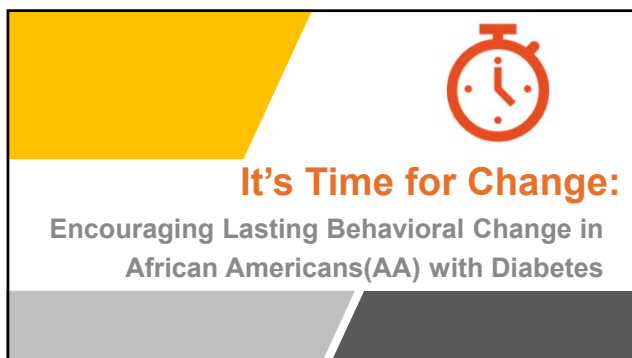
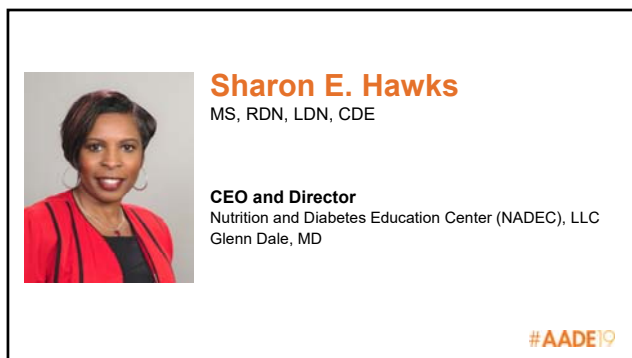


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Disclosure to Participants

- 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:
 - Presenter: Sharon E. Hawks, MS, RDN, LDN, CDE – No COI/Financial Relationship to disclose
- Non-Endorsement 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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Learning Objectives

- Identify the seven stages of growth as it relates to making lasting behavioral change
- Discuss how to use these strategies to assist African Americans (AA) in the effort to make lasting change
- Demonstrate strategies to motivate AA to make lasting change



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NADEC Background

- Private practice, Established 2003
- Primary focus is diabetes education and MNT
- Clinicians: RD, CDE, RN, NP, CMA
- Provide individualized and group consultations
- AADE DSMES Recognized program and National Diabetes Prevention Program (CDC)



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Demographics



- Located in Prince Georges County, Maryland
- According to 2010 census, AA represent 64.6% of county residents
- Highest income per capita for AA in the nation
- Diabetes rates in Maryland is 9.8%

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Education Considerations for AA

- Social economic status can vary significantly
- Eating out often due to time restraints
- Chronic Stress and work/life balance
- Strong cultural beliefs and influences about food
- Spiritual and physical health are integrated
- Promoting physical activity in a culturally sensitive manner

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How do we Assist African Americans in Making Lasting Lifestyle Changes?



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Seven Conditions for Growth as a Result of Change


1. Dissatisfied
2. Vision
3. Process
4. Will
5. Action
6. Evaluate
7. Recommit

Reference: Dr. Samuel Betances (Souder, Betances & Associates, Inc) #AADE19

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Step 1: Dissatisfaction

- The person with diabetes (PWD) must become sick and tired of being sick and tired
- When a person is tired of the norm, and TRULY unhappy, then growth can start
- Identifying what motivates an AA to consider making a change in their diabetes care is critical in developing a plan and establishing goals



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Step 2: Vision

What is the vision of where you want to go?

- What does living healthy with diabetes look like
- How will you know you've achieved your goal
- Many AA arrive for education in the vision stage

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Step 3: Process



- The educator is an important part of the process
- This is the time to establish a rapport with the PWD
- Work on identifying strengths and areas of concern
- Limit goals to a maximum of 2-3 per session

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Step 4: The Will

- The will to make change happen
- This is where PWD may have difficulty accomplishing goals
- Many AA face outside obstacles which may interfere
- Identify obstacles during the "Process" stage to help get past the "Will"

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Step 5: Action



- **Goals are accomplished during this step**
- Educators should follow-up with PWD
- As goals are accomplished, one or two new goals can be added with the collaboration with the PWD
- When assisting AA during this stage, collaboration and encouragement is crucial

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Step 6: Evaluation

- Periodically evaluate their action steps to ensure that the goals can be continued
- The gym 3 to 4 times a week is a good action step
- Going to a buffet after the gym; not so good!
- A change in work schedule, may dictate an adjustment to goals

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Step 7: Re-commit

- **Re-commit to the journey**
- Keep reminding yourself why you are doing this!
- Commit to stay the course!



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*"Vision without action is just a dream,
action without vision just passes the
time, vision with action can change
the world."*
Nelson Mandela



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Thank You For Your Participation

Any Question?



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For More Information Contact:

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