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**
- Heal the Body
  - Medical Evaluations
  - PRE/POST Weight
  - Blood Glucose
  - Oral Hygiene
- Rebuild the Mind
  - **UN Satisfaction Survey**
  - **MA Character Survey**
  - **Diabetic Health**
  - **Adult Behavioral Health Questionnaire**
  - **VIA Character Survey**
  - **Community Impact Survey**
- Nourish the Spirit
  - Yoga
  - Cooking Classes
  - Cultural Arts - Health Imagery & Healing Flower
  - Nutrition - Senior Foundation, AGED Life Health Promotion

**Literature Cited**:

**Results:**

**LIFE SATISFACTION**

**WEIGHT CHANGE**

**BLOOD GLUCOSE**

**NO SIGNIFICANT CHANGES**

**POST**

**PRE**

**Janice E. Bruno, Master of Arts Candidate**

Human Dimensions of Organizations, The University of Texas at Austin

**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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