DEVELOPING A COMMUNITY WIDE MODEL FOR TYPE 2 DIABETICS IN RURAL AREAS

OCEANA HEALTH BOUND COALITION - DIABETES TASK FORCE

PRESENTED BY: CATALINA BURILLO & NAOMI HYSO
SEPTEMBER 12TH, 2018
2018 MIDWEST STREAM FORUM FOR AGRICULTURAL WORKER HEALTH
HARRAH’S NEW ORLEANS HOTEL, NEW ORLEANS, LOUISIANA
ICEBREAKER

What’s In Your Drink?

1) Using your cell phone, go to: kahoot.it
2) Enter game pin
3) Enter name (individual or team)
Farmworker Health

- According to (Connor et al. 2010), a quarter of all farmworker medical encounters at health centers were for the treatment of chronic diseases.

- Documented prevalence rates indicate a combined type 1 and 2 diabetes prevalence rate of 7.8% among MSAWs (Boggess and Ochoa-Bogue 2014).

- The primary drivers for cardiovascular disease in the MSAW population include type 2 diabetes, cigarette smoking, obesity, and high cholesterol (Hunt et al. 2003; Kanna et al. 2008; Carroll et al. 2005).
Michigan Agriculture

Food and agriculture sector is the state's second largest industry.

Over 101 billion impact on state's economy.

Michigan is the second most agriculturally diverse state in the nation.

#1 nationwide in the production of 18 commodities, including blueberries, tart cherries, Niagara grapes, cucumber for pickles, and some varieties of flowering plants.
Map One: Michigan Estimates For MSFW Workers Only by County

Grand Total of Migrant & Seasonal Farmworkers in Michigan
49,135

NOTE: The grand total includes reforestation workers statewide = 625.

Map Two: Michigan Estimates For MSFW Workers & Nonworkers by County

Grand Total of Migrant & Seasonal Farmworkers & Nonworkers in Michigan
94,167

NOTE: The grand total includes reforestation workers and nonworkers statewide = 1,200.
SNAPSHOT
OCEANA COUNTY, MICHIGAN

Oceana top three areas of agriculture production (by volume of sales):
- Fruits, tree nuts, and berries
- Vegetables, melons, potatoes, and sweet potatoes
- Hogs and pigs

Census at a Glance:
- Population: 26,442
- Race:
  - White non-hispanic 81.8%
  - Black 1.1%
  - American Indian 1.6%
  - Hispanic/Latino 14.9% (state average: 4.8%)
- Percentage of Spanish-speakers: 11% (state average: 8.9%)
Social Determinants of Health:

- Social & Physical Environment (housing, social cohesion, transportation, political influence, air/water quality)
- Social inequality (race, ethnicity, language)
- Economic factors (income, employment, wealth)
- Individual health behaviors (smoking, alcohol, drug abuse)
Health Disparities by race and ethnicity
Community Health Needs Assessment

A Snapshot of the disparities in Muskegon, Oceana and Newaygo Counties
Although health issues were not ranked in 2009, a few health issues repeated from the 2009 CHNA: lack of health insurance, lack of dental care, depression, diabetes, teen pregnancy, high blood pressure/cardiovascular disease and obesity. On these issues, notable trends in all three counties from 2000 to 2015 are:

- **Significant progress** — health coverage, obesity and cardiovascular disease (Oceana County)
- **Modest progress** — teen pregnancy
- **No change** — diabetes
- **Rates rose** — low birth weight babies, overweight and cardiovascular disease (Muskegon and Newaygo Counties).


We have seen good improvements in health coverage in Muskegon County since 2013, but the rates of uninsured have climbed slightly in Newaygo and significantly in Oceana. Depression remains an area of concern, especially in Muskegon County where the reported rate increased significantly since 2013. Teen pregnancy declined in Muskegon and Oceana Counties, but increased in Newaygo County, which also saw an increase in reported cases of chlamydia. There have been some gains in the fight against obesity, especially in Oceana County, which may suggest that many may have dropped into the overweight data category, which has generally increased.
Leading Health Care Issues/Concerns (2016)

Leading Health Care Issues/Concerns: Oceana/Newaygo Counties

TOP FIVE
1. Access to specialty care
2. Access to primary care
3. Cardiovascular disease
4. Hypertension
5. Diabetes

SECONDARY FIVE
6. Health coverage
7. Cancer
8. Access to urgent care
9. Access to medication
10. Patient/provider communication

Additional Concerns
Although not ranked in the top ten health issues for the health system in the community input process, a variety of attendant concerns uniformly surfaced throughout the tri-county area as well. It may be that as our community addresses and progresses with some highly ranked issues from the 2013 CHNA, other health concerns rise to the top rank for 2016. Obesity, smoking, language services, access to healthy foods, dental care and teen pregnancy may be examples. As reflected in our low ranking in the University of Wisconsin 2015 County Health Rankings, this does not imply that these issues are no longer health concerns in our community.
# Health Disparities & Access to Care

## Appendix 4: Health Disparities Report Card

### Indicators for Oceana County

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Michigan Total</th>
<th>County Total</th>
<th>African American ($)</th>
<th>Hispanics ($)</th>
<th>White ($)</th>
<th>Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>9,888,640</td>
<td>25,675</td>
<td>100</td>
<td>3,629</td>
<td>22,327</td>
<td>2010 Census</td>
</tr>
</tbody>
</table>

### Premature Death: years of potential life lost before age 75 per 100,000 population by age adjusted

- Michigan Total: 7.273
- County Total: 8.162
- African American: NA by race
- Hispanics: NA by race
- White: 8.4 by race

### Infant Mortality: ratio of infant deaths per 1,000 live births in specified group

- Michigan Total: 7.7
- County Total: 6.2
- African American: NA by race
- Hispanics: NA by race
- White: 4.8

### Low Birthweight: ratio of low birthweight babies (6.6 lbs or per 1,000 live births

- Michigan Total: 84.4 (2010)
- County Total: 86.2 (2010)
- African American: NA by race
- Hispanics: NA by race
- White: 81.8 (2009)

### Poor Mental Health Days: % poor mental health days on at least 14 days in the past month

- Michigan Total: 10.7%
- County Total: 12.3%
- African American: NA by race
- Hispanics: NA by race
- White: 14.3%

### Poor Physical Health Days: % reporting poor physical health on at least 14 days in the past month

- Michigan Total: 10.9%
- County Total: 14.3%
- African American: NA by race
- Hispanics: NA by race
- White: 12.9%

### Diabetes: proportion of adults with diabetes

- Michigan Total: 9.5%
- County Total: 12.7%
- African American: NA by race
- Hispanics: NA by race
- White: 13.3%

### STD: rate of reported cases of Chlamydia in 2010

- Michigan Total: NA
- County Total: 55
- African American: NA by race
- Hispanics: NA by race
- White: 45

### STD: rate per 100K identified cases of Chlamydia in 2010

- Michigan Total: 4671
- County Total: 207
- African American: NA by race
- Hispanics: NA by race
- White: 173

### Preventable Hospital Stays: rate for ambulatory-care sensitive conditions p/1000 Medicare enrollees

- Michigan Total: 74
- County Total: 69
- African American: NA by race
- Hispanics: NA by race
- White: 69

### Teenage Mothers: Teen birth ratio per 1000 live births in specified groups

- Michigan Total: 100.9
- County Total: 120.9
- African American: NA by race
- Hispanics: NA by race
- White: 128.9

### Adults and Children Served at CMH: number of patients served at CMH

- Michigan Total: 2300
- County Total: 89
- African American: NA by race
- Hispanics: NA by race
- White: 91

### Health Care Coverage: Percent report no healthcare coverage among those aged 18-64

- Michigan Total: 17.0%
- County Total: 14.4%
- African American: NA by race
- Hispanics: NA by race
- White: 18.0%

### Unemployment: % of population age 16+ unemployemnt seeking work

- Michigan Total: 13%
- County Total: 9.3%
- African American: NA by race
- Hispanics: NA by race
- White: 9.7%

### Household Income: Median Household income in the past 12 months

- Michigan Total: $46,861
- County Total: $39,043
- African American: NA by race
- Hispanics: NA by race
- White: $27,031

### Poverty: % of households whose income in the past 12 Months below poverty level

- Michigan Total: 19.7%
- County Total: 20.4%
- African American: NA by race
- Hispanics: NA by race
- White: 20.5%

### Single Parent Household: % of male/female household with no spouse present and children under 18

- Michigan Total: 6.5% (08-10)
- County Total: 6.6% (07-09)
- African American: NA by race
- Hispanics: NA by race
- White: 4.3% (07-09)

### Michigan High School Graduation Rate: High School Graduate for all public schools in the state of Michigan

- Michigan Total: 74%
- County Total: 65%
- African American: NA by race
- Hispanics: NA by race
- White: 63%

### Household Receipt of Food Stamps: with cash public assistance or food stamp/SNAP

- Michigan Total: 550,975
- County Total: 1409
- African American: NA by race
- Hispanics: NA by race
- White: 1,256

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Data based on most recently published data available including 2010 Census (ACS, 3 year moving average) and BRFS (including MDCH Reports using 3 year moving average unless otherwise noted).

($)$ Muskegon and Oceana race represented by definitions on U.S. Census.

($) Data not available by ethnicity. Hispanics are included as “other” classification.

($) Michigan Disease Surveillance System, MDCH. Data retrieved 5/29/12

($) STD reporting more consistent in public health sector. Data may not accurately represent disparity as private providers may not be reporting to MDCH

($) ACS means American Community Survey

($) Percent of Population Segment

($) Center for Educational Performance and Information, Fall '05 - Fall '11. Local rates not available by race/ethnicity.

($) 2012 UW County Health Rankings
Ranking and Prioritizing the findings

Ocean and Monmouth County Health System Rankings

Two ranking sessions were held in Ocean County with residents and providers serving the resident and migrant communities in Ocean and Monmouth counties. The top five and secondary five issues selected for the health system to take the lead role on for Ocean and Monmouth County are as follows:

- **Top Five**
  1. Access to specialty care
  2. Access to primary care
  3. Cardiovascular disease
  4. Hypertension
  5. Diabetes

- **Secondary Five**
  6. Health coverage
  7. Cancer
  8. Access to urgent care
  9. Access to medication
  10. Patient/provider communication

MUSKINGUM COUNTY

- Teen pregnancy
- Overweight
- Lack of mental health providers
- Low birth weight babies
- Reproductive health

OCEANA/NEWAVGO COUNTY

- Tobacco use
- Teen pregnancy
- Health care coverage
- STDs/chlamyda
- Depression/Suicide

Community Issues

The top five issues selected for the community to take the lead role on are:

- Transportation
- Depression and social isolation
- Access to healthy food
- Physical fitness
- Voting/Exclusion

OCEANA/NEWAVGO COUNTY

- Obesity
- HIV/AIDS
- Substance abuse
- Domestic abuse
- Teen pregnancy

- Transportation
- Depression and social isolation
- Access to healthy food
- Physical fitness
- Voting/Exclusion
## Health Data (2016)

### Mental Health

<table>
<thead>
<tr>
<th>Diagnosis</th>
<th>Males</th>
<th>ICD-9 Code</th>
<th>Michigan Respondents</th>
<th>% Michigan Respondents</th>
<th>Nationwide Respondents</th>
<th>% Nationwide Respondents</th>
<th>% of Total Responses</th>
<th>% of Total Responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acute Alcohol Use</td>
<td>107</td>
<td>303</td>
<td>58</td>
<td>82.3%</td>
<td>596</td>
<td>82.9%</td>
<td>42.4%</td>
<td>42.4%</td>
</tr>
<tr>
<td>Anxiety</td>
<td>330</td>
<td>514</td>
<td>206</td>
<td>73.7%</td>
<td>757</td>
<td>78.4%</td>
<td>56.8%</td>
<td>56.8%</td>
</tr>
<tr>
<td>Bipolar Disorder</td>
<td>268</td>
<td>554</td>
<td>194</td>
<td>70.2%</td>
<td>512</td>
<td>46.4%</td>
<td>32.1%</td>
<td>32.1%</td>
</tr>
<tr>
<td>Schizophrenia</td>
<td>164</td>
<td>424</td>
<td>120</td>
<td>78.0%</td>
<td>244</td>
<td>57.3%</td>
<td>18.7%</td>
<td>18.7%</td>
</tr>
<tr>
<td>Mood Disorders</td>
<td>463</td>
<td>944</td>
<td>251</td>
<td>84.5%</td>
<td>571</td>
<td>60.1%</td>
<td>29.4%</td>
<td>29.4%</td>
</tr>
<tr>
<td>Personality Disorders</td>
<td>396</td>
<td>586</td>
<td>166</td>
<td>75.1%</td>
<td>686</td>
<td>72.5%</td>
<td>26.5%</td>
<td>26.5%</td>
</tr>
<tr>
<td>Intellectual and Developmental Disability</td>
<td>222</td>
<td>522</td>
<td>162</td>
<td>77.4%</td>
<td>430</td>
<td>31.9%</td>
<td>15.2%</td>
<td>15.2%</td>
</tr>
<tr>
<td>Substance Abuse</td>
<td>63</td>
<td>166</td>
<td>48</td>
<td>82.3%</td>
<td>103</td>
<td>63.0%</td>
<td>6.2%</td>
<td>6.2%</td>
</tr>
<tr>
<td>PTSD</td>
<td>64</td>
<td>166</td>
<td>35</td>
<td>88.9%</td>
<td>108</td>
<td>64.6%</td>
<td>3.7%</td>
<td>3.7%</td>
</tr>
<tr>
<td>Other Mental Health Disorder</td>
<td>49</td>
<td>166</td>
<td>20</td>
<td>96.4%</td>
<td>266</td>
<td>158.2%</td>
<td>7.5%</td>
<td>7.5%</td>
</tr>
</tbody>
</table>
Oceana County Health Needs Assessment Summary

Access to Care
- Chronic Disease
- Healthy Lifestyle

Top Three Health Issues Identified by Key Community Stakeholders
- Tobacco use
- Healthy lifestyles
- Access to care

Community Member Survey Results

What Matters to You?
- Top factors that define a healthy community:
  - Access to health care, including primary care, specialty care, behavioral health, or dental care
  - Access to affordable, healthy food
  - Good jobs and healthy economy

Top health problems in your community:
- Substance abuse (alcohol, illegal drugs, prescription drugs)
- Overweight and obesity
- Mental health issues

Problems family members have getting health care services:
- Access to care:
  - Health Insurance has high deductibles/copays
  - Cannot afford visits to doctor, dentist, clinic, and/or hospital
  - Health Insurance coverage is limited
- Older adults: Health Insurance has high deductibles/copays
- Children:
  - Health Insurance has high deductibles/copays
  - Health Insurance coverage is limited
  - ER wait time

Community Conversation: Goals Identified by Key Stakeholders

1. Collaborate to unite resources for community
2. Develop and promote mind and body wellness
3. Enhance the well-being of families
4. Build opportunities to connect community to resources
5. Increase transportation options to community resources
6. Connect community to housing resources and advocate growth
7. Identify employment opportunities for all abilities and increase workforce readiness
8. Create activity for healthy lifestyles

Risk Behaviors

- Current cigarette smoker: 85.5%
- Former cigarette smoker: 22.1%
- Heavy drinker: 19.0%
- Large drinker: 32.4%
- Inadequate fruit and vegetable consumption (>3 times per day): 7.5%
- Sometimes/often don’t have enough to eat: 11.7%
- No leisure time physical activity: 24.4%
- Obese: 25.5%
- Overweight: 32.5%
- Healthy weight: 32.6%

Health Disparities Reduction Coalition formed
What we are doing?

Continuing to Identify Ways to Overcome Health Disparities

1. Impact a broad range of services by inviting new and diverse members to the coalition

2. As a result of implementing these initiatives, the overall program outcomes that will occur:

   “Through the establishment and enhancement of partnerships to mobilize Spanish-speaking community chronic health issues and developing community education and training, the anticipated vision of health outcomes for those with chronic illness will emphasize keeping them healthy and dramatically improving their overall health.”

Some Goals have been:

- Goal: to get 3 bilingual lay leaders trained ✅ goal achieved (we now have 4)
- Goal: to provide two six-week D-PATH courses for Spanish speaking populations in a year’s time ✅ Achieved (provided 3)

Helping our community access services

1. Mobile screenings for health issues such as high blood pressure, diabetes, etc.

   - Goal: hold a health fair for MSFW’s at annual Farmworker Appreciation Night (FAN) event ✅ Achieved (on 8/22/18)
MI PATH

PATH (Personal Action Towards Health)

Participants in PATH workshops may have one or more chronic health condition

Programs include: PATH, Diabetes PATH, and Chronic Pain PATH

http://www.mihealthyprograms.org/mipath.aspx
MI PATH

- Six week series, 2.5 hrs. per session
- Facilitated by two trained & certified leaders
- Small group community setting
- Participants are given “tools” to help manage their own health
- Group discussion, problem-solving and brainstorming activities
- Weekly Action Plans
<table>
<thead>
<tr>
<th>Session 1</th>
<th>Session 2</th>
<th>Session 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>Problem-Solving</td>
<td>Feedback</td>
</tr>
<tr>
<td>What is diabetes?</td>
<td>Menu Planning</td>
<td>Preventing Hypoglycemia</td>
</tr>
<tr>
<td>Monitoring</td>
<td>Dealing with Stress</td>
<td>Making decisions</td>
</tr>
<tr>
<td>Healthy Eating</td>
<td></td>
<td>Physical Activity and Exercise</td>
</tr>
</tbody>
</table>

Diabetes PATH Session Overview
# Diabetes PATH - Session Overview

<table>
<thead>
<tr>
<th>Session 4</th>
<th>Session 5</th>
<th>Session 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dealing with Difficult Emotions</td>
<td>Dealing with Depression</td>
<td>Strategies for Sick Days</td>
</tr>
<tr>
<td>Food Choices &amp; Menu Planning</td>
<td>Positive Thinking</td>
<td>Foot Care</td>
</tr>
<tr>
<td></td>
<td>Relaxation Body Scan</td>
<td>Medication Usage</td>
</tr>
<tr>
<td></td>
<td>Communication Skills</td>
<td>Working with Your Health Care Professional</td>
</tr>
<tr>
<td></td>
<td>Endurance Activity</td>
<td>Planning for the Future</td>
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</tbody>
</table>


Participants Booklet & Relaxation CD

Living a Healthy Life with Chronic Conditions
Self-Management of Heart Disease, Arthritis, Diabetes, Depression, Asthma, Bronchitis, Emphysema and Other Physical and Mental Health Conditions

Kate Lorig, DrPH • Holsted Holman, MD
David Sobel, MD, MPH • Diana Laurent, MPH
Virginia González, MPH • Marian Minor, PT, PhD

"Yes, hello, I’d like a refund on my body. It’s kinda defective and really expensive.”
— anyone with a chronic illness

RELAXATION FOR MIND AND BODY
Pathways to Healing
Catherine Regan, PhD and Rick Selzer, PhD

Tomando Control de su Salud
Una guía para el manejo de las enfermedades del corazón, diabetes, asma, bronquitis, enfisema y otros problemas crónicos

Virginia González, MPH • María Hernández-Marín
Kate Lorig, DrPH • Holsted Holman, MD
David Sobel, MD, MPH • Diana Laurent, MPH
Marian Minor, RPT, PhD
Diabetes PATH in Spanish

Vivir bien con diabetes!
El Programa de Manejo Personal de la Diabetes de la Universidad de Stanford

Toma cuidado de tu salud. Crea un este taller interactivo en la universidad de Stanford para ayudar a la gente que pueda diabetes o que quiere a alguien que pueda diabetes. Formal su vida de manera apropiada.

Partners / Supporters:

HEALTH PROJECT
A COMMUNITY BENEFIT MINISTRY OF MERCY HEALTH

Senior Resources
Our Name, Our Focus

community foundation
Achieving our Goal:

Pasaporte de Salud Health Passport

¡La Salud Empieza Contigo!
Your Health Begins with You!

Registro de Salud de Diabetes / Diabetes Health Record
<table>
<thead>
<tr>
<th>Statistics cont’d from: Spanish D-PATH courses:</th>
<th>Course 1</th>
<th>Course 2</th>
<th>Course 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ever been told had any chronic conditions by a health professional?</strong></td>
<td>93% yes 6% no</td>
<td>90% yes 10% no</td>
<td>100% yes</td>
</tr>
<tr>
<td><strong>Household size (mean)</strong></td>
<td>2.77</td>
<td>3.2</td>
<td>5</td>
</tr>
<tr>
<td><strong>Highest level of education completed</strong></td>
<td>83% less than hs 8%+ graduated hs 8%+ some post-secondary</td>
<td>50% less than hs 20% some hs 20% graduated hs 10% some post-secondary</td>
<td>29% less than hs 14% some hs 29% graduated hs 14% graduated post-secondary 14% no answer</td>
</tr>
<tr>
<td></td>
<td>Course 1</td>
<td>Course 2</td>
<td>Course 3</td>
</tr>
<tr>
<td>------------------------</td>
<td>---------------------------------------------------------------------------</td>
<td>---------------------------------------------------------------------------</td>
<td>---------------------------------------------------------------------------</td>
</tr>
<tr>
<td><strong>Monthly household income</strong></td>
<td>21% less than $1000 29% $1000-$1249 14% $1250-$1599 7% $1600-$1999 29% more than $3000</td>
<td>20% less than $1000 20% $1000-$1249 20% $1600-$1999 10% more than $3000 30% no answer</td>
<td>14% less than $1000 28.5% $1000-$1249 28.5% $2000-$2999 29% no answer</td>
</tr>
<tr>
<td><strong>Has medical insurance</strong></td>
<td>85% yes 15% uninsured</td>
<td>80% yes 20% uninsured</td>
<td>57% yes 29% uninsured 14% no answer</td>
</tr>
<tr>
<td><strong>Type of insurance</strong></td>
<td>Of those insured: 36% Medicare 18% ACA 18% Private Insurance 27% Public Aide</td>
<td>Of those insured: 10% Medicare 60% Private Insurance 20% Public Aide 10% not specified</td>
<td>Of those insured: 43% Medicare 43% Private Insurance 14% Public Aide</td>
</tr>
</tbody>
</table>
## Pre & Post-Survey Results:

<table>
<thead>
<tr>
<th>Question</th>
<th>Pre</th>
<th>Post</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) How does exercise help your blood sugar?</td>
<td>89% ▲</td>
<td>89% ▲</td>
</tr>
<tr>
<td></td>
<td>11% ▼</td>
<td>11% ▼</td>
</tr>
<tr>
<td>2) Which one is the best way to take care of your feet?</td>
<td>89% ▲</td>
<td>94% ▲</td>
</tr>
<tr>
<td></td>
<td>11% ▼</td>
<td>6% ▼</td>
</tr>
<tr>
<td>3) What is a retinal exam?</td>
<td>89% ▲</td>
<td>89% ▲</td>
</tr>
<tr>
<td></td>
<td>11% ▼</td>
<td>11% ▼</td>
</tr>
<tr>
<td>4) Carbohydrates (starches &amp; sweets) break down in your body to what?</td>
<td>78% ▲</td>
<td>72% ▲</td>
</tr>
<tr>
<td></td>
<td>22% ▼</td>
<td>28% ▼</td>
</tr>
<tr>
<td>5) How often in the last week have you felt overwhelmed by living with diabetes?</td>
<td>33% ▲</td>
<td>56% (m)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>11% ▼</td>
</tr>
<tr>
<td>6) Do you know of healthy ways to handle the stress related to your diabetes?</td>
<td>33% ▲</td>
<td>67% (m)</td>
</tr>
<tr>
<td>7) When you need it, do you feel you can ask for support on how to live with and take care of your diabetes?</td>
<td>33% ▲</td>
<td>67% (m)</td>
</tr>
<tr>
<td>8) Do you feel you can ask your doctor questions about your treatment plan?</td>
<td>22% ▲ 78% (m)</td>
<td></td>
</tr>
<tr>
<td>--------------------------------------------------------------------------</td>
<td>----------------</td>
<td></td>
</tr>
<tr>
<td>9) Do you feel you can make a plan with goals that will help control your diabetes?</td>
<td>89% (m) 11% ▼</td>
<td></td>
</tr>
<tr>
<td>10) In the last week, how many days did you eat three or more servings of vegetables low in carbohydrates, such as tomatoes, lettuce, and carrots?</td>
<td>44.4% ▲ 44.4% (m) 11% ▼</td>
<td></td>
</tr>
<tr>
<td>11) In the last week, how many days did you exercise for at least 30 minutes?</td>
<td>44.4% ▲ 33.3% (m) 22.2% ▼</td>
<td></td>
</tr>
<tr>
<td>12) In the last week, how many days did you test your blood sugar?</td>
<td>22% ▲ 78% (m)</td>
<td></td>
</tr>
<tr>
<td>13) In the last week, how many days did you take your diabetes medication as ordered by your doctor?</td>
<td>11% ▲ 89% (m)</td>
<td></td>
</tr>
<tr>
<td>14) In the last week, how many days did you check your feet?</td>
<td>44.4% ▲ 44.4% (m) 11% ▼</td>
<td></td>
</tr>
</tbody>
</table>
2018 FAN Event Results

- # of people screened: 39
- # of Blood Pressure checks: 38
- # of A1C tests run: 30
- # people who received A1C Tests: 23
- Total number of A1C test results given: 14
- # of Pulmonary Function tests: 22
16th Annual Farmworker Appreciation Night Event (8/22/18)
Collaboration: Working Together
Meet some of our Community Partners

Blood pressure and A1C screenings

Pulmonary Function screenings

Volunteers included staff from: *Mercy Health: Mary Welsh, Quality Mgmt Mgr, Karen MacWilliams, RN & Hybrid Care Mgr, Emma Johnston, Community Health Worker and Cynthia Powers, Program Mgr; *OCCOA: Vicki Platt, RN; *Lions Int’l - District 11E1: Bill Bradfield
2018 Diabetic Health Fair cont’d - Foot Care Partners (Cuidado de los Pies)
2018 Diabetic Health Fair cont’d - Mental Health Partners (Salud Mental)
2018 Diabetic Health Fair cont’d - Physical Fitness Partners (Actividad Física)
2018 Diabetic Health Fair cont’d - Oral Health Partners (Salud Oral)

Northwest Michigan Health Services Inc. (FQHC)
2018 Diabetic Health Fair cont’d - Health Dept Partners (Dpto. de Salud)

Kim Rendon (WIC) & Kortni García (Oceana LEADS)

Ana Torres (Community Health Worker) & Kate Donaldson (Public Health Educator)
2018 Diabetic Health Fair cont’d - Other Partners

Health Project - Mercy Health

MSU Extension
Extension’s Role

- Cooperative Extension System
- Provides outreach education to citizens
- Functions as a partner of the Land Grant System
What is MSU Extension?

A statewide educational network that applies research and knowledge of a land grant institution (MSU) to individuals and communities.

What we do

MSU Extension staff throughout the state deliver high-quality, affordable education through focused and specialized programs serving the needs of children, youth, families, communities, and businesses across Michigan.

Our Mission

Help people improve their lives through an educational process that applies knowledge to critical issues, needs and opportunities.
The mission of the DPM work team is to reduce the risk and incidence of chronic diseases including diabetes, across Michigan.

OUR IMPACT

- Increased consumption and knowledge of healthier foods.
- Increased physical activity.
- Improved self-rated health scores.
- Increased ability to manage chronic health conditions.
Other MSUE DPM Programs in Spanish
QUESTIONS
Contact Us:

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Living Healthy in Michigan. *Personal Action Towards Health*:
http://www.mihealthyprograms.org/programs-path.aspx

MI-MSFW Enumeration Profiles Study, June 2013.


MSFW Fact Sheet.

Pure Agribusiness. MEDC. https://www.michiganbusiness.org