

DPI 17-1705: SCALING THE NATIONAL DIABETES PREVENTION PROGRAM IN UNDERSERVED AREAS

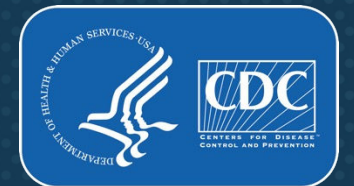
Black Women's Health Imperative

Principle Investigator: Linda Goler Blount, MPH, BWHI President & CEO



Centers for Disease Control and Prevention

National Center for Chronic Disease Prevention and Health Promotion



BWHI AFFILIATES: 7



Fundamental Health Solutions
Jackson, TN (English & Spanish)



The Wellness Coalition

The Wellness Coalition
Montgomery, AL (English)



Indiana Minority Health Coalition
Indianapolis, IN (English & Spanish)



Urban Health Resource
Detroit, MI (English)



Life's Perfect 7
Katy, TX (English & Spanish)



Whatley Health Services, Inc.
Tuscaloosa, AL (English & Spanish)



Rural Health Medical Program, Inc.
Selma, AL (English)

MAP OF AFFILIATES

- Alabama
- Indiana
- Michigan
- Tennessee
- Texas



* Black Women's Health Imperative serves a national audience

POPULATION FOCUS

- Black Men and Women
- Hispanic/Latino Men and Women
- Medicaid Beneficiaries
- Medicare Beneficiaries

ORGANIZATION STATS

- Total Number Enrolled: 1,797
- Total Number Enrolled by Population of Focus
 - Blacks - 1,436
 - Hispanics - 200
- Number & percent of completers (retention): 28.6%
- Risk reduction or weight loss by population of focus (outcomes)
 - Blacks - 4.71%
 - Hispanics - 12.65%
- MDPP Suppliers Onboarded: 6

BWHI TAKING PREVENTION TO THE PEOPLE

PAULA GREEN-SMITH, VP TRAINING AND TECHNICAL ASSISTANCE

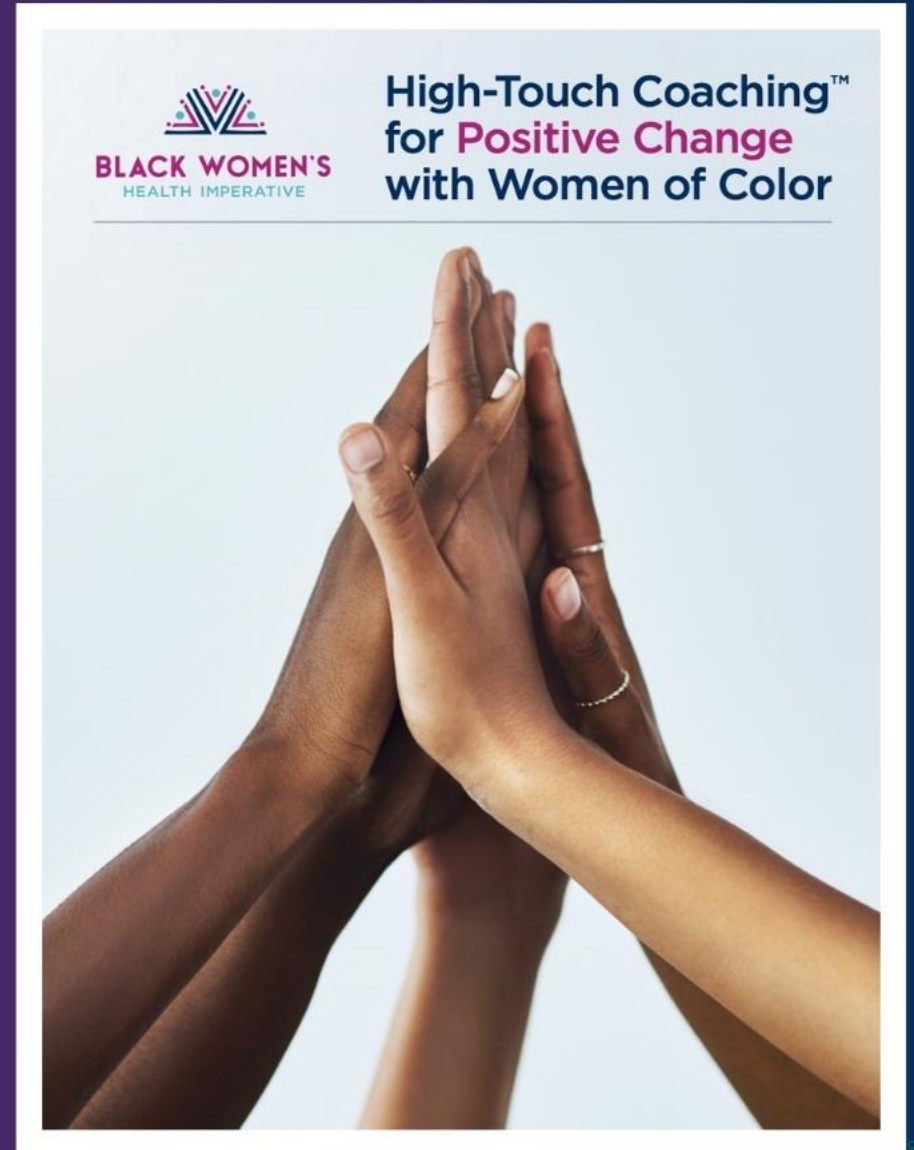
LENEÉ REEDUS-CARSON, EDUCATION PROGRAM DIRECTOR, CHRONIC DISEASE MANAGEMENT



Our presentation highlights a few of the innovative approaches used, both as a grant recipient and program provider, to increase the availability of the program through training and capacity-building, communications, and our tailored digital program delivery.

High-Touch Coaching™

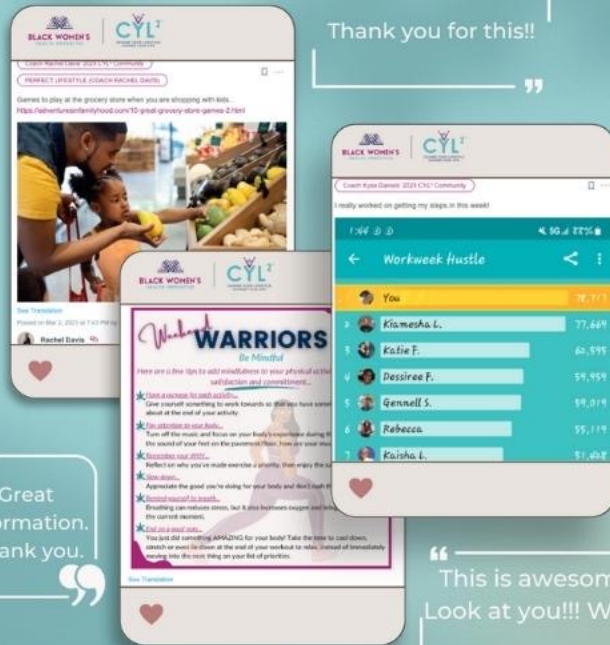
Our coaching model reflects our **understanding, value, and respect** for the lived experience and intersectionality of women of color and how those both influence thoughts, decisions, and behavior change.



The BWHI App

BWHI APP ACTIVITY

Community Engagement



“ Thank you for this!! ”

“ Great information. Thank you. ”

“ This is awesome. Look at you!!! Wow. ”

Change Your Lifestyle. Change Your Life. CYL² Participants & Coaches

Healthy Eating with Dish Diva

The Snack and Chat episode for April focused on strawberries. YUM! Tiffany and I both made sweet treats with a healthy twist. Let me know if you try any of them. Enjoy!

Snack & Chat - Strawberries

Watch on YouTube

Erin Taylor - BWHI

Coach Lauryl Osborne - 2022 CYL² Lifestyle Change Program

Reminder
Live Coach Session

Live Coach Session Reminder:

In this week's live session, you will meet with your lifestyle coach and fellow classmates to talk more about preventing Type 2 diabetes and making lifestyle changes.

Join Coach Lauryl: CYL² Lifestyle Change Program

Time: 1 PM ET / 12 PM CST / 10 AM PST

Join Zoom Meeting

Culturally Tailored Curriculum

BWHI adapted the PreventT2 curriculum and added 5 new modules, based on our feedback from Black women:

- Chronic Stress, Intersectionality, and Lived Experience
- Practice Self-Care for Life!
- Aging Like a Fine Wine: Achieving Weight Goals During Mid-Life
- More About Aging Like a Fine Wine: Hormones and Menopause
- What's Money Got to Do With It?



The Men's Room

Project Objective

The project objective is to increase the enrollment of Black men in the BWHI lifestyle change program by engaging them to adapt and culturally tailor the curriculum for themselves.

Additional Outcomes

- Increased awareness regarding various health issues affecting Black men
- Positive self-reported changes related to such variables as chronic stress/stressors, self-care, self-confidence, and social connectedness.



Contact Us

Paula Green-Smith
pgreensmith@bwhi.org

Leneé Reedus-Carson
lrcarson@bwhi.org



BLACK WOMEN'S
HEALTH IMPERATIVE



CHANGE YOUR LIFESTYLE.
CHANGE YOUR LIFE.