DP17-1705: Scaling the National Diabetes Prevention Program in Underserved Areas

The Balm In Gilead – Southeast Diabetes Faith Initiative

Principal Investigator: Dr. Pernessa Seele
AFFILIATES

• As of March 2023, the Balm’s Southeast Diabetes Faith Initiative (SDFI) has a total of 52 local affiliate sites
• The Balm is offering the National Diabetes Prevention Program (National DPP) lifestyle change program (LCP) in 7 states and a satellite class to participants in Ghana via a VA health care partner
  • Alabama
  • Florida (via distance learning only)
  • Georgia
  • Mississippi (not CDC/1705 funded)
  • North Carolina
  • South Carolina
  • Virginia
MAP OF AFFILIATES

• Alabama – 7 affiliates
  • 14 counties
• Georgia – 9 affiliates
  • 16 counties
• Mississippi – 9 affiliates (not CDC-funded)
  • 8 counties
• North Carolina – 10 affiliates
  • 18 cities/counties
• South Carolina – 15 affiliates
  • 16 cities/counties
• Virginia – 10 affiliates
  • 11 cities/counties
POPULATION FOCUS

- African Americans
- Older Adults, African American Men
• Total number enrolled – 1,603
• Retention rate of 48.06%
• Demographics – approx. 3 to 1 female to male ratio; 88% African American; 14% age 65 and older
• Risk reduction or weight loss – average (all states) – 12.35% reduction
• Balm has one-MDPP Supplier (SDFI: Virginia)
BALM SDFI 1705 SHOWCASE: MEN AT WORK - TAPPING INTO SOCIAL CONNECTIONS TO RAISE AWARENESS & INCREASE ENGAGEMENT

PAMELA PRICE – DEPUTY DIRECTOR & TANYA HENDERSON – SDFI PROGRAMS DIRECTOR
THE BALM IN GILEAD FORMS THE SOUTHEAST DIABETES FAITH INITIATIVE

- Innovative model
- Culturally relevant
- Regional approach
- Utilizes existing partnerships with faith leaders
Reaching participants in 16 cities/counties (based on reported zip codes):
Bibb, Macon, Peach, Cobb, DeKalb, Fulton, Douglas, Henry, Toombs, Jefferson, Rockdale, Lamar, Newton, Augusta (Richmond), Gwinnett, McDuffie, and Ware
Achieved Full Recognition in 2020

Currently have nearly 150 actively enrolled participants across 10+ cohorts

Developed partnerships with organizations to expand access and reach

Word of mouth and faith/community connections are primary sources for referral and enrollment

Mt. Zion First Baptist
UTILIZING COMMUNITY CONNECTIONS & PARTNERS

- Weekly Bingo
- Monthly food boxes provided by a community partner to metro Atlanta participants
- Weekly virtual workout with a personal trainer
SDFI/OMEGA PARTNERSHIP

- The Power of Connections – The Brothers of Omega Psi Phi (“Bruh” James Fulks, President - Georgia State Health Initiative for Omega Psi Phi)
- Shared engagement – GA State Manager and team coordinated a health fair for the fraternity’s annual state meeting
- Garnered positive interest for an all-male cohort
MEN’S COHORT: HEALTHY MEN OF OMEGA

- Began May 2021—SDFIs first all-male cohort
- 35 men enrolled and created 2 cohorts
- Both cohorts combined to achieve a 7% reduction in weight
- Led to a new program champion and lifestyle coach

Stephen Thompson, Lifestyle Coach
TAKE AWAYS

• Leveraged culture/network of "Divine-9" organizations
• Created a safe space for men
• Made the National DPP LCP and PreventT2 relatable to men
• Incorporated other health focuses
• Provided bi-directional support & fostered collaboration
THANK YOU!

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