



Health-Wise Woman Diabetes Prevention Education Project

Presented By:

Shauna R. Cooper, MPH – Project Director

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Atlanta, Georgia

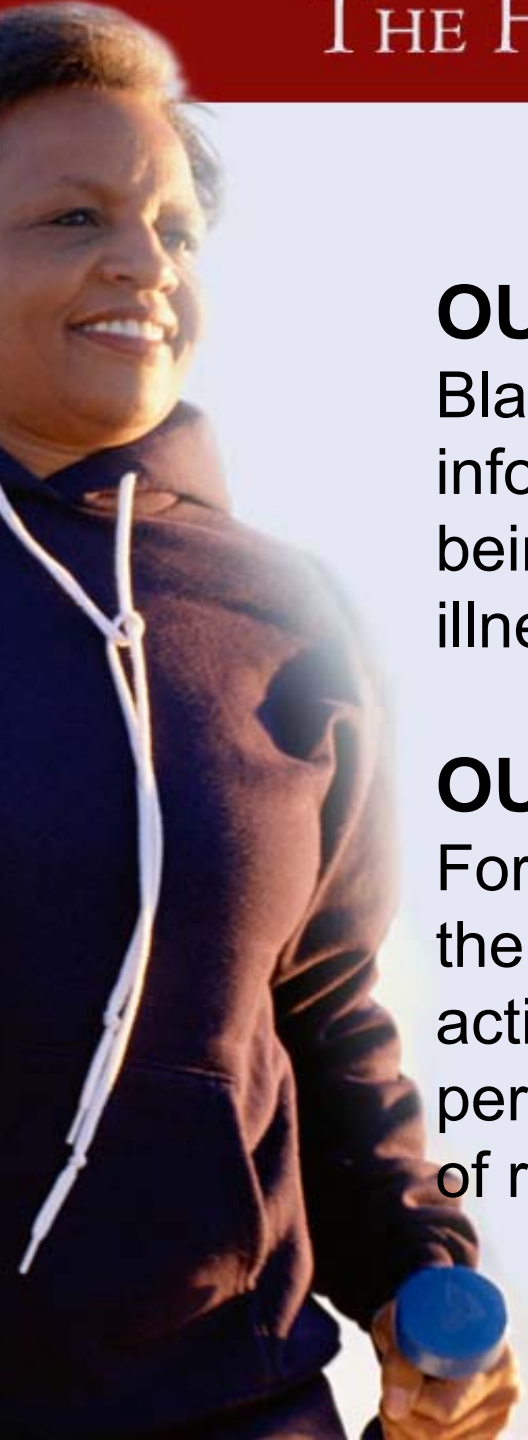
May 1, 2007



Our History

- Founded in Atlanta, GA by noted health activist Byllye Y. Avery in 1983
- Pioneer in promoting the empowerment of Black women as educated health care consumers
- Only national organization devoted solely to the physical, mental and spiritual health and well-being of the nation's 19.5 million Black women and girls





OUR VISION

Black women will choose to become wise and informed stewards of their own health and well being, whether physically fit, living with chronic illness or suffering from loss of self and others.

OUR GOAL

For Black women to become empowered with the knowledge, strategies and resources to be active decision makers, achieve optimum personal health and work towards the elimination of racial and gender health disparities.



The Health-Wise Woman: A Healthy Lifestyle Program

- Focused on promoting better nutrition, increased physical activity and emotional health for Black women and their families
- Offers alternative strategies for maintaining an improved quality of life
- Raises awareness of disease risk associated with unhealthy food choices and sedentary lifestyles
- Integrates physical, emotional health and life satisfaction

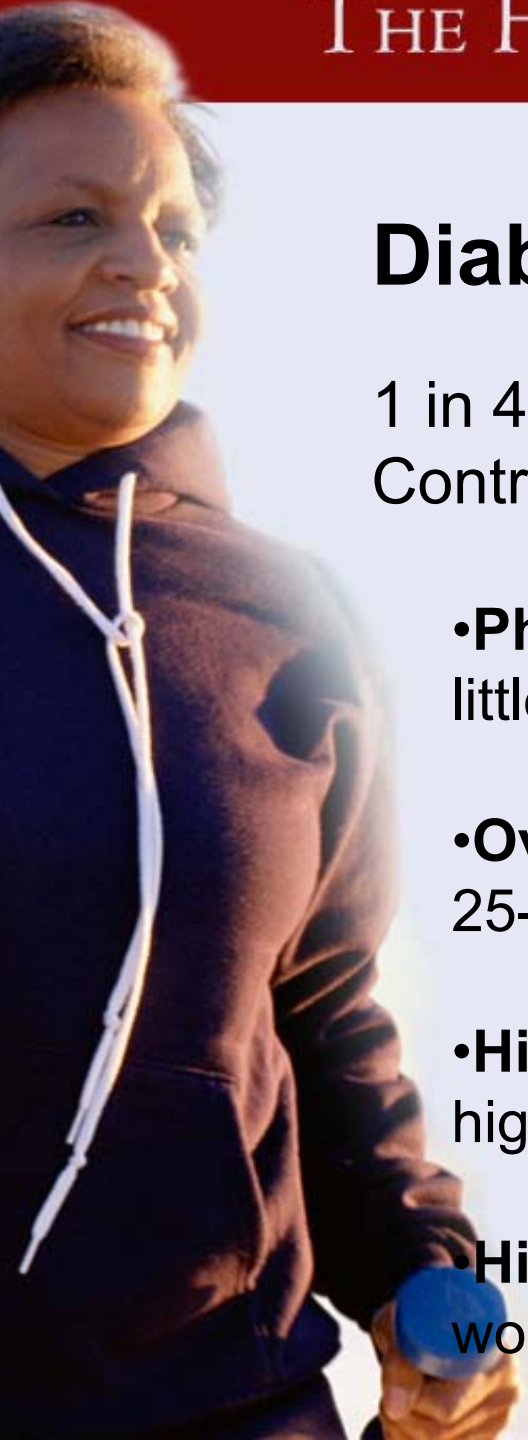




Our Priorities

- Cardiovascular Health
- Obesity Prevention Education
- Immunization Awareness
- Diabetes Prevention Education





Diabetes & Black Women

1 in 4 Black women 55 and older has diabetes.
Contributable lifestyle behaviors include:

- **Physical inactivity:** 67% of Black women report little or no spare-time physical activity
- **Overweight/obesity:** 78% of Black women, ages 25-74, are overweight; 51% are obese
- **High blood pressure:** 37% of Black women have high blood pressure
- **High blood cholesterol:** Nearly half of Black women have a total cholesterol over 200 mg/DL



Our Project

Purpose: To increase the capacity of NGOs to reduce the disproportionate burden of diabetes among high-risk populations

Project Goal: To prevent and/or delay the onset of type 2 diabetes among Black women through education, training, and collaboration

Project Period: February 2005-February 2010

Project Plan:

Project Year 1: program conceptualization and partnership building

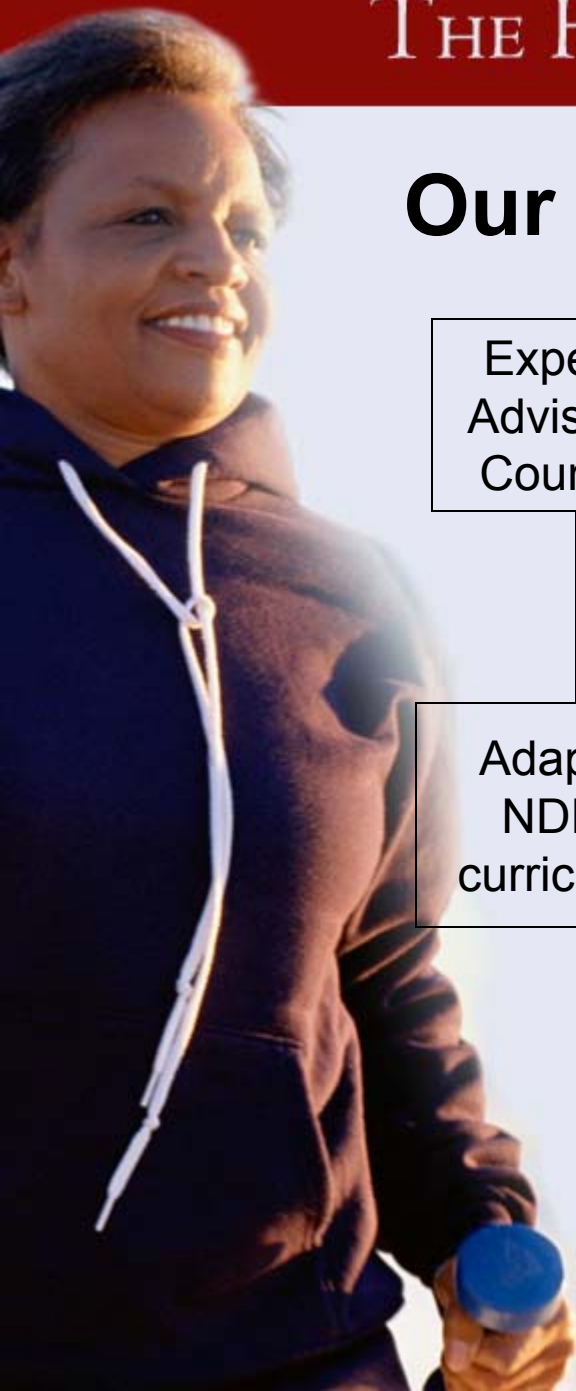
Project Years 2 - 5: program implementation and evaluation



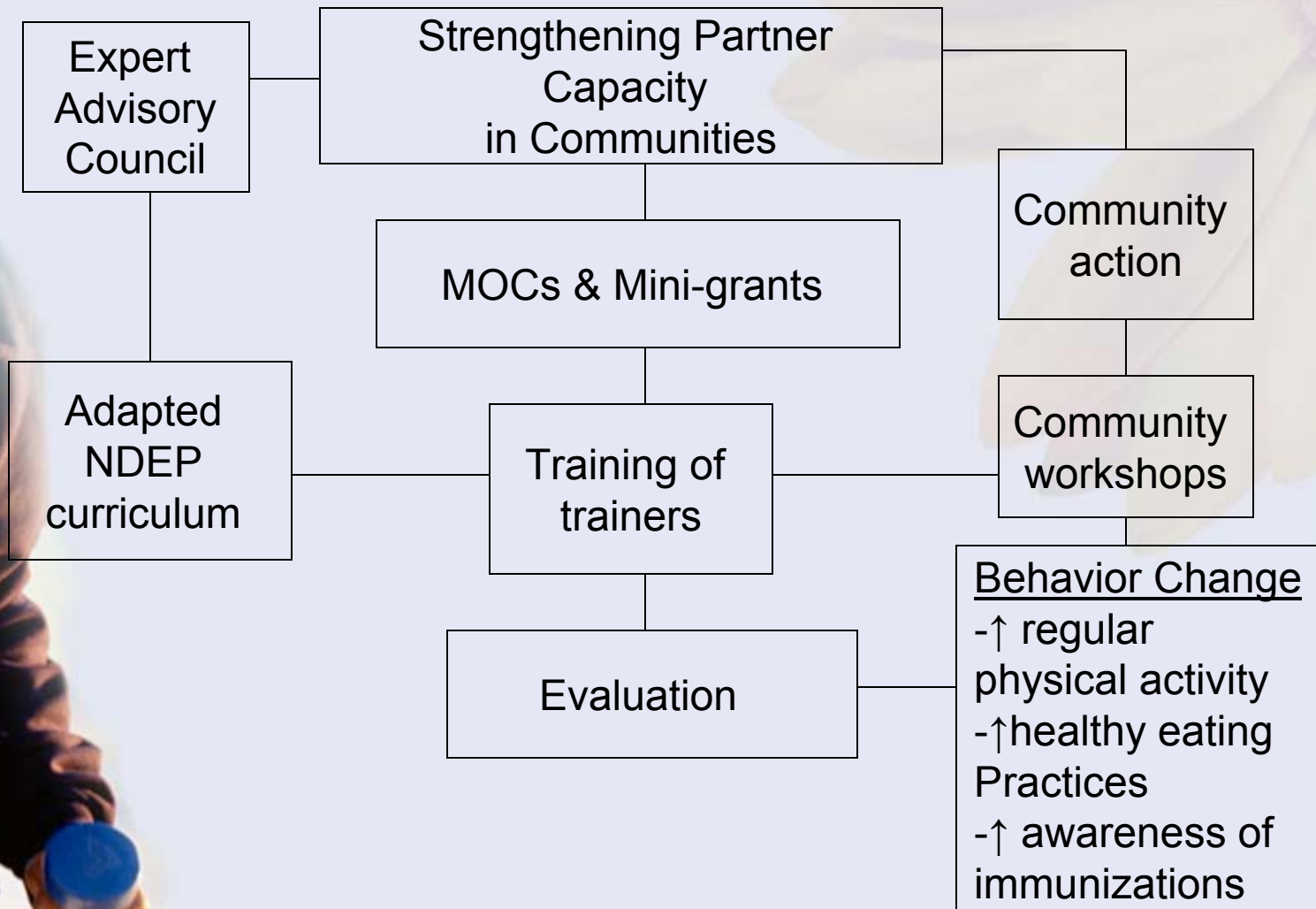
Our Resources and Activities

- Online Resource Center
- Mega Showcases
- Training-of-Trainers
- Community Workshops





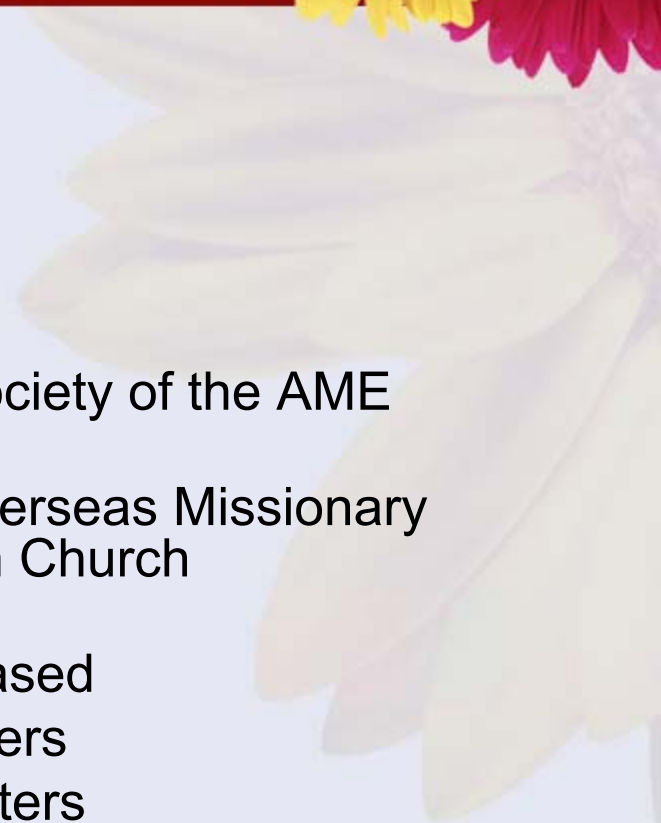
Our Strategy





Partners

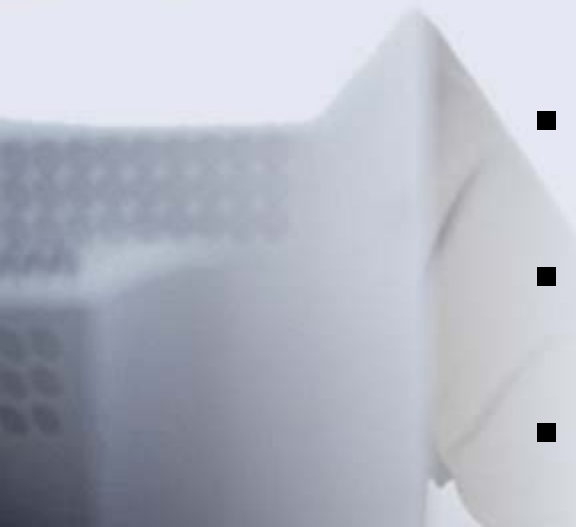
- CDC, Funder
- Faith-based
 - Women's Missionary Society of the AME Church
 - Women's Home and Overseas Missionary Society of the AME Zion Church
- National and Community-based
 - ZφB Sorority, Inc. chapters
 - Mocha Moms, Inc. chapters
 - churches
- Expert Advisory Council
- Drexel University, Evaluator





Targeted Cities

- Washington DC/Baltimore, MD
- Baton Rouge/New Orleans, LA
- Chicago, IL
- Atlanta, GA
- Charlotte, NC
- St. Croix, VI
- Los Angeles, CA (Year 3)



Training of Trainers

Purpose: To provide Black women with the knowledge, strategies and resources to implement diabetes prevention education and immunization awareness sessions in their local communities.

Training Approach: A “Train-the-Trainer” model for instructing lay health educators on facilitating the Health-Wise Woman Diabetes Prevention Education & Immunization Awareness curriculum

Training Goal: To train partner representatives to become community health leaders in their cities and organizations.



Our Training Format

- 2.5 day community health leader training
- Participatory and experience-based sessions and activities
- Focus areas: facilitation strategies, presenting accurate information, and demonstrating learning activities
- Skills- and knowledge based assessments





Our Curriculum Design

- Curriculum is an adaptation of an evidence-based intervention.
- Culturally appropriate and gender-specific.
- Curriculum includes components of the Imperative's self-help model as a facilitation tool.
- 5 sessions on diabetes prevention education and 2 sessions on immunization awareness.
- Offers flexibility (i.e. streamlining or coupling of curriculum sessions to meet the needs of community women)



Our Adaptation of the NDEP Curriculum

- Gender-specific
- Target audience: Black women ages 40 to 60 years
- Train-the-Trainer's Manual
- Sessions:
 - Introduction
 - Being Black and Female
 - Diabetes and Black Women
 - Healthy Eating: Part 1
 - Healthy Eating: Part 2
 - Physical Activity
 - Movement in Motion
 - Vaccine and Vaccine Preventable Diseases
 - eLearning Tools and Resources
 - Celebrating Big Rewards



Supportive Curriculum Materials

- **NDEP:**
 - Session Questionnaires
 - Weekly Pledge Form
 - More than 50 Ways to Prevent Diabetes tip sheet
 - GAMEPLAN Food and Activity Tracker
 - Food Label handout
 - NDEP Fat and Calorie Counter
 - New Beginnings CD/DVD
 - Meal Planner



Evaluation

▪Objectives:

- To determine if program activities are implemented as planned
- To determine program and implementation effectiveness To determine the impact of the project on community women

▪Measures:

- Quality and quantity of workshops and activities
- Changes in awareness, knowledge, attitudes and intentions of diabetes, prevention behaviors, and importance of immunizations for persons with diabetes.

▪Methods:

- Observations, monitoring of progress towards established objectives, and accountability to work plans
- Pre-/post-tests (knowledge base), pre-/post-questionnaires (risk assessments), weekly pledge cards, and individual progress charts





Challenges and Opportunities

- Adapting the evidenced-based NDEP curriculum to make it gender-specific for establishing cultural relevance.
- Developing a “Train-the-Trainer” model to support the facilitation of the adapted evidence-based curriculum.
- Expanding the number of community health leaders ensuring co-facilitation to support effective group management.
- Making mid-course corrections to strengthen program design and delivery.



***Black Women's Health
Imperative – The VOICE
for optimal health for
Black women and their
families.***

For more information please call (202) 548-4000

Eleanor Hinton Hoytt, Interimi President & CEO ehh@nbwhp.org

Shauna R. Cooper, Project Director shaunac@nbwhp.org x124