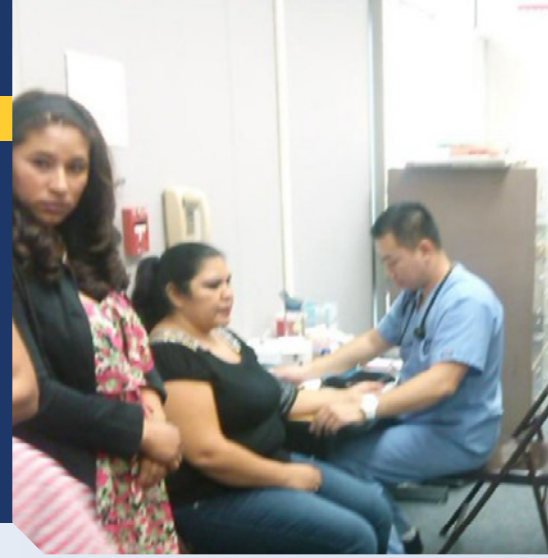


VIDA VIBRANTE

A DIABETES PREVENTION & SELF-MANAGEMENT PROGRAM LED BY COMMUNITY HEALTH WORKERS/PROMOTORES

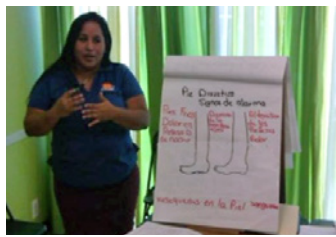


The Reason:



Address and improve the socio-cultural and behavioral determinants of health that preclude prediabetes and diabetes by combining traditional evidence-based interventions with participatory learning popular education approaches, discussions, goal-setting, and reflections led by community health workers/promotores (CHWs/Ps).

The Strategy:



- CHWs/promotores-led diabetes prevention and self-management health promotion program developed for bi-lingual, bicultural Latinos.
- Outreach activities.
- One-hour diabetes information sessions.
- 12 participatory sessions taught over three months.

The Participants:



- Spanish monolingual and English/Spanish bilingual adult Latinos/Hispanics.
- Designed to reach individuals who are at "high risk" for diabetes or complications of diabetes.

420 Participants completed the Vida Vibrante Diabetes.

Ages 36-45 (n=131)

31.19%

Ages 46+ (n=103)

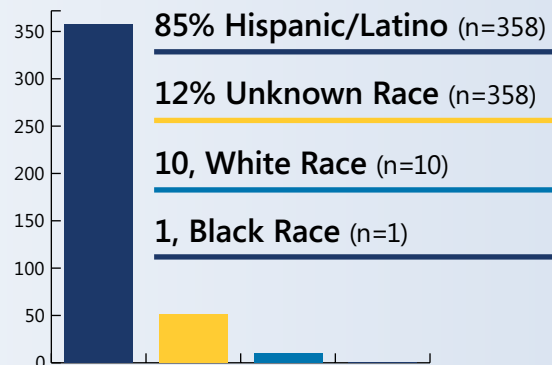
24.52%



72% Females (n=301)

23% Males (n=99)

5% No Gender (n=20)



The Location:

- Conducted at faith-based organizations, public schools, food banks, WIC offices, community centers, apartment and trailer park meeting halls, and individual homes.
- **Cities engaged:** Desert Hot Springs, Cathedral City, Thousand Palms, Palm Springs, and Palm Desert.



The Impact:



2,583 outreach participants



162 one-hour community presentations over a two-year period.

These presentations provided fundamental information about diabetes and the importance of a balance between diet, exercise, and stress management; and for recruitment.



Increase in knowledge about diabetes and self-efficacy and motivation to perform health promoting activities related to diet, exercise, and stress management.



420 participants completed at least 80% of the modules.

Hemoglobin A1c:



62.5% had a decrease in hemoglobin A1c levels of at least 1%.

130 participants had a lower hemoglobin A1c

after attending the diabetes education classes than before the intervention. This difference was both clinically and statistically significant.

