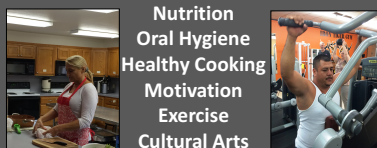


# "Fast Track to Health": Diabetic Community Outreach Pilot Program

Introduction: *The declining health in America is a crisis.* Metabolic Syndrome dramatically increases the risk of serious health problems such as heart disease, heart attacks and strokes. A six-week, twelve session community diabetic outreach program provided:

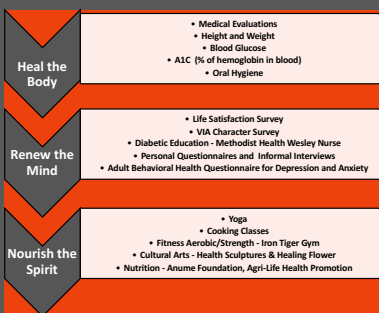
## Diabetic Awareness & Education



**Nutrition**  
**Oral Hygiene**  
**Healthy Cooking**  
**Motivation**  
**Exercise**  
**Cultural Arts**

*Focus: Provide Hope & Healing, Inform Motivate, Encourage new behavioral skills - Improve life satisfaction - Lower blood glucose - Lose weight*

## Methods



**Literature Cited:** Fisher, W.A. Fisher, J.D. and Harman, J., Information-Motivation Behavioral Skills Model: A General Social Psychological Approach to Understanding and Promoting Health Behavior, Chapter 4, (2003). Emerging Theories in Health Promotion Practice & Research; Wehrly, R.A. Mier, N. PhD, Ory, Marcia, MPH, Prochaska, MPH, Hora, K. MS, Wendel, M., MA, MPH, John, J. MA, MPH: Confronting the Diabetes Disparity, Health Promotion Practice, Vol 11, No. 3. (May 2010). Lee, Guna, Yang, Sook Ja, Chee, Yeon K.: Assessment of Healthy Behaviors for Metabolic Syndrome Adults: a modified, information-motivation-behavioral skills with psychological distress, BMC Public Health (2016). Seton Family of Hospitals, East Region, Community Health Needs Assessment May 2017, Robert Wood Johnson Foundation, University of Wisconsin Population Health, County Roadmaps and Rankings, Bastrop County 2017, American Diabetes Association (ADA), Diener, E., Emmons, R.A. Larsen, R.J. & Griffin, S. (1985), Satisfaction with Life Scale.

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**Results:**

## LIFE SATISFACTION



## WEIGHT CHANGE



## BLOOD GLUCOSE



## Conclusions:



Building, maintaining and strengthening community partnerships and social networks enhances behavior change



Leadership, education, motivation, physical activity, nutrition, oral hygiene, artistic expression, improve healthy behaviors



Respect for the individual, integrity, and compassion all play a role in hope and healing

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"PROVIDE HOPE AND HEALING TO THOSE WITHOUT MEANS"  
HEAL THE BODY - RENEW THE MIND - NOURISH THE SPIRIT