



Community Grant Outcome Report

Name: Si Se Puede! (Yes You Can!)

Grantee: Northeastern Wisconsin Area Health Education Center, Inc. (AHEC)

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Academic Partner: Kirstin Q. Siemering, DrPH, RD, Research, UW Population Health Institute, UW SMPH

Program: Implementation

Grant Duration: 03-01-2006 to 12-31-2009 (46 months)

Expenditures: \$400,180 (97%)

Use of Funds: Community Health Education

► **Description:** Type 2 Diabetes is an escalating health problem in Wisconsin, and is especially prevalent in minority communities. This project sought to improve diabetes management, access to care, and prevention for Latino adults in Green Bay using trained community health workers.

► **Results:** The project successfully met or exceeded most objectives, and achieved its overall goal. Participants who completed the program achieved the desired positive change in knowledge, self-management skills and behavior change. The initiative provided a six-week diabetes education course to 113 Latino adults in Green Bay, followed by six months of post-graduation activities. In follow-up surveys, more than 96 percent of participants achieved positive changes in knowledge about diabetes, management of the condition. After six months, smoking prevalence decreased by more than 40 percent, and participants reported statistically significant dietary changes.

This program had a cascading effect, as the 113 formal participants often brought others to classes. AHEC reported that in all 282 people, received at least some educational information. The project also contained a health professions training component. Nursing students and dietetic interns were involved in this work for the duration of the project, although there were language barriers in some cases that prevented greater involvement. The employment of Community Health Workers enhanced the cultural competency of the state's health work force.

► **Met Objectives:** Project complete

► **Baseline Progress on State Health Plan Objectives:** This project addressed social and economic factors that influence health. Specific objectives were not measured. The project also addressed access to primary and preventative health services. It dealt with adequate and appropriate nutrition, as well as overweight, obesity, and lack of physical activity. The employment of Community Health Workers enhanced the cultural competency of the state's health work force.

► **Academic Partner Role:** Consultation and technical assistance, research and evaluation, data analysis. The academic partner served on a Community Advisory Committee, which helped guide the process.

► **Matched Dollars (cash or in-kind):** \$29,287

► **Dissemination:** A Spanish-language photo novella describing the program was created to promote the courses to potential participants. The program was featured in *Compass*, a publication of the Green Bay Diocese and well as the Wisconsin Medical Alumni Quarterly. Its work has been presented at the 2007 State Public Health Conference, the State AHEC Board, and the Institute for Clinical and Translational Research (ICTR). An academic publication is expected as well.

► **Sustained:** Community Health Workers at St. Willebrord Parish and a physician in a Latino-oriented practice intend to continue offering diabetes courses.