Diabetes and Health Disparities: Community-Based Approaches for Racial and Ethnic Populations

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Racial and Ethnic Approaches to Community Health Across the U.S. (REACH U.S.)
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A New Resource:

Diabetes and Health Disparities: Community-Based Approaches for Racial and Ethnic Populations

Leandris C. Liburd
Background: A Collaborative Effort

• Division of Diabetes Translation
  – National Diabetes Prevention and Control Program (DPCPs)
  – Native Diabetes Wellness Program (NDWP)
  – National Diabetes Education Program (NDEP)

• Division of Adult and Community Health
  – National Prevention Research Centers Program (PRCs)
  – National Racial and Ethnic Approaches to Community Health Program (REACH)
Will briefly touch on...

- Background
- Content
- Recurring and Emerging Questions
- Evaluation
Background: Some Goals

• Translate and disseminate what we are learning
• Highlight strategies that support increases in risk-protective behaviors by improving social conditions
• Contribute to public health dialogue
Background: Learning Objectives

- Epidemiology of diabetes in U.S. communities of color
- Reinforce characteristics of interventions that address racial and ethnic health disparities
- Consider how evaluations can better reflect characteristics of interventions addressing racial and ethnic health disparities particularly at the outer rungs of the socio-ecological model
- Consider how to enhance research and practice agendas
Background: Terminology

• **Health**: A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity
  ---World Health Organization, 1948

• **Health disparities**: Differences in health that are not only avoidable and unnecessary but in addition unjust and unfair
  ---Braveman, 2006

• **Health equity**: Providing all people with fair opportunities to attain their full health potential to the extent possible
  ---Braveman, 2006

• **Social determinants of health**: Features of society and its social and economic organization related to the health of populations
  ---Marmot, 2008
Background: Terminology

• **Race**: Groupings of people according to common origin or background and associated with perceived biological markers ---American Anthropological Association, 2007

• **Ethnic Group**: People whose members identify with each other, through common heritage that is real or assumed, and share cultural characteristics---Banks, 1996
Content: Epidemiological Data and Research

- Overview and Epidemiology of Diabetes in Racial/Ethnic Minorities in the United States Meda E. Pavkov, Linda S. Geiss, Gloria L. Beckles, and Desmond E. Williams

- The Co-Emergence of the Diabetes and Obesity Epidemics in Racial and Ethnic Populations Leandris C. Liburd

- Culture, Meaning, and Obesity Among College Educated African American Women: An Anthropological Perspective Leandris C. Liburd
Content: Literature Reviews

• The Centrality of Community in Eliminating Diabetes Disparities  Leandris C. Liburd and Janice V. Bowie

• Recontextualizing Place: The Influence of Residential Segregation on Health Disparities in the United States Amanda M. Navarro

• Community Change: Its Importance in Evaluating Diabetes Programs in Communities of Color Mark D. Rivera and Pattie J. Tucker
Content: Case Studies
(General Approach)

• Editor’s note
• Questions to foster key takeaways
• Designed to meet the needs of multiple audiences
Background: Case Studies
(Program Leadership)

- State and local health departments
- Universities
- Community-based organizations and institutions
- Community members
Background: Case Studies (General Focus)

- Program origins and components
- How the community was engaged in program design, implementation and evaluation
- Challenges confronted
- Impact to date on reducing diabetes health disparities
- How the program will be sustained
Content: Case Studies

• Project DIRECT (Diabetes Interventions Reaching and Educating Communities Together) **Joyce C. Page, John W. Hatch, Laverne Reid, and Lucille H. Webb**

• REACH Charleston and Georgetown Diabetes Coalition: Improving Outcomes for African Americans with Diabetes **Carolyn Jenkins, Gayenell Magwood, Barbara Carlson, Virginia Thomas, and Florene Linnen**

• American Indian Higher Education Consortium Honoring Our Health Grant Program **Kelly Moore, Carolee Dodge-Francis, and Lemyra DeBruyn**
Content: Case Studies

• Implementing Environmental Changes in San Luis Valley Colorado Elementary Schools: The School Environment Project **Elaine S. Belansky**

• Pacific Diabetes Today: Cultivating Community Partnerships for Successful and Sustainable Diabetes Programs in Hawaii and the U.S.-Associated Pacific **Nia Aitaoto, JoAnn U. Tsark, and Kathryn L. Braun**

Content: Case Studies

• Diabetes Disparities Reduction Through Improvement in Healthy Eating: The Chicago Southeast Diabetes Community Action Coalition Aida L. Giachello, Jose O. Arrom, Dinah Ramirez, and Neal Bosanko

• Cherokee Choices Diabetes Prevention Program: The Eastern Band of Cherokee Indians Jeff Bachar

• Making the Connection (¡Conéctate!): The Healthy Living Program Laurie Ruggiero and Emily E. Anderson
Recurring and Emerging Questions

• In what instances are cultural, socioeconomic, and political forces more predictive of health behaviors than individual choice?

• What are feasible public health interventions at the outer rungs of the socio-ecological model?

• How can we support interdisciplinary dialogue to better understand the impact of social determinants and how to address them in a public health context?
Recurring and Emerging Questions

• Are we regularly and systematically challenging and refining the assumptions that drive our program planning?

• What are feasible options for health reform that will help to eliminate disparities in health care for persons of color with diabetes?

• How well have our community-based public health strategies kept pace with the changing demographics and destabilization of many urban communities?
Evaluation: Which Milestones and Outcomes?

- Encourage greater consistency with regard to interventions and their findings?
- Clarify what constitutes credible evidence to various stakeholder audiences and the evaluation strategies for programs addressing social determinants
- Clarify the end points, milestones and indicators
Thank You!

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