

# Partnership Summary Report 2022





In this fifth year of collaboration, the Association of Diabetes Care and Education Specialists (ADCES) and the National Center for Farmworker Health (NCFH) have continued to push forward efforts to increase the knowledge of health centers in diabetes prevention and self-management programming. In this initiative, there has been an increase in the number of resources and patient education materials available in these areas to positively impact the health outcomes of patients with prediabetes and diabetes. There has also been an increase in staff training and tools available to build workforce capacity on effectively delivering diabetes programming and services. This partnership summary report captures the accomplishments from January through September of 2022.

# Collaboration Highlights

Jan. - Sept. 2022

- Continued to activate CDC and ADCES messaging through dissemination in all of NCFH's communication channels, including the monthly digest, website, and social media platforms.
- Participated in ADCES promotional campaign for National Minority Health Month through a blog post and podcast segment.
- Conducted a Spanish language radio media campaign and featured two CDC-recognized lifestyle change programs within the Hispanic/Latino markets for national dissemination.
- Conducted media training with staff representatives from the two participating programs including the Center for Health Living at Memorial Hospital in Bakerfield, California and Seamar Monroe Clinic in Yakima, Washington.
- Delivered presentation to cohort on enhancing Motivational Interviewing skills and facilitated demonstration of Empowerment Trail Game.
- Presented at ADCES 1705 COP Call, alongside Atromitos and Evolve Health Strategies, on Diabetes Improvement Plans (DIP) and addressed ways to incorporate DIPs into diabetes prevention efforts. All seven health centers invited participated and great cohesion was achieved during the presentation.
- Completed Spanish translation for the Lifestyle Coach Assessment, including Guide, Self-Assessment, and Observation Assessment.
- Developed new resources to expand access to DPP in health centers and to our specific migrant and seasonal agricultural worker population.

# Dissemination Metrics

Jan - Sept 2022



29,155  
Monthly  
Distributions



3,067  
Facebook  
Reach



1,384  
Twitter  
Impressions



137  
Podcast  
Downloads

## Diabetes Resource Hub



1036 Views

50 Resources  
Downloaded  
498 times

# Patient Education Materials

**ADCES Self-Care Behaviors**  
**BEING ACTIVE**

**SCORE BIG ON HEALTH!**  
For men, being physically active is a great way to stay healthy. It is especially useful for preventing diabetes or managing diabetes if you have it. Even if you do physically demanding work, staying active outside of work offers many health benefits.

**Why is being physically active important?**  
Being active is one of the most powerful ways to stay healthy while allowing you to enjoy all the things you've worked for. Physical activity can help the quality of your life by:

- Reducing your risk of chronic pain and injury
- Helping you function better during the workday
- Allowing you to recover from tough days at work
- Improving your mood and energy levels
- Supporting your sleep

**By being active, you win the long game of health and lower your risk of prediabetes, diabetes, heart disease, and other chronic diseases.**

**What steps you from being physically active?**  
When health and work life are demanding, being physically active can drop lower on your list of priorities. But there are many creative ways you can stay active throughout the day. Identify your own challenges in the list below and use which tips for staying active at the end of the workday work for your life.

- Take multiple jobs and/or shifts with long hours
- Find time for 15- and 30-minute walks
- Have limited time to do so
- Do not have extra money for a gym membership or exercise classes
- Do not have a physical space to get active
- Do not have transportation

**Benefits of Regular Physical Activity**

- Increased energy levels
- Lower blood sugar, cholesterol, blood pressure levels
- Stronger bones, muscles, and joints, especially in your legs and feet
- Lower medical expenses
- Higher productivity and lower sick days
- Better health for present and future generations
- Active fun with family and friends

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**ADCES Self-care Behavior: Being Active:** This resource, available in English and Spanish, describes the importance of being active for men and offers tips to create a plan to be more physically active, especially if preventing diabetes or managing diabetes.

**ADCES Self-care Behavior: Reducing Risks:** This resource, available in English and Spanish, provides easy steps you can take to prevent, delay or manage your type 2 diabetes, reduce health risks, and improve your health over the long term.

**ADCES Self-Care Behaviors**  
**REDUCING RISKS**

**MAKE YOUR HEALTH WORK FOR YOU**  
Staying healthy may seem like hard work at first, but by making a few changes to your daily habits and taking the steps you can take to prevent, delay or manage your type 2 diabetes, reduce health risks, and improve your health over the long term.

**WHAT'S IN YOUR TOOLBOX?**  
Just like at work, having the right tools matters. A plumber uses a wrench. An agricultural worker uses shears or knives to harvest or process food. You'll also need the right tools to get healthy. Build a basic health toolbox with the guidance below to reduce your risk for health problems like prediabetes and diabetes.

**Healthy Eating**

- Eat smaller portions of your favorite foods that may be high in calories, fat, and added sugar.
- Eat more fruits, vegetables, and whole grains by adding them to your favorite meals.
- Fill half your plate with non-starchy vegetables such as lettuce, chrysopsis, peppers or beans.
- Drink water. Avoid sugary drinks and alcohol because they have a negative effect on your heart and gut.

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**Improve Diabetes Prevention and Care at Your Health Center**

As a health center, your mission is to improve the health and well-being of your community. You work every day to prevent disease, address the social drivers of health, and reduce barriers to care. That work is especially important for people with diabetes. By helping individuals with diabetes get active, eat healthy, take their medication, and other self-care behaviors, you help your patients make positive lifestyle changes that reduce their risk of diabetes complications and deaths.

**Did You Know?**

- Health centers have experienced a 30% growth in the number of patients with diabetes, with 1 out of 7 patients having diabetes.\*
- Diabetes causes more blindness, kidney failure, and lower limb amputations than any other single disease.\*
- Underserved populations, including agricultural workers, may be less likely to be screened, tested, or connected to diabetes self-management education and support services.\*

But, what if you could help your patients prevent or delay type 2 diabetes? Before the high A1C, high blood pressure, and high cholesterol? Before the vision loss, kidney disease, and heart disease?

**Reducing the Risk for Type 2 Diabetes**

Through the Centers for Disease Control and Prevention's **National Diabetes Prevention Program**, people with prediabetes can make small changes that reduce their risk of developing type 2 diabetes by more than half. Health centers can offer and integrate this highly effective lifestyle change program into chronic care management, diabetes education and support, and other services.

**Health and delivery care that matters.**

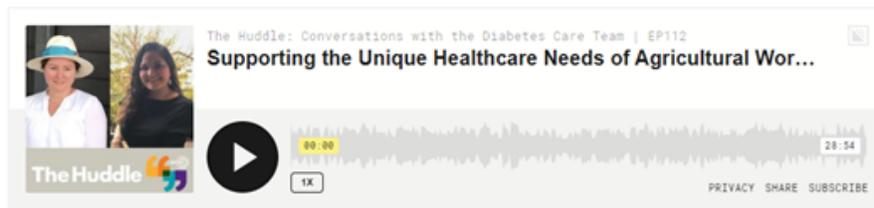
\* National Association of Community Health Centers (NACHC). Community Health Center Profile 2019. Retrieved from https://www.nachc.org/

**Become the Next CDC-recognized National Diabetes Prevention Program Site:** This promotional flyer, aimed to Community/Migrant Health Centers (C/MHCs), includes information about implementing the National DPP, ways it can improve health outcomes with patients at risk of diabetes, and how it benefits both health centers and program participants.

**Communicating and Building Trust with Migratory and Seasonal Agricultural Workers\*:** This resource for Lifestyle Coaches provides tips to successfully communicate and build trust with agricultural workers, and strategies to effectively deliver the National DPP to this population.

\*Design pending

# Digital Media Products



**Supporting the Unique Healthcare Needs of Agricultural Workers:** A podcast segment on The Huddle: Conversations with the Diabetes Care Team described the challenges faced by agricultural workers and ways to improve their diabetes health outcomes.

## Heading the Signs of Prediabetes.



### “Heading the Signs of Prediabetes”:

Radio broadcast done in partnership with ADCES and Radio Bilingue, discussed the ABC’s of prediabetes, the Do’s and Don’ts, ways to make healthy lifestyle changes and the National Diabetes Prevention Program.

### Lessons Learned from Radio Campaign:

This report captured information about the collaboration with Radio Bilingue on prediabetes and identified lessons learned in creating a successful radio broadcast.

 **radio bilingüe**  
National Latino Public Radio Network

 **ADCES**  
Association of  
Diabetes Care & Education  
Specialists

 **NCFH**  
National Center for Farmworker Health, Inc.

# Successes & Challenges

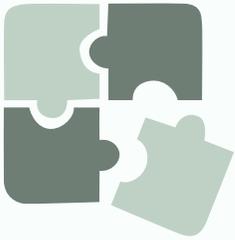
## Successes:



- Continued awareness of the National DPP among C/MHCs through NCFH dissemination platforms and ADCES The Huddle podcast.
- Utilized radio, one of the most effective communication channels with agricultural workers, to broadcast information about prediabetes and the National DPP.
- Encouraged the implementation of National DPP with C/MHCs through promotional materials and participation of two successful programs in the radio broadcast.
- Developed additional patient education materials on self-care behaviors, one specifically targeting Hispanic/Latino males.
- Developed and translated resources specifically for Lifestyle Coaches to better reach and connect with agricultural workers for effective National DPP delivery.
- Continued collaboration and strengthened partnership between ADCES and NCFH

# Successes & Challenges

## Challenges:



- Agricultural worker populations continue to face several social determinants of health such as mobility, lack of transportation/ childcare, language barriers, financial stressors, and long work hours, impacting their access to healthcare and participation in diabetes prevention programs.
- C/MHCs continue to experience challenges in implementing the yearlong National DPP with mobile agricultural worker populations.
- C/MHCs continue to focus on COVID testing and vaccination efforts, while also addressing other infectious diseases like the flu and monkey pox, putting limitations on specific diabetes prevention and management efforts.
- C/MHs are experiencing a workforce shortage and limited resources and funding, straining their current staff and testing their mental health.
- C/MHCs need to explore additional methods for sustaining the National DPP and other diabetes programs given limited funding and reimbursements.

# Lessons Learned

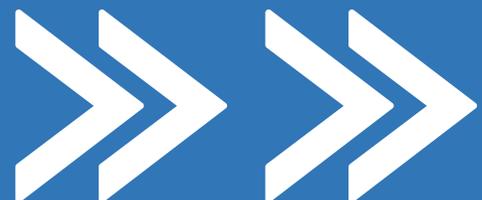


- Lifestyle Coaches need continued support and training to better reach and connect with agricultural workers and expand their community partnerships to mitigate barriers to program implementation. They also need additional resources to conduct peer evaluations and provide peer feedback.
- To meet the needs of the agricultural worker population, Lifestyle Coaches need to customize and adapt the National DPP curriculum to make it more culturally relevant and engaging.
- As C/MHCs transition back to more in person services, some are also continuing to offer telehealth or pursuing a hybrid model with both in person and virtual service delivery. There will be a continued need for virtual program options, but patient access to technology and digital literacy may continue to be potential challenges.
- Mental health is now recognized as a critical component to any chronic condition care plan, including diabetes. C/MHCs need to further explore ways to integrate mental health into the Diabetes Continuum of Care with patients and into diabetes prevention efforts.
- Preventative services can provide opportunities to involve the entire care team in mitigating risk factors for the progression of diabetes. C/MHCs need to consider including preventative services like smoking cessation programs and weight management treatments into their diabetes prevention efforts.
- C/MHCs need to further understand how to use the National DPP to expand their diabetes infrastructure.

# What's Next?

## Next steps in collaboration:

- Continue to identify and develop patient education materials that can be used both in person and virtually to drive enrollment, increase participant engagement, improve diabetes program outcomes, and enhance the service delivery to vulnerable populations.
- Continue to raise awareness and encourage implementation of the National DPP among C/MHCs, particularly those who serve Hispanic/Latino populations including agricultural workers.
- Continue to engage Community of Practice (COP) groups to gather additional information and identify gaps/needs for diabetes prevention and management programming.
- Expand use of effective communication channels with agricultural worker populations including radio, social media, WhatsApp, etc.
- Provide additional training and resources to Lifestyle Coaches to increase their understanding and reach with agricultural worker populations, including the integration of mental health and preventative services.
- Incorporate diabetes related chronic illnesses in trainings to C/MHCs as HRSA priority expands to include other chronic conditions on top of diabetes moving forward.



**Prepared by:**

