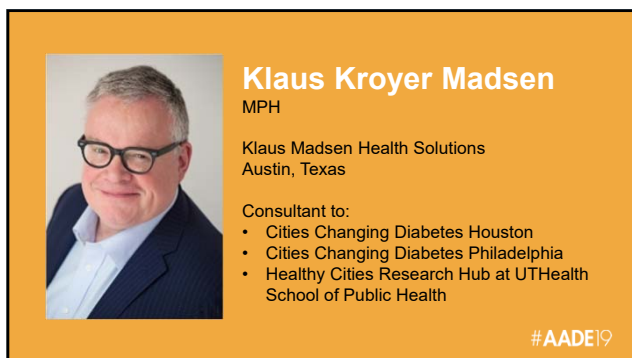



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Stuart Nelson

- Vice-President, Institute for Spirituality and Health
- Stakeholder, Faith & Diabetes Initiative
- Coordinator, FaithHealth Network - Houston
- Cognitive Science, Religious Studies

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Learning Objectives

- Discuss diabetes prevention and education strategies and implementation in a house of faith environment.
- Identify ways to use their diabetes expertise to help support their local health ministries.
- State how health ministries can impact the population health of a congregational membership.

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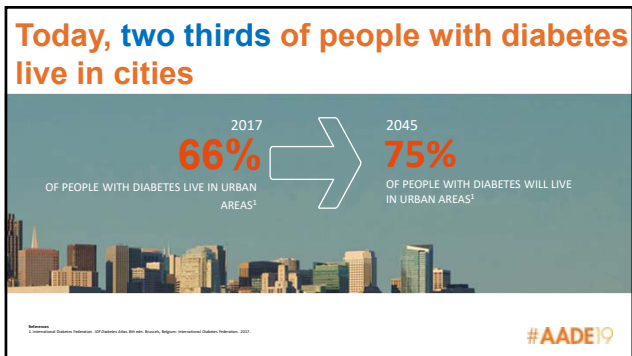
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Disclosure to Participants

- Notice of Requirements For Successful Completion
 - Please refer to learning goals and objectives
 - Learners must attend the full activity and complete the evaluation in order to claim continuing education credit/hours
- Conflict of Interest (COI) and Financial Relationship Disclosures:
 - Klaus Krøyer Madsen, MPH – Novo Nordisk: Consulting
 - Ardis Reed, MPH, RD, LD, CDE -Nothing to Disclose
 - Stuart Nelson, MS – Nothing to disclose
- of Products:
 - Accredited status does not imply endorsement by AADE, ANCC, ACPE or CDR of any commercial products displayed in conjunction with this educational activity
- Off-Label Use:
 - Participants will be notified by speakers to any product used for a purpose other than for which it was approved by the Food and Drug Administration.

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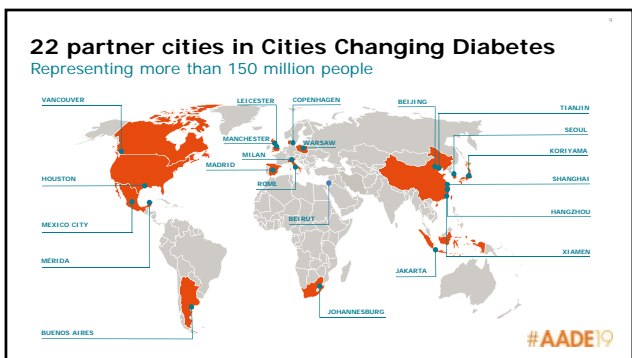
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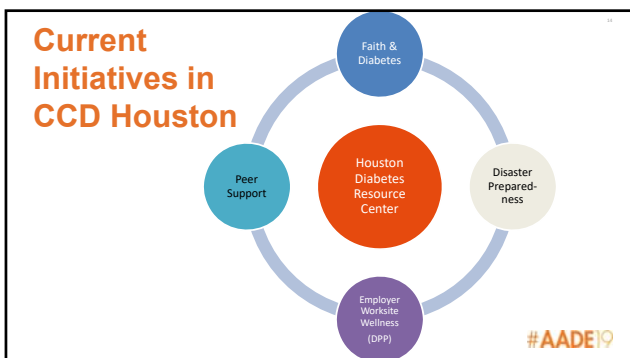
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Peer to Peer DSMES Community Workshops

- A proven intervention for empowering people living with diabetes to take an active role in managing their disease
- Uses a peer-to-peer model to provide community-based DSMES workshops to build a foundation of knowledge on the basics of diabetes
- Uses adult learning techniques and action plan skill development
- Allows for cross referral to certified diabetes centers for PWD to receive individualized focused consultations
- Also supports Standard 8, for ongoing support

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Why use a train the trainer model?

- Provides a format for peer to peer engagement.
- Brings DSMES to where the people come.
- Provides an evidence based structure for the para-professional
- Allows for sustainability

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Train the Trainer Model



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Typical Agenda to Facilitate a Train the Trainer Event

Day 1

- Learning about Train the Trainer model
- Adult Learning Techniques
- Motivational Interviewing
- Action Planning
- Community Engagement

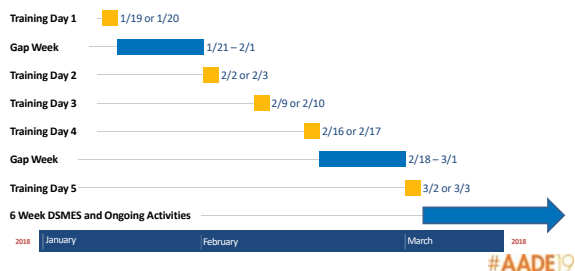
Day 2 & 3

- Review of each Module and activity-with take away for each module.
- Teach backs
- Data collection instructions
- Evaluation

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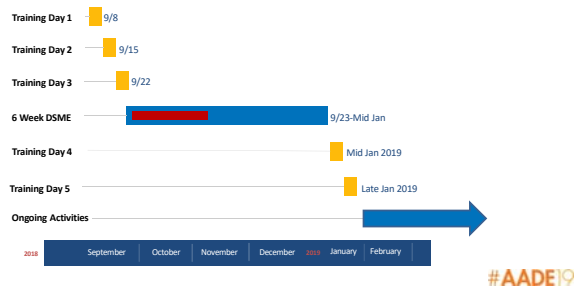
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Training Schedule for Cohort 1



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Training Schedule for Cohort 2



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Modules

- DSMES - Train the Trainer (TMF)
- Prevention (Houston Health Department & Harris County Public Health)
- Evaluation & Outcomes Measurement (UTHealth School of Public Health)
- Leadership & Communication (ISH)
- Religion & Health (ISH)

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Gateway Diabetes and Cardiovascular Guide- Gateway Healthcare Center-Laredo

DSMES Builds on 8 Disease Management Principles:

1. Active Learning
2. Goal Setting
3. Problem Solving
4. Knowledge
5. Responsibility
6. Social Support
7. Respect
8. Skills Building



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Prevention Module

Houston Health Department / Harris County Public Health



- Identifies 10 evidence-based nutrition and physical activity interventions
- How-to handbook with examples from houses of faith and local resources
- Accessible format, easy to understand

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Evaluation/Outcomes Measurement Module
 UT School of Public Health



THE **HEALTHY CITIES** RESEARCH HUB WILL **EXTRACT, TRANSLATE AND SHARE** COMMUNITY-LED EFFORTS WITH OTHER CITIES

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Religious Studies Module
 Institute for Spirituality and Health



Sharing Homework

Current Wellness/Health Ministries	Food
People	Times and Seasons
Places	News
Practices and Rituals	

***Conversation with Leader**

- “Deep dive” into beliefs, practices, community life
- Uses generic language to elicit creative thinking about faith-health links
- No pre-conceived notions about how faith-health are linked

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Week 1 Homework Packets

- What existing health **ministries**, if any exist?
- What special **people** exist in your community/tradition?
- Special **practices** or **rituals**?
- Special **places**?
- **Food**?
- **Texts**?
- **Times** and **seasons**?
- Means for **messaging**?



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Recruitment

- Multi-modal
 - Word of mouth
 - Action Work Group members
 - Email Marketing
 - Face to Face Meetings
- People recognize the program and want to serve

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Outcomes

- 41 total completed training
- 24 houses of faith
- 216 community participants in workshops
- Links with other Action Work Groups

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Program Expansion

- Prevention Projects Taking Shape
- Master Training – June
- Cohort 3 (English) – Fall 2019
- Cohort 1 (Spanish) – Fall 2019
- Supplemental Trainings/Engagement (3-4 per year)
- Trainer Incentives

Funding

- Foundation Grants
- In-Kind Time & Effort
- Earned Revenue from Trainings
- Licensing & Consultation Fees

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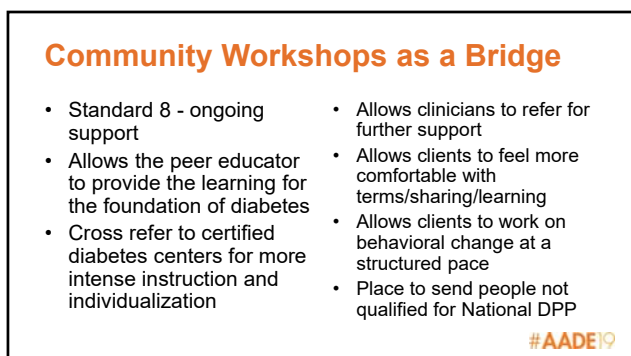
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Room for Everyone

Community Workshops

- Do not provide clinical guidance.
- Coach participants to "Ask your Health Care Team".
- Good source for referrals to DEAP/ERP

DEAP/ERP

- Clients get more individual focus
- Educators can focus on specifics instead of foundational information
- More engaged clients after attending a community workshop

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How can diabetes experts help?

- This is your faith community - be part of it
- Contact your local health ministry and ask if they need help
- Be a guest speaker during the workshops or support groups
- Offer resources, data to help with grants

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Why should diabetes expert help?

- Helps your community population health
- Improves referrals to your DSMES service
- Improve your profile in the community as an expert
- Feel the rewards working with your health ministry.

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National Initiative Roll out with QIN-QIO

- All states QIN-QIO- are being asked to work on improving referrals to DPP and DSMES services.
- Focus is on communities with population health needs.
- Contact your QIN-QIO www.qioprogram.org

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QUESTIONS?

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