

REACH Detroit Highlights:

- REACH participants had lower A1C values—average blood sugar levels dropped after being part of REACH for 6 months.
- More REACH participants now take their recommended dose of medication, follow a healthy eating plan, test their blood sugar, and check their feet.
- Healthy lifestyle activities and events were created and were successful. They included community gardens, aerobic and dance classes, Healthy Latino and Healthy Soul food cooking demonstrations, and diabetes support groups.
- REACH participants reported eating more fruits and vegetables per day after being part of REACH for 6 months.

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REACH Detroit Partnership

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REACH Detroit Partnership Community Report 2005



Overview

REACH Detroit is a community research partnership that works with African American and Latino families, health care providers and community organizations in eastside and southwest Detroit to prevent type 2 diabetes and health problems related to diabetes. The goal of this partnership is to simplify the idea of living a healthy lifestyle for these communities, taking into account the cultural and social barriers that exist. REACH Detroit is one of 42 projects under the REACH 2010 Initiative ("Racial and Ethnic Approaches to Community Health 2010), of the Centers for Disease Control and Prevention (CDC).

Latino and African American Family Health Advocates (FHA), Community Facilitators and Community Health Advocates (CHA) - all from the REACH Detroit communities - make up the frontline of the program. FHAs work directly with diabetic participants, their family members and health care providers. Community Facilitators and CHAs work with community residents and groups to increase awareness of diabetes, healthy eating and exercise, and to develop programs and services. The REACH Detroit staff both develop and connect community residents with resources needed to increase regular exercise and healthy eating. These include classes and support groups for diabetes, healthy eating and exercise; walking clubs, healthy cooking demonstrations, community gardens and fruit and vegetable mini-markets.



REACH Detroit Staff

REACH Detroit scales new heights in confronting diabetes in our communities. Thanks to all of our REACH families and community partners for taking part and for supporting this exciting initiative.



The REACH Detroit Steering Committee

The REACH Detroit Partnership is comprised of organizations working together to promote healthy lifestyles in Detroit communities. The Community Health & Social Services Center (CHASS), Inc., based in southwest Detroit, is the central coordinating organization for this partnership. Steering Committee partners include: the University of Michigan Schools of Social Work and Public Health, the Detroit Department of Health and Wellness Promotion, the Michigan Department of Community Health, Southeastern Michigan Diabetes Outreach Network (SEMDON), six community-based organizations (CHASS, Friends of Parkside, Delray United Action Council, Akebulan Village, Southwest Solutions Community Partnership of Southwest Detroit), Henry Ford Health System. Other neighborhood, local and state organizations contribute their experience and services informally through our REACH-Out Network.



Steering Committee Members at Henry Ford Health Center—one of the monthly meetings hosted by our REACH partner organizations.



Journey to Health

The purpose of the REACH Detroit Family Intervention is to work with African Americans and Latinos with type 2 diabetes and their families to improve their blood sugar control by eating healthy, getting regular exercise,

The Family Intervention

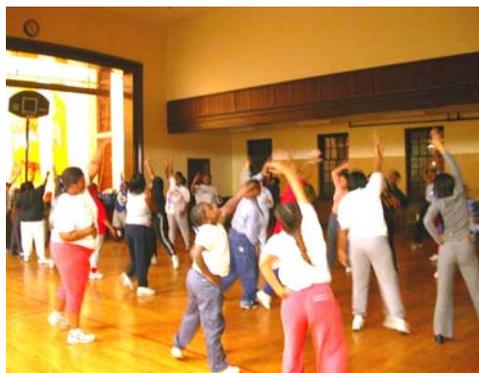


El Camino a la Salud

and managing their diabetes. Family Health Advocates (FHAs) were trained to work with the REACH families. REACH participants were referred to the project by their personal physicians from one of 3 health care systems in

Detroit: CHASS, Henry Ford Health System, and St. John Riverview Hospital. The REACH families participated in a program developed by Dr. Jackie Two Feathers of the University of Michigan School of Public Health and led by the FHAs. The program was made with Latino and African American culture in mind. Latino families participated in El Camino a la Salud and African American families participated in The Journey to Health programs. REACH families also receive a New Internet Computer (NIC) and training that helps them to get important information about diabetes and community programs in from their homes. All information is in English and Spanish and is reviewed to make sure it is correct. It is available to everyone at www.reachdetroit.org. REACH participants were interviewed before they started Journey to Health, and, again after about 6

A Different Kind of Aerobics...



"A Different Kind of Aerobics" class at the Church of the Messiah, a REACH Detroit Steering Committee Member organization.

Detroit: CHASS, Henry Ford Health System, and St. John Riverview Hospital.

The REACH families participated in a program developed by Dr. Jackie Two Feathers of the University of Michigan School of Public Health and led by the

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"To me, it's the three major components of what this project is all about. Information, getting them the information, educating them on the information, and demonstration, allowing them to demonstrate for themselves that they can be empowered by having the information, being educated on it, using it themselves..." REACH Detroit Steering Committee Member

months and 12 months. Many REACH participants made important changes in their habits. These include eating more fruits and vegetables and drinking fewer fruit flavored drinks. More participants now take their recommended dose of medication, follow a healthful eating plan, test their blood sugar, and check their feet. Also there was an important and healthy drop in the level of A1C in the blood of REACH participants. A1C measures blood sugar levels during the past 3 months. We look forward to seeing the health of REACH participants continue to improve.



REACH professionals in the community spreading the word about what we do .

Journey to Health

The Journey To Health program is now being offered to some new REACH clients along with FHA (family health advocate) services. FHAs accompany clients to doctor appointments to get to know their clients' doctor and assist clients with asking questions. FHA's help with translation, when needed.



The Health System Intervention

The goal of the REACH Detroit Health System Intervention is to increase the

knowledge and ability of health care providers and health systems to give high quality diabetes care to their patients. REACH Detroit accomplishes this goal in several ways. The REACH Detroit FHA works with the client and the health care provider to improve their communication. REACH also does training and meets with health care providers to help them to understand the challenges that clients face living with diabetes, to increase ordering of recommended diabetes-related tests, and to encourage and support their patients' efforts to manage their diabetes.

Twenty six health care providers were recruited to participate in REACH Detroit. Our first survey of REACH participants found that more than half were not completely satisfied with the support they get from their doctors and did not feel completely understood by or trustful of their doctors. Our first survey of health care providers found that many feel that they do

not have enough support to meet the needs of patients with type 2 diabetes and were frustrated in their care of their patients. Only 1 out of every 10 health care providers strongly agreed that they know about the world views, beliefs, and practices of cultural groups, and none said that they strongly agreed that there was a relationship between culture and health.

These results show how much work REACH Detroit must do to increase awareness of, and support for health care providers in our communities. Some ways that REACH Detroit works to improve the health care system include: training health care providers about the cultures of African American and Latino patients and how to work with the FHAs to help with communication with REACH participants; providing information about community resources for healthy lifestyles, patient care and diabetes information from the American Diabetes Association and the Southeast Michigan Diabetes Outreach Network. Follow-up surveys at six and 12 months provide information on how well our intervention has succeeded in making these improvements.

“...when you see the relationships develop and you see people's attitudes and commitment to the process of change, that's very encouraging. These kind of things continue to show you examples of human potential. What people can do when they're given the right tools to do something with and it's always amazing to see the results that come out of that.”
REACH Detroit
Community
Facilitator

The Community Level Intervention

The REACH Detroit Community Level Intervention is working with the Eastside and Southwest Detroit communities to increase awareness of diabetes, and the importance of healthy eating and exercise. It also works to improve neighborhoods and increase community resources, and to help groups of people get together to make it easier to have healthy lifestyles. Community activities that make it easier to eat healthy foods include Healthy Latino, Healthy Soul Food and other cooking demonstrations, community gardens, and fruit and vegetable mini-markets in community locations. Activities that make it easier to get regular exercise include aerobics, hustle and salsa dance classes and walking clubs, which are free and open to the public. REACH Detroit has also started healthy eating support groups for people with diabetes, their family members and other people who wish to give support to people with diabetes. REACH does these activities with community groups and agencies who provide ideas, training, people, equipment, supplies, publicity, and facilities that make these events possible.

The Community Level Intervention also collects information about the REACH community programs, services and other resources. The REACH Detroit computer website: www.reachdetroit.org in-

cludes maps and a calendar of community food, exercise and diabetes support activities and resources. It also includes links to important information about diabetes and self-care, and more information about REACH Detroit. We have interviewed people who are part of these activities to see if they are helpful. We have found that there is high attendance at most REACH activities. We have also seen that REACH families and other community members are becoming more involved in planning and leading these activities. People who are part of the diabetes support groups say that they have increased their knowledge about diabetes, what causes its complications, and other factors related to healthy lifestyles. Many people say they enjoy the activities and also feel increased support and sense of community.

• **“I was just sitting at home on my days off, nothing to do, nobody to talk to, nobody to communicate with about the same things about me and the support group meets**



*Healthy Mothers On the Move
Madres Saludables en Movimiento*

Healthy Mothers on the Move (Healthy MOMS) is the newest member of the REACH Detroit Partnership and assists pregnant and postpartum African American and Latino women maintain a healthy lifestyle tailored to their needs. This will aid in the prevention of diabetes in Eastside and Southwest Detroit.



Promoting Healthy Eating in Detroit

is a community-based participatory intervention research project designed to develop and sustain policies and environments that promote access to, and use of, healthy foods in predominantly African American and Latino communities of southwest and eastside Detroit

Urban Community Gardens



REACH continues community gardening efforts with the Detroit Agricultural Network (DAN) and the Greening of Detroit. The “Urban Roots” project, part of DAN, provides support and resources for groups interested in starting family and community gardens. Two gardens started by REACH are a part of “Urban Roots”. With support from this project these gardens will have the resources to continue into the future. In addition, “Mini-Markets” (on right) increase the opportunities for healthy eating in the area.

The newest addition to the project, Healthy Mothers on the Move, provides us additional resources. We continue to expand the resource options available to the individuals in the community in an effort to prevent, and increase awareness of, diabetes. At the end of the Newsletter you will find a list of resources that the REACH project has made available.



Families can take advantage of fruit and vegetable “mini-markets” in their own communities.



Resident Physicians from Henry Ford Health Care System lend an ear and offer advice to members of the community.

Providers in the Community

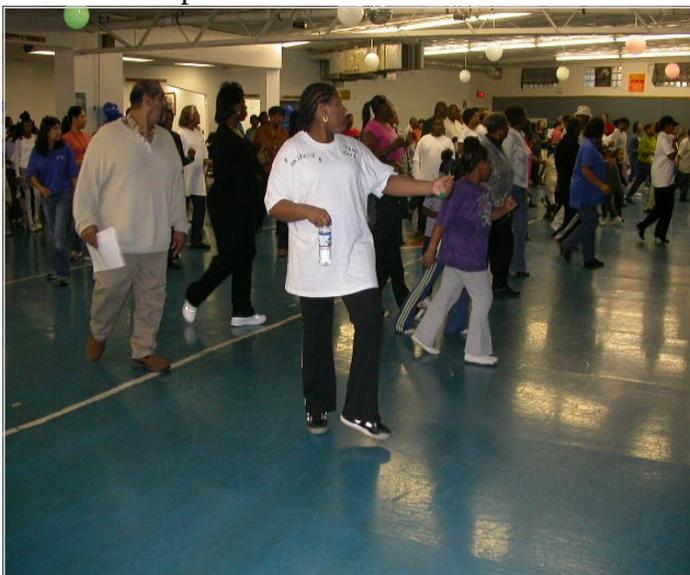
REACH Detroit partners with several area health care providers to provide medical care for clients. We have started different programs and activities for providers to increase the quality of diabetes care available to clients. In the past year REACH offered Continuing Medical Education training for doctors and FHA’s, with sessions on drug information, management of type 2 diabetes, cultural competence, and case management. In addition, REACH providers have also taken part in community activities. Our last “Dance for Life” event included an information table called, “Ask The Doctor”, which was staffed by a physician in residence.

More Community Level Interventions...

A vital part of any project is the distribution of information. The REACH project team have been very busy putting together this information at every stage of our development. These publications and presentations serve not only the community we are working in but the larger community of researchers across the country working on projects similar to this one.

Physical Activity & Healthy Eating

Another goal of the REACH Detroit Partnership is to **raise awareness in communities** about diabetes and the importance of healthy lifestyles. In the past year we have continued to encourage healthy eating and exercise through numerous activities. To ensure that our existing physical activities classes can continue, nine community members have completed training for certification as physical activity instructors during the past year. These new instructors will be volunteering their time to lead classes in the community while preparing for national certification.



The “Dance for Life” has community members strutting their stuff while providing a fun way to burn some calories.

This year, REACH sponsored various special events to promote physical activity. The “Dance for Life: Exercise to Prevent Diabetes,” featured dance classes and several booths providing information on diabetes and exercise. Over 400 people of all ages attended these events held in Southwest and Eastside of Detroit.

Support Groups

REACH started one additional Diabetes Support Group in 2004. Healthy eating support groups are currently forming at the St. Rose Senior Center, Cesar Chavez School, and All Saints Neighborhood Center. In addition we have begun several other support groups including a walking club in southeast Detroit at the Guadalupe School for girls, as well as healthy eating clubs and food policies groups, sponsored by Promoting Healthy Eating in Detroit (PHED).

The support group at McCauley Commons on the eastside celebrated their one year anniversary this year. The support group members and REACH staff organized a celebration/fashion show. Support group members participated in their own fashion show and talked about their experience in the group. Awards were given out to participants and a healthy meal was provided by the host site.

In the spring of 2005, REACH staff began a program in partnership with SEMDON and AIM HI assumed the responsibility of training volunteers to become Support Group Facilitators in southeast Michigan with the statewide Joining People with Diabetes (JPD) program. This training will be useful in recruiting new leaders in both REACH communities, and help ensure the success of the support groups in the future.

REACH Junior

Many children and youth are developing diabetes. The purpose of REACH Junior is to gather information. The findings will be used to develop a program providing greater assistance to REACH families with children. 24 families have shared their thoughts with us, to date—we would like to thank them for their help. A full report on those interviews describing how their lives have changed will be used to develop activities to help prevent diabetes in children.



The interviews make us aware of the challenges facing families and children when trying to make healthy changes, including: attitudes regarding the need for these changes, knowledge of food and diets (ex. How will the food taste?), the cost involved, and time management.

The information shared has also led to some possible solutions. For example, patience with the children as they get used to the new food; increasing the availability of healthy foods; tasty, healthy recipes; and bringing a spirit of togetherness by allowing the children to help their parents in the struggle to control diabetes.

Children do not need to be on a very strict diet. They don't need to count carbohydrates, or give up salt entirely. But most diet changes recommended for adults are also very good for children - including eating less salt, more fruits and vegetables, less fat and junk food, and drinking water or low-fat milk instead of soda or sugary drinks. Kids should feel like they have choices, and they should have the information and tools to make those choices healthy ones.

We look forward to hearing more of your suggestions, both about things that have worked for you in encouraging healthy eating among children in your household and about activities you would like to have available through REACH.



REACH Detroit has always been interested in publicizing our partnership activities. We are proud to report that three papers have appeared in national journals. Dr. Michele Heisler and colleagues entitled, “The Relationship Between Knowledge of Recent Hemoglobin A1c Values and Diabetes Care Understanding and Self-Management” appears in *Diabetes Care*; Dr. Jackie Two-Feathers and colleagues titled, “Racial and Eth-

Published Articles

nic Approaches to Community Health (REACH) Detroit Partnership: Improving Diabetes-related Outcomes among African American and Latino Adults”, *American Journal of Public Health*; and

Dr. Edie Kieffer and colleagues entitled “Reducing Disparities in Diabetes Among African-American and Latino Residents in Detroit: The Essential Role of Community Planning Focus Groups” appeared in *Ethnicity and Disease*. We are currently finishing other reports to be submitted for review in the coming months.

We have also been successful in presenting our work locally and nationally. For example, we have

presented papers to the Society for Social Work Research and gave several presentations at the CDC Diabetes Translation Conference in Miami, FL. In addition,

REACH Detroit staff have also given presentations and staffed information tables at several community events, such as: Parenting Awareness Health Fair, “Soul Of The Heart” American Heart Association, and the Yo! Career Works Health Fair. Our presentations were well-received, and the REACH Detroit Partnership has been recognized as a model for community based research and diabetes prevention with African Americans and Latinos.

The REACH Detroit Partnership

Mission Statement

The REACH Detroit Partnership mission is to inform, educate and involve families, communities and health care systems to prevent and manage diabetes.

Vision Statement

REACH Detroit Partnership will assure that people of color have the resources to reduce health disparities in diabetes. The REACH model utilizing Community Health Workers will be recognized as essential to community health and incorporated into health systems.



REACH Detroit is funded by the Centers for Disease Control and Prevention (CDC). Additional support provided by: the Detroit Empowerment Zone Corporation (DEZC), the Michigan Corporation for National Service, Promoting Healthy Eating in Detroit (PHED) - another CDC-funded project, the Michigan Diabetes Research & Training Center, and the Blue Cross Blue Shield of Michigan Foundation. The REACH Detroit Partnership is part of the Detroit Community-Academic Urban Research Center (URC), that includes university, city health department, community-based organization and health system partners. For more information about the Detroit URC, check out their website at: www.sph.umich.edu/urc.

For more information visit our website at: www.sph.umich.edu/reach/contact/index.html

REACH Detroit Partnership

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We are on the Web!
www.reachdetroit.org