

Diabetes Prevention and Management Project (Core Project 2004-2009)

Project Summary & Goals

This project sought to improve the health of rural and underserved populations through better implementation, dissemination and sustainability of clinical and community disease prevention and management practice guidelines. The project focused on advancing dissemination research, with secondary attention to determinants and intervention research. Set within an underlying community health development framework, the research focused on factors influencing the diffusion of disease prevention and chronic disease management guidelines.

Project goals were:

- To examine gaps in real world utilization of disease prevention and control guidelines; and
- To develop strategies for closing the identified gaps.

Principal Investigators

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Project Dates

2004-2009

Communities Involved

Brazos County

Burleson County

Madison County

Grimes County

Leon County

Funders

Centers for Disease Control and Prevention

Partners

Brazos Valley Area Agency on Aging

Buckingham Gardens

Brazos Valley Community Action Agency

Christus Health System

Donna Zazworsky

Gold Medallion, St. Joseph Health Center

Lena Mae Ferris Foundation

Scott & White Health System

St. Joseph Regional Health Center

Texas Diabetes Council

College Station Medical Center

Texas Medical Foundation

Trinity Wellness Center

Brazos Family Medicine Residency

Texas AgriLIFE Extension

Women, Infant and Children (WIC)

Key Findings

- CDSMP has reached over 170 participants in the Brazos Valley (over 650 people across Texas) and has been implemented in five of the six rural Brazos Valley counties. By collecting survey data from across the state, researchers found that CDSMP participants have reported less pain, less fatigue, less days kept from normal social activities, and fewer hospital visits than before they began the program.