

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

National Alliance for Hispanic Health
Principal Investigator: Kevin Adams



Centers for Disease Control and Prevention

National Center for Chronic Disease Prevention and Health Promotion



AFFILIATES

- Over six years, the Alliance has partnered with a total of nine affiliates:
 - Bienvivir Senior Health Services, El Paso, TX
 - Brownsville Community Health Center, Brownsville, TX
 - *Clínica de Salud del Valle de Salinas*, Salinas CA
 - Family Health Centers of San Diego, San Diego, CA
 - Hispanic Federation, Orlando, FL
 - *La Clínica del Pueblo*, Washington, DC
 - OneWorld Community Health Centers, Omaha, NE
 - Project Vida, El Paso, TX
 - Tri-Cities Community Health, Pasco, WA

MAP OF AFFILIATES

- Alliance affiliates are located in 5 states and the District of Columbia



POPULATION FOCUS

Alliance affiliates focus on underserved Hispanic/Latino communities

- **Agricultural, Construction and Hospitality (Mexican-American)**
 - Bienvivir Senior Health Services, El Paso, TX
 - Brownsville Community Health Center, Brownsville, TX
 - Family Health Centers of San Diego, San Diego, CA
 - Project Vida, El Paso, TX
- **Migrant Seasonal Farm Work (Mexican-American)**
 - *Clínica de Salud del Valle de Salinas*, Salinas CA
 - Tri-Cities Community Health, Pasco, WA
- **Meat Processing and Packing (Mexican, Salvadoran, Guatemalan)**
 - OneWorld Community Health Centers, Omaha, NE
- **Construction and Hospitality**
 - *La Clínica del Pueblo*, Washington, DC (Salvadoran, Bolivian, Guatemalan)
 - Hispanic Federation, Orlando, FL (Puerto Rican, Cuban)

RECIPIENT STATS

- Total Number Enrolled – 4,451 as of March 31, 2023
- Total Number Enrolled by Population of Focus - 4,221 (93%)
Hispanic/Latino
 - Number & percent of completers (retention): 1,215 (27%)
Hispanic/Latino completers
 - Risk reduction or 5% weight loss by population of focus (outcomes):
 - 697 (16% of total enrolled, 57% of completers)
- MDPP Suppliers Onboarded - 2

Bringing the National DPP to a Colonia Community in Texas

Paul M. Baker

Managing Director for Programs

National Alliance for Hispanic Health

Washington, DC

Mayra Mendoza

Chronic Care Quality Manager and Deputy Chief
Outreach and Wellness Officer

Project Vida Health Center

El Paso, TX



National Alliance for Hispanic Health (the Alliance)

Our Mission: Best Health for All

- Leading non-partisan health organization focused on research, service, and advocacy throughout the Americas.
- Work to ensure that health incorporates the best of science, culture and community.
- Community-based members provide services to more than 15 million people throughout the U.S. each year.
- National organization members provide services to more than 100 million people annually.
- No funding from alcohol, tobacco or sugar-sweetened beverage companies.



Prevenamos la diabetes
Let's Prevent Diabetes

Let's Prevent Diabetes / *Prevenamos la diabetes*



NATIONAL
DIABETES
PREVENTION
PROGRAM

PREVENT T2
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

NUEVO CURRÍCULO
PREVENGA EL T2
UN PROGRAMA PARA PREVENIR LA DIABETES TIPO 2

Overlooked and Underserved Hispanic Communities

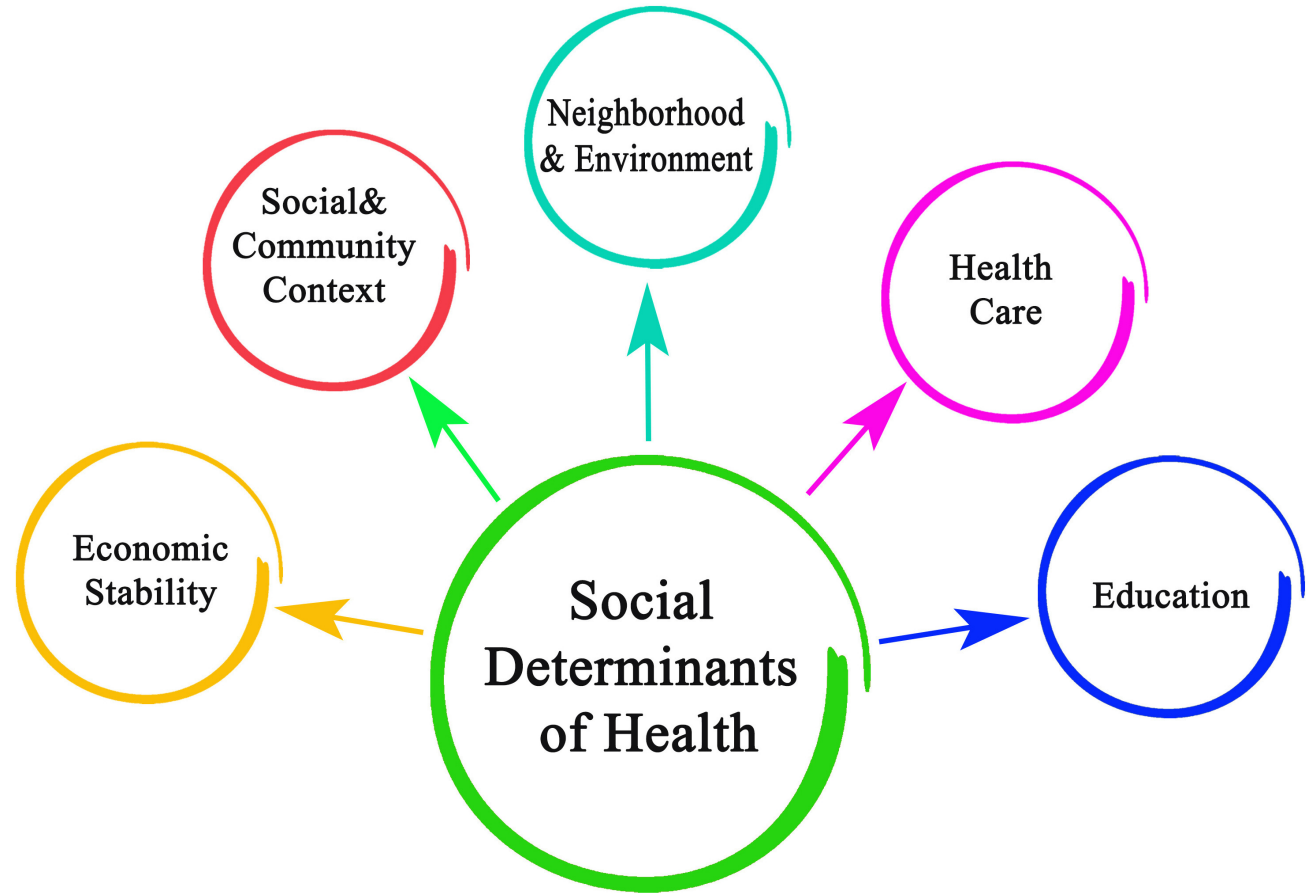
Our affiliate partners sites serve large Hispanic communities that are often unseen and underserved by the U.S. health care system, and by society at large.

- Migrant Season Farm Workers
- Meat processing and packing factory workers
- Hospitality workers
- Construction workers
- Colonias communities along the U.S.-Mexico border.

Workers in these industries help sustain the U.S. economy by filling jobs that most people don't want.

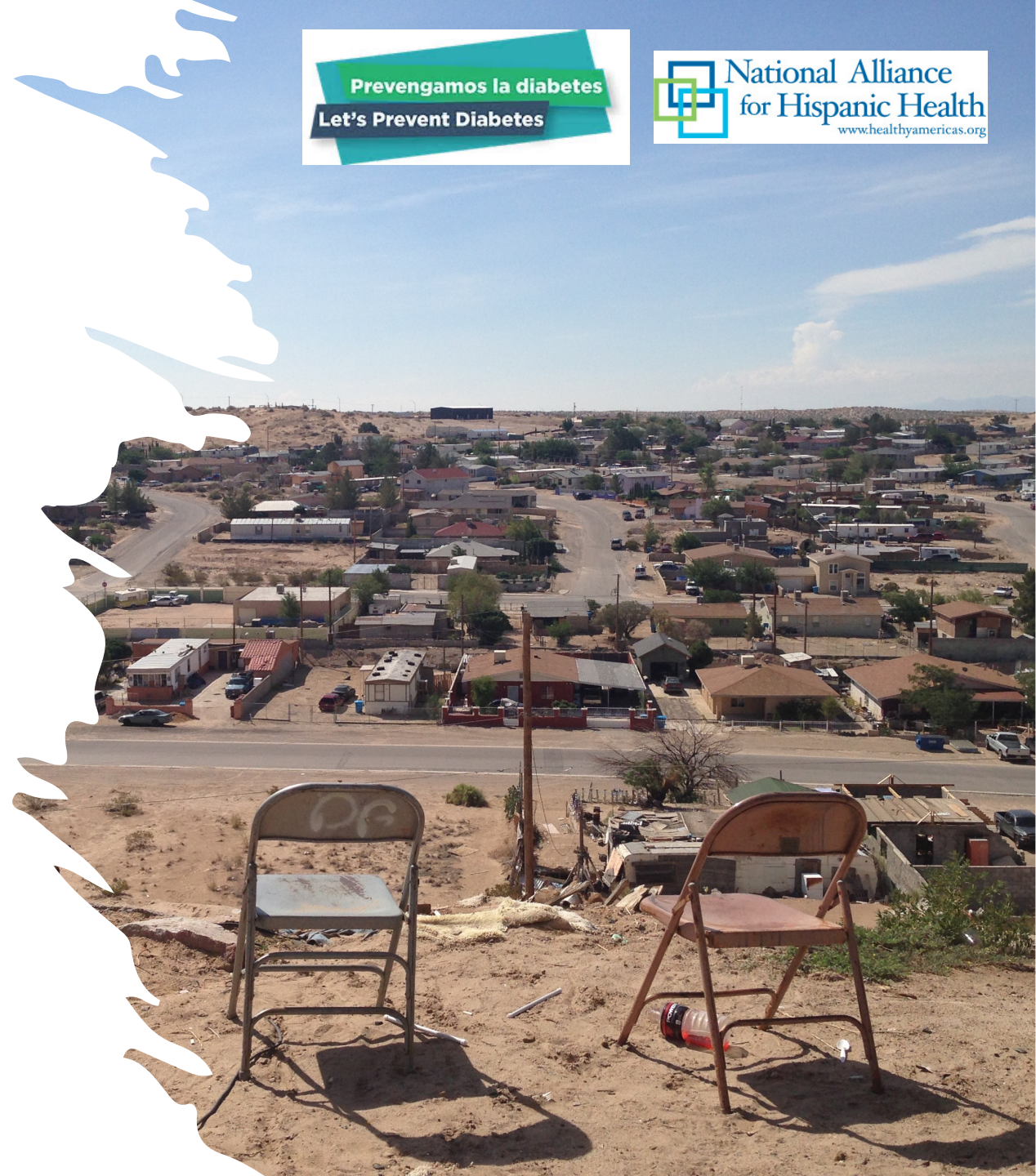
Why Are These Communities Hard to Reach?

- Fear of profiling, discrimination and immigration-related issues.
- Frequent change of address to follow job opportunities.
- Lack of culturally appropriate programs and services.
- Limited English proficiency and linguistically appropriate services.
- Competing priorities that require personal health sacrifices.



U.S. - Mexico Border Colonias

- Rural economically-distressed community within the U.S.-Mexico border region that lacks basic infrastructure and living necessities, including paved roads, potable water, sewage systems, electricity, safe and affordable housing options, access to health care and education.
- Typically form as informal settlements by those who move to the border region looking for work, or family ties.
- Undeveloped land not zoned for residential housing, including flood plains, steep hillsides, and former industrial sites.
- Lack of basic infrastructure due to no recognition by government entities, incorporation and investment.
- Grassroots organizations and advocacy groups lead the fight for basic human rights and essential services.





Expanding National DPP to a Texas Colonia Project Vida Health Center & *Familias Triunfadoras*

- Opportunity to expand the National DPP to a colonia communities in El Paso County.
 - Challenges due to location, engagement opportunities, and cultural issues.
- Curriculum developed and piloted for *promotores*/CHWs by 1705 recipient Comagine Health in Oregon.
 - Train *promotores* on community engagement about the National DPP and delivering Lifestyle Change Program referrals.
- Approached affiliate Project Vida in El Paso, TX on brining LCP to a local colonia using the *promotores* pilot.
 - Project Vida approached *Familias Triunfadoras* (FT), a CBO located in San Elizario, a town on the outskirts of El Paso.
 - FT has a strong *promotores* network of *promotores* to deliver health education and disease prevention services to nearby colonias.
- PVHC's relationship with FT and awareness of cultural issues was key to FT leadership's embrace of this activity.



1705 Affiliate
Project Vida
Health Center
(PVHC)
El Paso, Texas



PVHC serves El Paso County, and is located three blocks north of the Rio Grande border

- Low-cost primary, behavioral and dental care services
- Early childhood and youth education programs
- Economic development assistance
- Affordable housing assistance
- Homelessness prevention and recovery services
- Economic development and financial wellness pgms. Wellness and outreach programs, including diabetes prevention, hypertension control and tobacco cessation

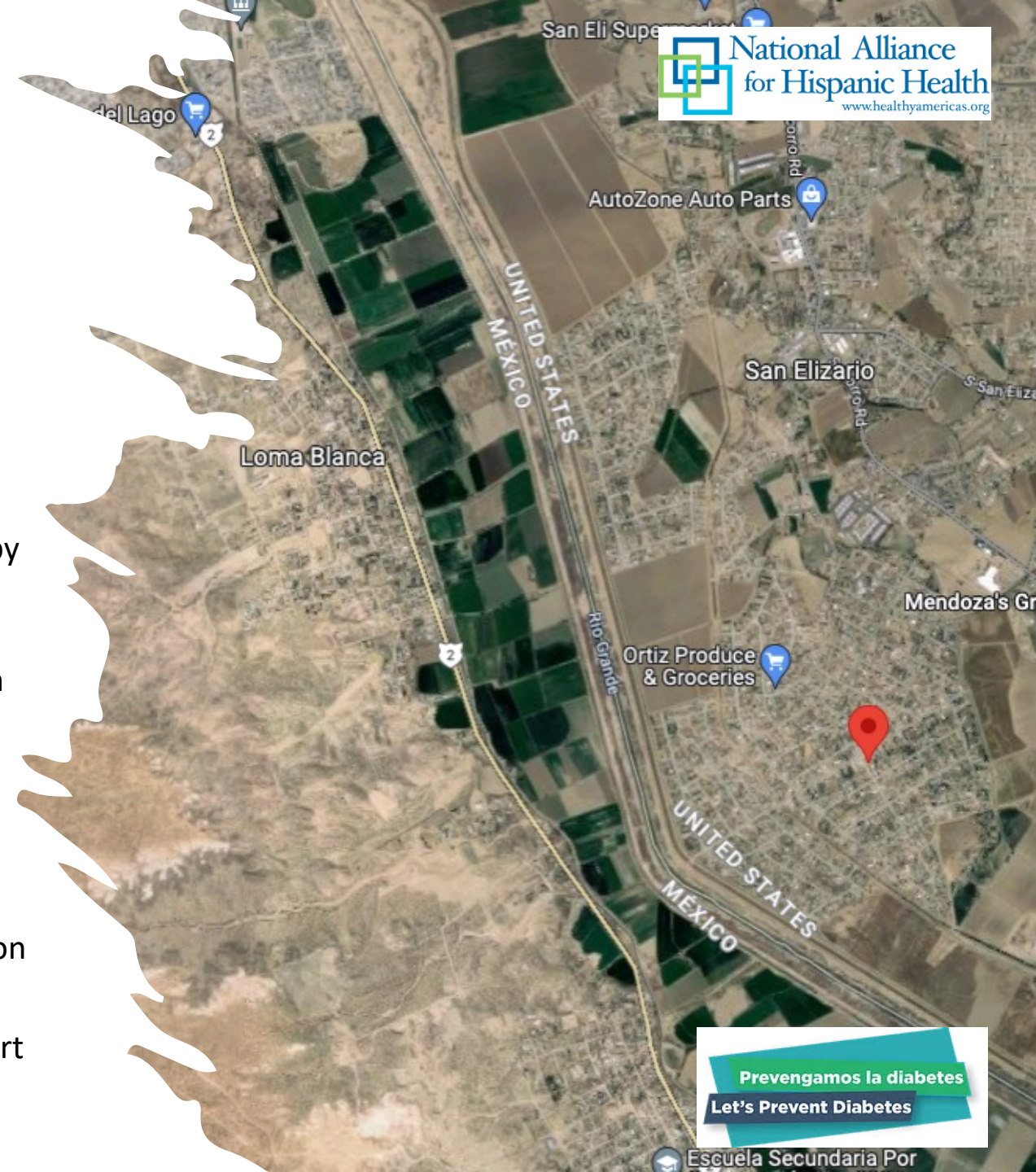
PVHC was recently awarded the Community Health Worker Training Program, a three-year HRSA grant

- Increase the number of certified CHWs, upskill existing CHWs, implement a CHW apprenticeship program and increase health equity.
- PVHC partners with *Familias Triunfadoras Inc. (FT)* to certify CHWs and provide CEUs for the upskill component
- FT certifying *promotores/CHWs* for over 20 years and is a leading training agency in the El Paso area.

San Elizario Colonia

Promotores Training Pilot

- San Elizario Colonia *Promotores* Training Pilot: Recruit, train and reimburse a group of *promotores*, already serving a key role in community outreach and education, on the National DPP to engage and enroll community members in a Lifestyle Change Program.
 - The training model was initially developed and piloted by 1705 recipient Comagine and community health educator/facilitator Ana Matiella for implementation in a Hispanic community in Oregon.
 - Also adapted and implemented in other colonias communities by Comagine in NM, and 1705 recipient American Diabetes Association in AZ.
- Tailored the curriculum to reflect the local colonia community in San Elizario.
- Submitted curriculum for approval to the Texas Department of Licensing and Regulation, which approved it for eight CEU credits.
- Designed as a 15-month pilot:
 - Three months to prepare for and deliver the training
 - 6-hour Spanish-language training on community engagement on the National DPP
 - Participant recruitment
 - Periodic follow-up with participants during the 12-month cohort to provide support and address challenges.



Colonia *Promotores* Training Pilot Compensation



Each *promotor/promotora* was paid for their participation in this pilot:

- \$200 – Complete the entire 6-hour *promotores* training.
- \$100 for every referred participant that attends session zero, class 1 and class 2.
- \$100 for every referred participant that remains in the program for six months.
- \$100 for every referred participant that remains in the program for twelve months.
- Nominal payment/s for participation in evaluation activities.

Colonia Promotores Training Pilot Delivery

Recruitment: *Familias Triunfadoras* staff identified and recruited 17 local *promotores*.

- Including 4 male *promotores*.

Date and Location: January 28, 2023 from 9:00 am – 3:00 pm at the *Familias Triunfadoras* main office.

- Families and children of *promotores* joined as observers.
- Lunch was provided, followed by a 15-minute Zumba break.

Focus: How *promotores* can use their influence and community relationships to promote the National DPP.

- Trained to be mentors, instead of recruiters, who actively follow-up with participants during the 12-month program.
- Taught approaches on facilitation, coaching, motivational interviewing and RDA (reflection, debrief and application).



The National DPP Lifestyle Change Program

Workshop for *Promotores* / Community
Health Workers

Mayra Mendoza, Project Vida

Ana Consuelo Matiella, Matiella Health Communications



Colonia *Promotores* Training Pilot Delivery

Content Included:

- An overview of the National DPP and the *Prevenga el T2* curriculum.
- Explanation on different types of diabetes.
- Guidance on determining community member eligibility and readiness to commit to the program (Stages of Change).
- How to engage and refer people to Project Vida's upcoming Lifestyle Change Program cohort to be offered in San Elizario.

Training Day Feedback:

- Considered a success.
- *Promotores* enjoyed learning about the National DPP and were motivated to increase diabetes prevention awareness in their community.

Expectations

At the end of the 6-hour course, you can expect to:

- Understand the difference between diabetes and prediabetes
- Identify 3 or 4 techniques on how to recruit eligible people to attend the DPP course
- Understand that there are people who will be ready to take the course and people who will not be ready
- Demonstrate how to take the prediabetes risk test



Colonia *Promotores* Training Pilot Recruitment

Community Engagement:

- Promotores engaged community members on the topic of prediabetes in individual and group conversations during home visits, community gathering places and events, as well as clinics and other provider settings.

Outcomes:

- Recruited 12 community participants for a Spanish-language LCP cohort, launched on March 1, 2023.
- The cohort has maintained 100% retention.
- Overall evaluation outcomes available in early 2024 when the cohort concludes.



Project Vida
Colonia Lifestyle
Coach
Maribel Cuellar



"As a lifestyle coach we tend to believe we are there to provide and facilitate information, and we are, but working in a colonia has definitely been a learning process for me as well... and has helped me see things through their eyes.

Initially I had an assumption that people would be more reluctant to change or that they would not value the information, and that it would be challenging to share my passion for wellness with them, but they have shown the contrary. They are becoming active and excitedly sharing their progress with one another with the same eagerness as anyone else. I have certainly learned never to assume anything."

Promotores Training Pilot

Pláctica

(informal discussion)

Pláctica conducted with the *promotores* participants by the training facilitator. Feedback included:

- Develop more content and guidance on how to find people *encaminadas*, (people on their way to change).
 - More role playing on how to talk in ways that motivate others to learn more and enroll.
- Continue to include a physical activity section (Zumba break after lunch).
 - Emphasize importance adding their own community's local flavor and culture.
- Course length / commitment to the year-long program is the biggest barrier.
 - Look into creating other pre-cohort prediabetes awareness classes or events that cover healthy lifestyle changes to get people ready to commit.
- Provide more time for participant recruitment.
 - "It is not enough to just invite them to a class. We need more time to talk to them and bring them along."
- Remind *promotores* to emphasize that immigration status is not discussed.





Promotores Training Pilot Evaluation

- Evaluate the *promotores'* training experience through a 60-min. discussion after cohort participants attend between 8-12 sessions.
- Evaluate cohort participant outcomes using a brief survey for those who have attended at least two sessions.
- Assess outcome data using the DPP Express data management system.
- Assess strategy to train *promotores* to recruit and support referred participants throughout the 12-month curriculum.



Promotores Training Pilot Next Steps

- Develop a Facilitator's Guide for other groups to deliver the training.
- Continue *promotores*-supported recruitment and referrals for additional San Elizario colonia cohorts.
- Expand training to more U.S.-Mexico border communities.



Thank you!



San Elizario Presidio Chapel Mission