

**Title:** Racial and Ethnic Approaches to Community Health (REACH) Detroit Partnership: Improving Diabetes-related Outcomes among African American and Latino Adults

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## **Abstract**

**Objective:** To determine the effects of a community-based, culturally tailored, diabetes lifestyle intervention on risk factors for diabetes complications among African Americans and Latinos with type 2 diabetes.

**Methods:** A total of 151 African American and Latino adults with diabetes were recruited from three health care systems in Detroit, Michigan to participate in the REACH Detroit Partnership diabetes lifestyle intervention. The curriculum, delivered by trained community residents, was aimed at improving dietary, physical activity, and diabetes self-care behaviors. Baseline and post intervention levels of diabetes-specific quality of life, diet, physical activity and self-care knowledge and behaviors, and A1C were assessed.

**Results:** There were statistically significant improvements in post intervention dietary knowledge and behaviors, and physical activity knowledge. A statistically significant improvement in A1C level was achieved among REACH Detroit program participants ( $P < .0001$ ) compared to a comparison group in which no significant changes were observed ( $P = .160$ ). **Conclusions:** This study indicates that a culturally tailored, diabetes lifestyle intervention delivered by trained community residents produced significant improvement in dietary and diabetes self-care related knowledge and behaviors as well as important metabolic improvements.