HEALTH PROMOTION AND DISEASE PREVENTION

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)

85% Hispanic/Latino (n=358)
12% Unknown Race (n=358)
10, White Race (n=10)
1, Black Race (n=1)
The Location:

- Conducted at faith-based organizations, public schools, food banks, WIC offices, community centers, apartment and trailer park meeting halls, and individual homes.

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.