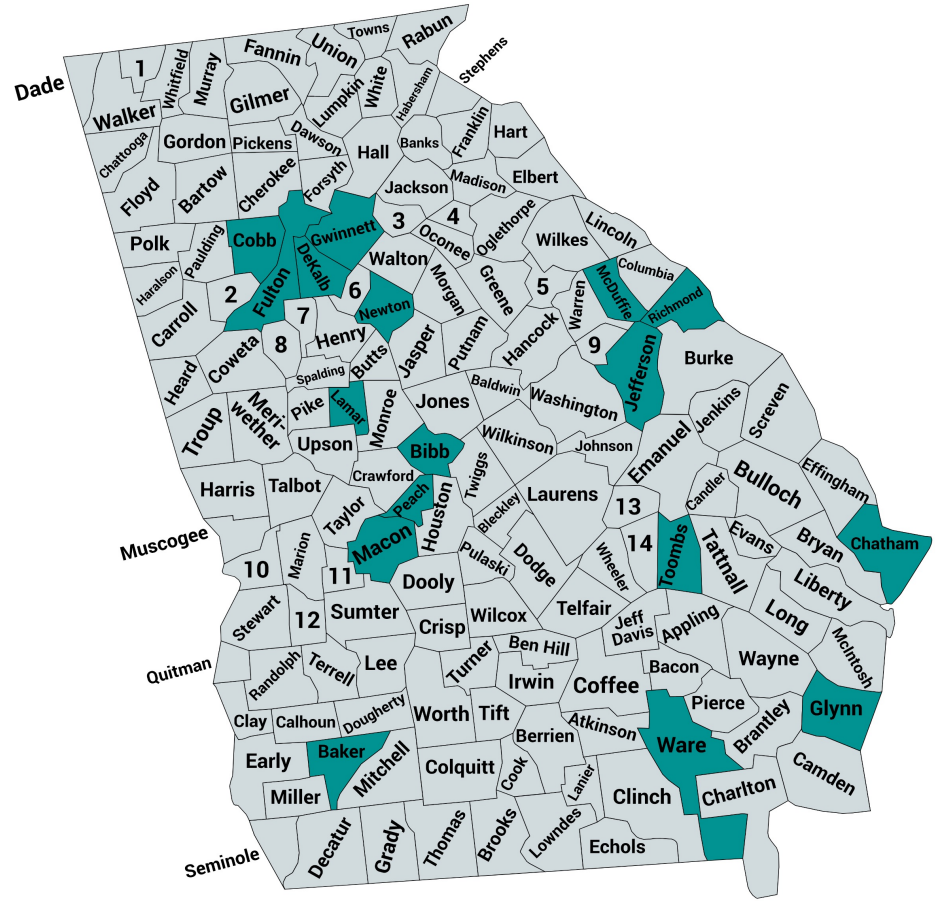
PAMELA PRICE – DEPUTY DIRECTOR & TANYA HENDERSON – SDFI PROGRAMS DIRECTOR

THE BALM IN GILEAD FORMS THE SOUTHEAST DIABETES FAITH INITIATIVE



- Innovative model
- Culturally relevant
- Regional approach
- Utilizes existing partnerships with faith leaders

GEORGIA ON OUR MINDS



Reaching participants in **16** cities/counties (based on reported zip codes):
Bibb, Macon, Peach, Cobb, DeKalb, Fulton. Douglas, Henry, Toombs, Jefferson, Rockdale, Lamar, Newton, Augusta (Richmond). Gwinnett, McDuffie, and Ware



- **Achieved Full Recognition in 2020**
- Currently have nearly 150 actively enrolled participants across 10+ cohorts
- Developed partnerships with organizations to expand access and reach
- Word of mouth and faith/community connections are primary sources for referral and enrollment



Mt. Zion First Baptist



UTILIZING COMMUNITY CONNECTIONS & PARTNERS

- Weekly Bingo
- Monthly food boxes provided by a community partner to metro Atlanta participants
- Weekly virtual workout with a personal trainer



SDFI/OMEGA PARTNERSHIP

- The Power of Connections – The Brothers of Omega Psi Phi (“Bruh” James Fulks, President - Georgia State Health Initiative for Omega Psi Phi)
- Shared engagement – GA State Manager and team coordinated a health fair for the fraternity’s annual state meeting
- Garnered positive interest for an all-male cohort

MEN'S COHORT: HEALTHY MEN OF OMEGA

- Began May 2021—SDFIs first all-male cohort
- 35 men enrolled and created 2 cohorts
- Both cohorts combined to achieve a 7% reduction in weight
- Led to a new program champion and lifestyle coach



**Stephen Thompson,
Lifestyle Coach**

TAKE AWAYS

- Leveraged culture/network of "Divine-9" organizations
- Created a safe space for men
- Made the National DPP LCP and PreventT2 relatable to men
- Incorporated other health focuses
- Provided bi-directional support & fostered collaboration



**59th Annual Omega Psi Phi
State Meeting, October 2022**



THANK YOU!

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