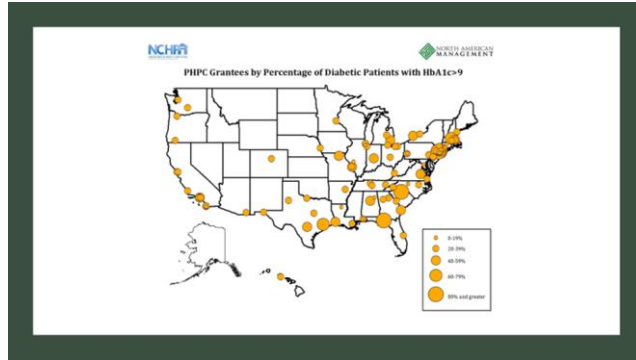


Community Linkages to Address the Diabetes Epidemic and Community-Based Exercise and Weight Control Models

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Agenda:

- 1:00pm-1:05pm Introduction
- 1:05pm-1:15pm Diabetes Updates
- 1:15pm-1:50pm Community Linkages to Address Diabetes Epidemic and Community-Based Exercise and Weight Control Models
- 1:50pm-1:55pm Questions
- 1:55pm - Adjourn



Diabetes Updates

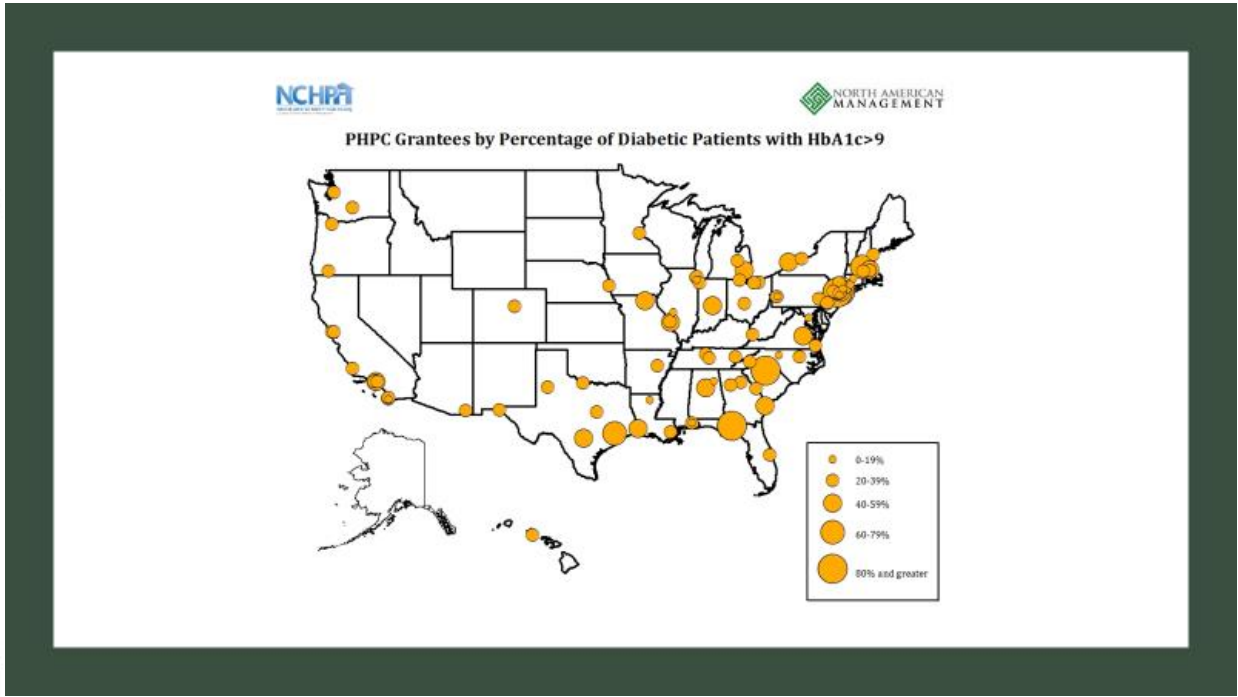
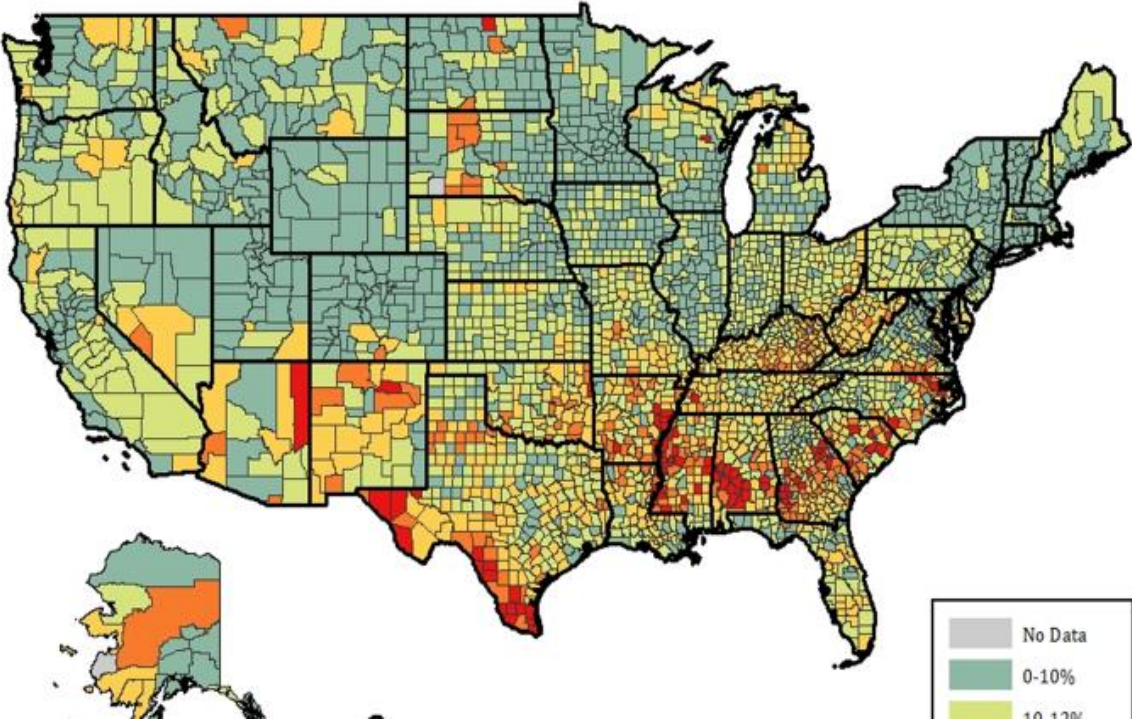
- Social Determinants of Health Academy
- NCHPH Resources
- Special and Vulnerable Populations Diabetes Task Force



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NCHPH Resources

Adult Diabetes Rates by County

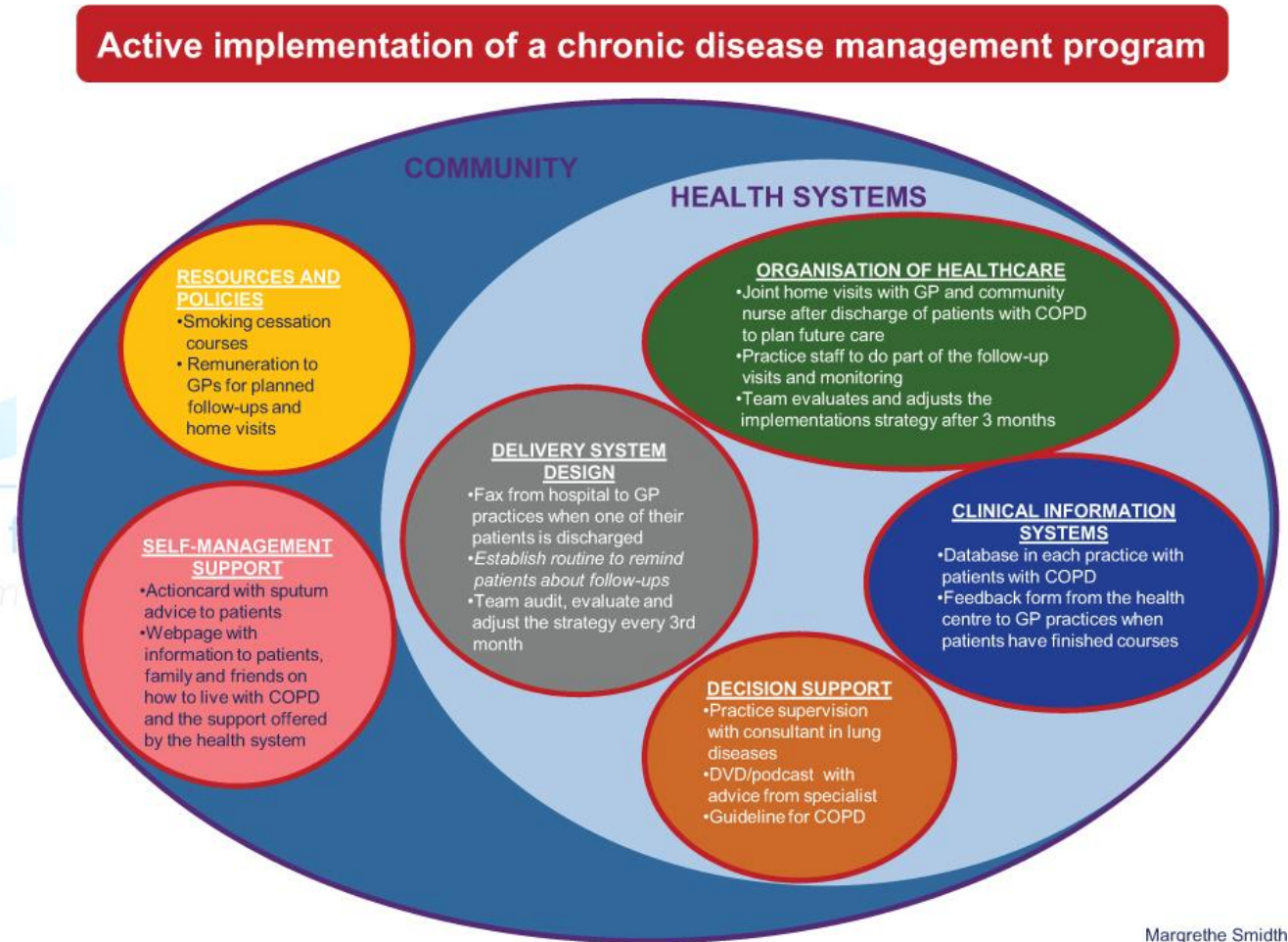


<https://namgt.maps.arcgis.com/apps/webappviewer/index.html?id=04d10d42b4cb4a03bd98a2ca7c7f3ffc>

Linking Community Resources in Diabetes Care

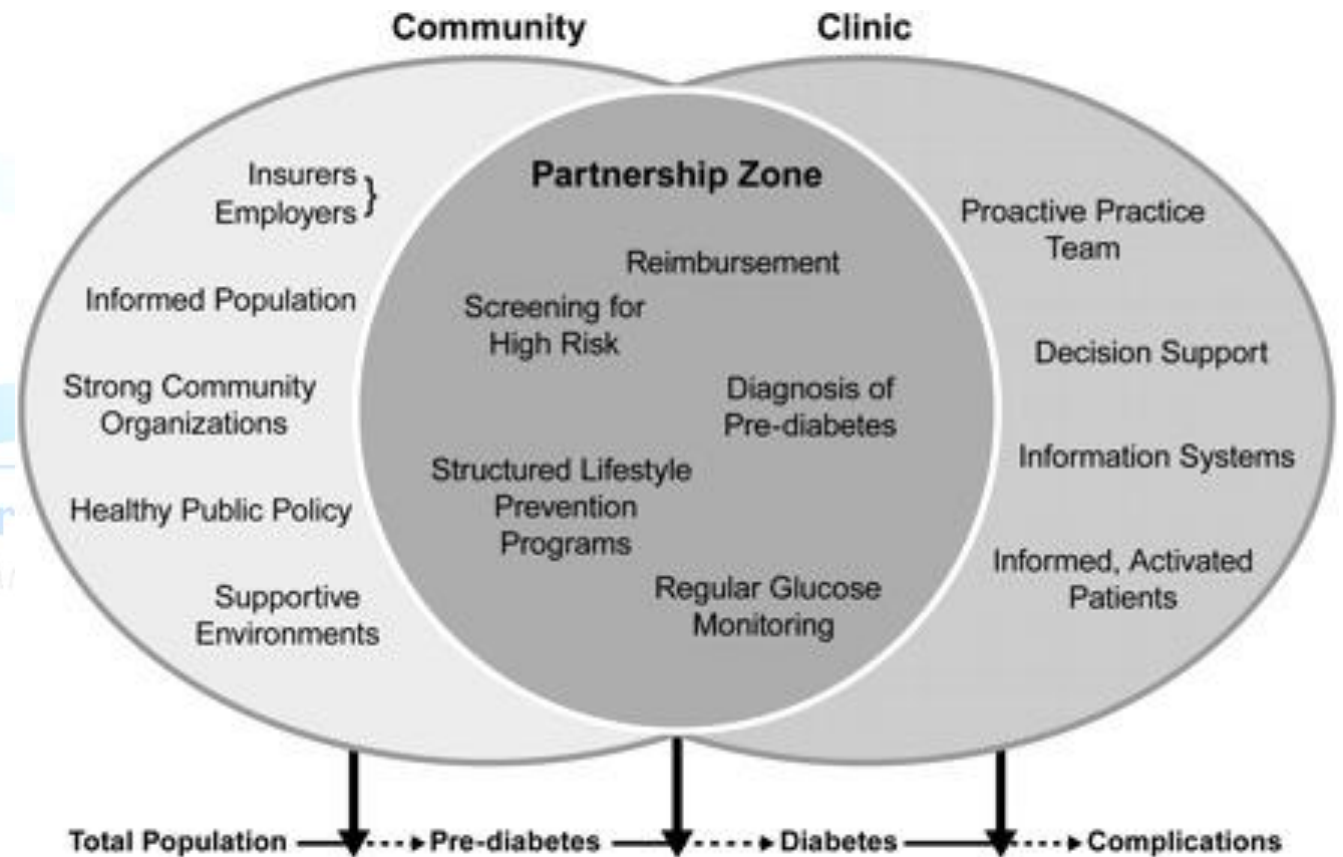
- Chronic Care Model:
 - Organizational Support
 - Community
 - Self-Management Support
 - Delivery System Design
 - Decision Support
 - Clinical Information Systems

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Benefits of Community Linkages

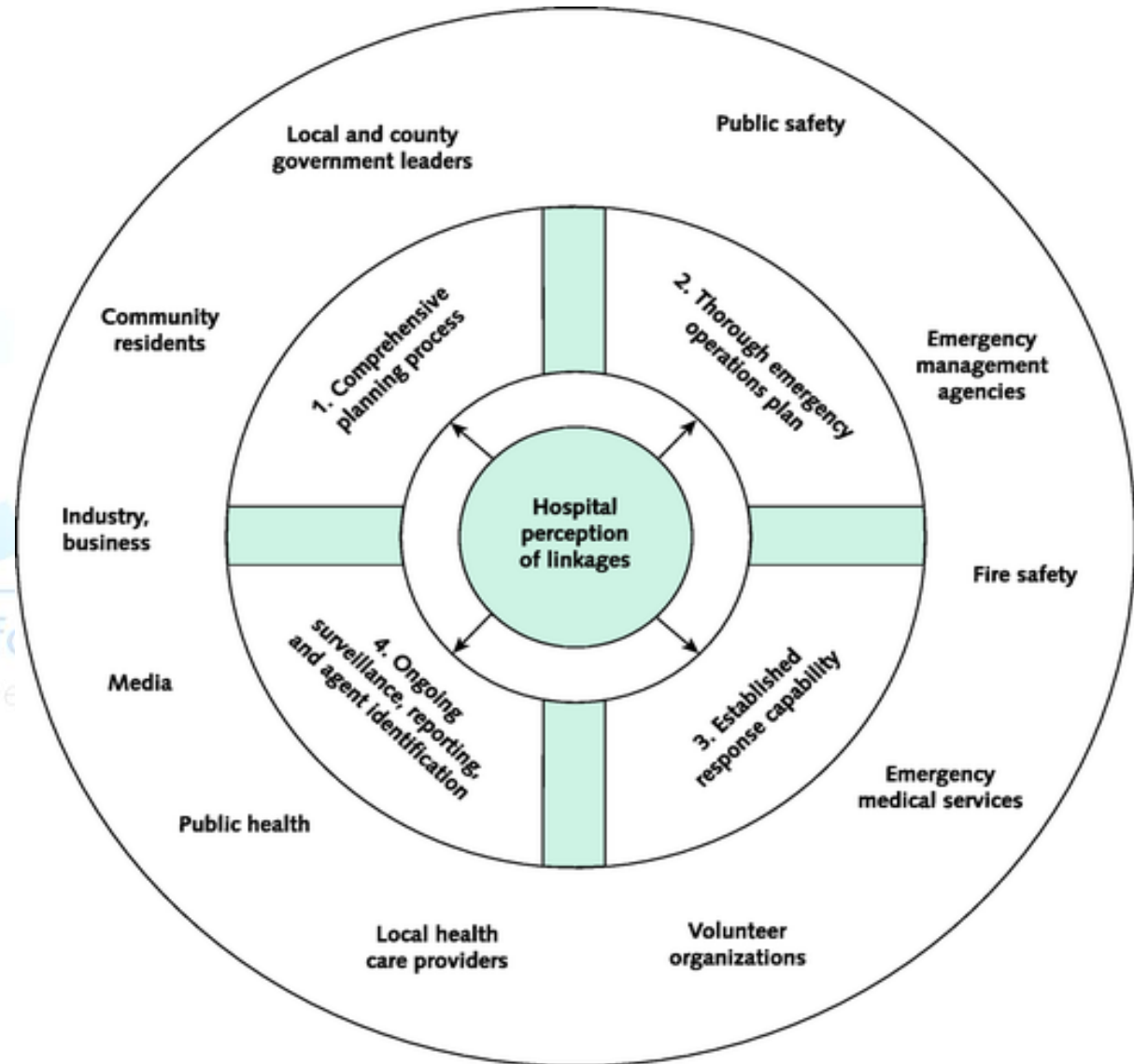
- Patients get more help in changing unhealthy behaviors
- Clinicians get help in offering services to patients that they cannot provide themselves
- Community programs get help in connecting with patients for whom their services were designed



Health Services Linkages to Community Assets

- Physician Linkages
- Community Health Workers Linkages
- Social Network Linkages

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Physician Linkages

- Unemployment
- Housing Assistance
- Fitness Programs
- Food Prescription Program: Food Rx

Rx THE UNIVERSITY OF CHICAGO MEDICINE Primary Care Group (773) 702-1000

Patient Name: _____

Primary Care Physician: _____

Diabetes:

Low Carb High Fiber

Low Fat Low Sodium

Date: _____

Walgreen

Present this Coupon to your pharmacist

\$5 OFF your purchase of \$20 or more of healthy food

Participating Chicago Locations:

- 1213 W. 79th St. (79th St. & Racine Ave.) (773) 651-2118
- 11 E. 75th St. (75th St. & State St.) (773) 224-1211
- 2015 E. 79th St. (79th St. & Jeffrey Blvd.) (773) 734-3403

Check for restrictions. Individual coupon used by pharmacist.

Food for Health | Nutrition is an important part of your treatment plan.

Use this sheet to help you follow your doctor's guidance for a healthy eating plan. Read the nutrition labels on all your food products to learn more about what you're putting in your body.

What are Low-Carb Foods?

Carbohydrates (or carbs) include fruits, sweets and starches. The good news is that you don't have to cut them out. Eating



What are Low-Carb Foods?

- Tomatoes
- Onions
- Carrots
- Mushrooms
- Tea and Coffee
- Yogurt
- Cottage cheese

We accept LINK and Senic

The 61st Street Farmers Market is at 61st St. & Stony Island Ave. (773) 493-0233



This Food Rx is worth \$10 in fresh produce.

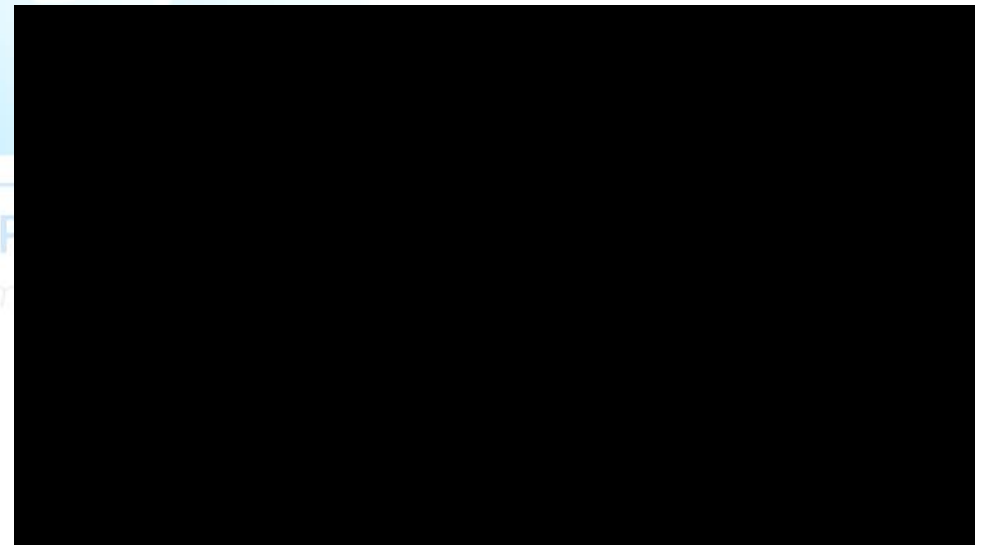
GET \$10 worth of fresh fruits and vegetables at the 61st Street Farmers Market!

located on 61st Street between Archer & Jackson

LINK On Line | **wholesome wave**

Community Health Worker Linkages

- Montana Diabetes Prevention Program
 - Using telehealth and CHWs to deliver DPPs
 - CHWs secured pool spaces at local hotels and indoor equipment at local recreation centers



Social Network Linkages

- Social networks have been heavily studied in describing behavior patterns among those with diabetes and obesity
 - e-Healthy Strides (DSME)
 - Electronic support Program
 - My Diabetes Wellness Program
 - Interactive Portal provides self-management tools
 - TXT2BFiT



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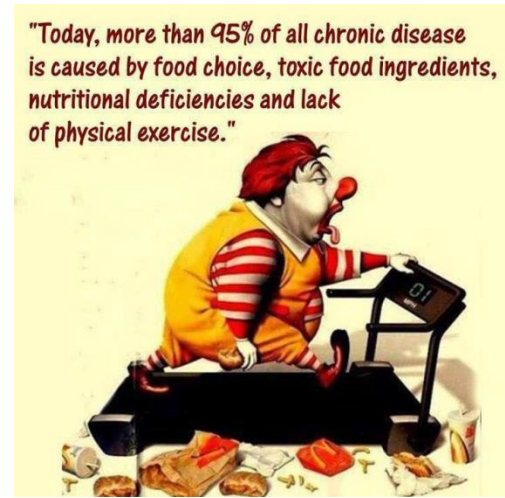


Community Based Organizations

- American Association for Diabetes Educators
- YMCA
- Faith-Based Organizations
- Public Housing Agencies
- State/Local Health Departments



Community-Based Exercise and Weight Control Models



ADA Standards of Care

Patients with diabetes type 2 should receive healthcare from a team that may include:

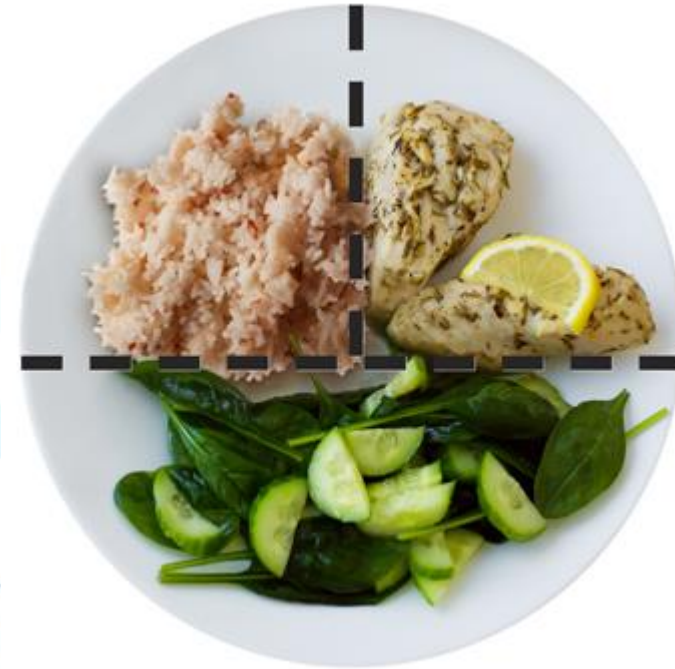
- Physicians
- NPs
- PAs
- Nurses
- **Dieticians**
- **Exercise Specialists**
- Dentists
- Podiatrists
- Mental Health Specialists

Recommendations

- Most adults with type 1 or type 2 diabetes should engage in 150 min or more of moderate-to-vigorous intensity activity per week, spread over at least 3 days/week, with no more than 2 consecutive days without activity
- Adults with type 1 or type 2 diabetes should engage in 2–3 sessions/week of resistance exercise on nonconsecutive days.
- Flexibility training and balance training are recommended 2–3 times/week for older adults with diabetes. Yoga and tai chi may be included based on individual preferences to increase flexibility, muscular strength, and balance

Community-Based Exercise and Weight Control Models

- For many individuals with diabetes, the most challenging part of the treatment plan is determining what to eat and following a food plan. There is not a one-size-fits-all eating pattern for individuals with diabetes
- In overweight and obese patients with type 2 diabetes, modest weight loss, defined as sustained reduction of 5% of initial body weight, has been shown to improve glycemic control and to reduce the need for glucose-lowering medications



The plate method shows the amount of each food group you should eat.