

Diabetes Prevention and Management Program Assists Community Organizations in Implementing Nutrition Projects

The PRC Diabetes Prevention and Management Program (DPMP) has been working over the last few years in the dissemination of “best practices” for disease management.

Much effort has been put into the establishment of the Stanford Chronic Disease Self-Management program, improving the clinical/community referral process and piloting the Diabetes Education Kiosk (DEK).

In May 2008, the DPMP released a call for proposals (CFP) entitled “Healthy Communities Mini Grants”. The aim of this CFP was twofold:

- To support the establishment of physical activity and/or nutritional projects and interventions.
- To implement, as well as create and/or advocate for, community policy, systems, and environmental changes consistent with obesity prevention strategies.

The two community based organizations that were funded for \$3000 each to conduct these projects were the Brazos Valley Community Action Agency (BVCAA) and the

Christian Community Services Center (CCC) in Grimes County.

The BVCAA is hosting five “healthy eating” focus groups with bilingual and Spanish speaking only members of the community. The focus group questions aim to determine barriers to healthy eating; access issues, lack of knowledge about purchasing and preparing healthy foods, cost, equipment and storage for food, customs/culture...etc. Trained focus group moderators are conducting the groups and each session will be transcribed. BVCAA will disseminate the results of these focus groups to key community stakeholders, other community based organizations, and the Brazos Valley Obesity Prevention Network. The purpose in determining the barriers to healthy eating is to have the knowledge to propose targeted solutions and to establish partnerships for effective systems and policy change.



The CCC is a nonprofit organization in Grimes County with a mission to improve the living conditions of the homeless and/or poverty stricken individuals by providing basic needs items such as food, clothing and shelter and working with other local organizations to help individuals become self-sufficient while overcoming life’s challenges. The CCC Food Distribution Program provides food to an individual or family once per month based on their need and the number of members in each family. The mini grant provided money to support Planting Seeds for a Healthy Future, a healthy community project that not only strives

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to provide a sustainable food source for needy individuals in the area but to improve the health and nutrition of community residents. As part of this project, they are developing an 1100 sq. foot community garden to subsidize the food distribution program to be tended by volunteers, clients and students and a greenhouse. During harvest time, a volunteer dietician/nutritionist will work with the children/teachers in the classroom to teach them to develop healthy and proper eating habits. A volunteer chef will also go into the classroom to show the children how to prepare a nutritious meal using the fruits and vegetables that they helped raise and harvest and encourage the children to develop recipes that they could share with the Center, their families and others.

Implementing and Evaluating Sabemos in Two Texas Colonias: Examining Interpersonal and Media Influences on Parenting Tobacco-free Hispanic/Latino Youth

In May 2008, CCHD was awarded a supplemental grant to evaluate the implementation of Sabemos in colonias located on the U.S.-Mexico border. Sabemos, a community outreach/media campaign program for parenting tobacco-free Hispanic/Latino youth, was developed by the Centers for Disease Control and Prevention's Office of Smoking and Health. Working with CCHD staff and promotores located in McAllen, Texas, the project will measure outcomes from the media campaign (radio and television) against the effectiveness of the media campaign supplemented with interpersonal communication conducted by promotores.

The Sabemos project works to promote family health as a priority by asking families to make conscious decisions to create smoke-free environments

for their children. Using five simple steps, the promotores will encourage colonia residents to protect their family by: (1) not smoking in the home or car; (2) talking to their children about the dangers of second hand smoke; (3) keeping their car and home smoke-free; (4) teaching their children how to avoid secondhand smoke; and, (5) supporting local restaurants and other businesses that have smoke-free policies. Goals include increasing knowledge, attitudes and skills related to practices advocated by Sabemos.

To kick off the project's interpersonal component, project staff participated in a Back to School Health Fair sponsored by TAMU Center for Housing and Urban Development promoting the main message of Sabemos – reducing children's exposure to second hand smoke in the home and car. In addition

to talking to over 250 residents about the project and the importance of avoiding secondhand smoke, project staff painted hundreds of children's

faces as entertainment at the health fair. An estimated 2,000 people attended



CDC Office of Smoking and Health and Sabemos project staff join up to paint faces at the Sabemos Kick-Off Event. Pictured (left to right): Maria Davila, Judy Berkowitz, Ph.D., Michelle Johns, Heather Clark, Aracely Garibay, and Julie St. John.

Community Highlight

written by **Bert Miller**
Chair, Grimes County Health
Resource Commission
Mayor, Navasota, Texas

It was confirmed in a 2002 health assessment that Grimes County had many unmet needs in the area of health care, primarily in accessing services. Using information provided in the assessment and assistance of the Center for Community Health Development (CCHD), the Grimes County Health Resource Commission (GCHRC) was born. With the help of CCHD and their staff, members of the Grimes County community embarked on the large task of determining how to organize and help with the needs of community residents. Assistance with planning, communication, budgeting, grant funding, and training were provided by knowledgeable CCHD staff members. We would never have made the impact here without their help.

In the beginning, we were able to benefit from a federal grant for a van, which has been the most beneficial aspect thus far by providing desperately needed transportation to citizens of our county in need of access to health care. Following the end of the grant period, the GCHRC secured their own funding with the help of the Lena Mae Farris Foundation, Cynthia Robertson, and CCHD. Those funds have allowed the GCHRC to focus on expanding services of the Grimes Health Resource Center (GHRC).

Our commission eagerly anticipates the expansion of services as we continue to collaborate with CCHD and other communities throughout the Brazos Valley. CCHD is our primary partner in the ongoing development of the GHRC. The leadership of their staff has been instrumental in bringing awareness to our communities and giving us the ability to increase access to care, which is our primary goal.



Back row: Bert Miller; Pam Finke; Beth Downing; Janis Frenzel; Cynthia Parker Robertson
Front Row: Elaine Guse; Vicky Jackson; Laura Allen; Gail Donahue

New Student Worker



Sayali Tarlekar is a graduate student working toward a Masters in Public Health with a concentration in Social & Behavioral Health at the Texas A&M Health Science Center School of Rural Public Health. Sayali is currently organizing and maintaining the Reference Manager Library Project for CCHD at the direction of Heather Clark. Sayali completed her undergraduate degree in India with a B.Sc. in Cardiovascular Technology. She also holds a Certificate in HIV/AIDS and Family Education from India. Previously, Sayali worked as an Echocardiographer for a year in India before joining SRPH. Sayali has also recently been awarded the Dean's Public Health Excellence Scholarship for the Academic Year 2008-2009.

Graduate Assistants



Tya M. Arthur is a second year doctoral student with a concentration in Health Education, and a Diversity Fellow at Texas A&M University. She completed her bachelor's degree from Emory University in 2003 majoring in Neuroscience and Behavioral Biology. She is a 2005 graduate of the School of Rural Public Health where she received a Master of Public Health in Health Policy and Management. She is currently working as a Graduate Research Assistant with the Program for Rural and Minority Health Disparities Research, a NIH-funded research collaborative between the Center for Community Health Development and the Center for the Study of Health Disparities at Texas A&M University.



Betsy Renee Chapa is a native from Rio Grande City, Texas working towards a Masters in Public Health with a concentration in Social and Behavioral Health at the Texas A&M Health Science Center School of Rural Public Health. Betsy is a 2006 graduate of Texas A&M University where she majored in Agricultural Leadership and Development. As a secondary teacher in a small rural community, she realized public health is a major issue due to the cultural aspects. She hopes to become a professional in the public health field to make vast improvements for the rural and minority communities.



Danielle Henderson is a graduate student at the School of Rural Public Health working towards a Masters in Public Health with a concentration in Epidemiology. Danielle has recently been hired as a Graduate Research Assistant at the Center for Community Health Development under the direction of Monica Wendel. She is a 2007 graduate of Texas A&M University where she majored in Biomedical Science. Prior to being hired at the Center, Danielle worked for the University of Alabama at Birmingham as a Summer Intern collecting data for the Mobile Youth Survey.

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**THE CENTER FOR
COMMUNITY HEALTH DEVELOPMENT**

Texas A&M Health Science Center
School of Rural Public Health

1266 TAMU
College Station, TX 77843-1266

Phone: (979) 458-0937 * Fax: (979) 862-8371

E-mail: cchd@srph.tamhsc.edu

Website: <http://cchd.us>

Editor: Kenzie McPherson

CCHD Executive Committee

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Kerrie Hora, M.S.

*Project Manager, Steps to a
Healthier San Antonio;
Communications Specialist*
Kelly Morris, M.P.H.

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Resources

The following resources are available for more information on the articles in this edition of *Communitas*:

Sabemos

http://www.cdc.gov/tobacco/secondhand_smoke/sabemos/index.htm

Grimes County

http://cchd.us/pdfs/BVHSA-2006_GrimesReport.pdf/

Center for Community Health Development Announcements:

The CCHD Report of Accomplishments: 2001-2007 can be found on the CCHD-Communication website: <http://cchd.us/communication.htm>

Services

The Center for Community Health Development can be contracted to provide services, training, or technical assistance in the following areas:

- Strategic Planning
- Operational Planning
- Leadership Development
- Research Design
- Survey Construction
- Coalition Development
- Assessment
- Evaluation