Diabetes Awareness in African American Churches

By: Jaleen Sims, MPH
Objectives

- What is Project POWER?
- Project POWER churches in Jackson County
- Implementation of Project POWER in your local area/church
Background

- Faith community - effective way to implement health programming
  - Trust worthy and Safe
  - Gather multiple times per week
  - Faith-based messages help with health education

- Development of Project POWER
What is Project POWER?

- American Diabetes Association
- Cultural Specific Program
  - African American faith communities
- Diabetes education, prevention, and care
Aspects of
Ambassadors

- **Ambassador Training**
  - Goals of Project POWER
  - Resources that are provided by JCHD and SIH
    - Speakers, give-a-ways, copies, technical assistance
  - Implementation Guidance
  - More sustainable when the church implements the program instead of community agencies coming in to do them

- **Duties include**
  - Scheduling/promoting modules
  - Working with coordinator to confirm speakers
  - Planning and moderating each workshop
Diabetes Day/Pre-screening

- Cholesterol checks
  - LDL
  - HDL
  - Triglycerides
  - Blood glucose
- BMI
- Blood Pressure
- Pre-Test
- Participation of community agencies to provide education and resources
5 Modules

- **Power over Diabetes**
  - Diabetes care and prevention
  - Speakers: Certified Diabetes Educators

- **A Clean Heart**
  - How to keep the heart healthy

- **Fit for the Master’s Use**
  - Importance of physical activity
5 Modules

- **O Taste and See**
  - Nutritional health
  - Speakers: Certified Diabetes Educators or Nutritionists

- **Train up a Child**
  - Preventing type II Diabetes in children

- **Notice each module has a faith-based theme**
  - This allowed the participants to relate their health to what they read in their bibles or learn in church
Diabetes Day/Post- Screening

- Post- Test and program evaluation
- Cholesterol checks
  - LDL
  - HDL
  - Triglycerides
  - Blood glucose
- BMI
- Blood Pressure
- Participation of community agencies
Participating Churches

- Rockhill MBC
- Hopewell MBC
- Faith Temple COGIC
- Praise Central COD
- New Zion MBC
  - Have 1-3 ambassadors each
Collaboration of the churches

- The churches have begun to see the benefit in collaborating to implement their modules
  - Share the work load
  - Heighten participation
  - Fun fellowship among church members
  - New friendships among the ambassadors
  - Sustainability efforts for health programming
Implementation of Project POWER

- Visit the American Diabetes Association website to learn about the program: Web address:

- Contact Cathy Hartmann with ADA
  - chartmann@diabetes.org or 314-822-5490 ext 6823
  - Purchase materials (handouts, booklets, etc)
Program Guidance

- Implementation Guides
  - One for each module
  - Gives an agenda, moderator and speaker notes, and activities

- Easy to follow

- Program evaluations
Be Creative!

- Once you have all your materials, you can modify the program (within means) to enhance it for your faith community
  - Fit for the Master’s Use- physical activity class
  - Train up a Child- children’s classes
  - Each module- purchased give-a-ways for the participants
  - Pre/post for each module test to evaluate the effectiveness of the workshops
  - Pre/post screenings
Funding

- Grant funded
  - Center of Excellence in the Elimination of Disparities @ Chicago (CEED @ Chicago)
  - Southern Illinois Healthcare
  - IDPH Office of Women’s Health- for Post screening only

- Allows JCHD and SIH to provide all the materials, copies, and give-a-ways needed for the ambassadors to implement their programs.

- Also allows us to provide a stipend for the speakers for each module

- Stipend for each church to sustain health programming or implement project POWER workshops
Implementing without Funding

- Purchase the program guides and materials on your own
- Be creative with give-a-ways and snacks served at each module.
- Collaborate with other churches to share responsibilities
Questions??

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Thank You!