

Grant Outcomes Report

Faith Fights Diabetes: Engaging New York State's Faith-Based Organizations in Combating the Diabetes Epidemic

The Problem:

Diabetes prevalence in New York State has doubled since 1994 and is expected to grow; 1.8 million New Yorkers suffer from diabetes and 4.2 million others have prediabetes. Annual disease-related costs for the State are estimated to be \$12.9 billion.¹ The epidemic affects individuals' health and takes a toll on health care institutions, health plans, and the State's budget.

To address this crisis, the New York State Health Foundation (NYSHealth) invested in a \$35 million diabetes campaign with the goal of reversing the epidemic. The New York State Diabetes Campaign started in 2008 and focused on improving clinical care and patient outcomes; mobilizing communities to prevent diabetes and support diabetes self-management; and promoting policies that sustain comprehensive and effective care for people with diabetes.

In January 2010, NYSHealth launched the community component of the New York State Diabetes Campaign with a grant to the Institute for Leadership (IFL). IFL led a three-year plan to build the capacity of faith-based organizations delivering diabetes management and prevention services. This aspect of the Campaign was central to the Foundation's goal of mobilizing communities to spread programs that help prevent, identify, and manage diabetes in places where people live, work, and worship. IFL has been successful in engaging faith-based leaders and securing participation of

KEY INFORMATION:

GRANTEE

Institute for Leadership

GRANT TITLE

New York State Faith-Based Diabetes Initiative

DATES

Phase 1: 2010
Phase 2: 2011
Phase 3: 2012

GRANT AMOUNT

Phase 1: \$453,931
Phase 2: \$886,191
Phase 3: \$523,244

FUNDING

Diabetes Campaign-Solicited

¹ New York State Department of Health, "The State of Diabetes in New York State: A Surveillance Report," New York State Department of Health website: http://www.health.ny.gov/statistics/diseases/conditions/diabetes/docs/1997-2004_surveillance_report.pdf, accessed May 2012; Full Accounting of Diabetes and Pre-Diabetes in the U.S. population in 1988-1994 and 2005-2006. Cowie, C. et al. Diabetes Care, 2008 Feb; 32(2): 287-294; *The Estimated Prevalence and Cost of Diabetes in New York*, American Diabetes Association: <http://www.diabetesarchive.net/advocacy-and-legalresources/cost-of-diabetes-results.jsp?state=New+York&district=0&DistName=New+York+%28Entire+State%29>, accessed May 2012.

congregations located in communities with the highest risk for diabetes. The project has built the necessary infrastructure and momentum to expand its reach to faith-based organizations throughout the State, and increase the capacity of these organizations to lend their leadership and support to tackling the diabetes crisis.

Grant Activities & Outcomes:

Beginning in 2010, IFL developed and led a strategy to spread an effective diabetes self-management and prevention program in congregations across New York State called, "Defy Diabetes." The program has been well received in communities with high rates of diabetes, specifically Buffalo and New York City, and has begun to yield positive changes in people's understanding of the disease and lifestyle choices.

By late 2012, IFL had engaged 4,425 congregations representing approximately 900,000 people to join in a campaign to engage the faith community in understanding the diabetes epidemic and the number of people in their organizations affected by this disease. IFL then offered to train these organizations to implement "Defy Diabetes," a program to help their constituents at risk of developing diabetes or diagnosed with diabetes to self-manage their health. The Campaign has registered a range of networks and mega churches across myriad religious groups, including Muslim, Baha'i, Catholic, Hindu, Islamic, Mennonite, Jewish, Sikh, and most Christian denominations. Through these faith-based organizations, IFL identified more than 9,400 people who were at risk of developing diabetes and did not know it, using the American Diabetes Association's Risk Assessment Survey.² About 60% of the targeted faith-based communities' constituencies are at risk for diabetes.

By December 2012, IFL had established 161 Defy Diabetes self-management programs, serving more than 2,700 people. Almost 75% of program participants were at risk for diabetes, and the rest had a diabetes diagnosis. Defy Diabetes was a cornerstone of IFL's initiative. Designed as a six-week course for a group of 10 to 15 people,



² Available at: <http://www.diabetes.org/diabetes-basics/prevention/diabetes-risk-test/>

the Defy Diabetes curriculum was based on elements of the well established [Chronic Disease Self-Management Program](#), which helps people manage their diabetes and reduce related complications. It used the context of faith to motivate and maintain participants' lifestyle behavioral changes. In a survey conducted as part of the program's evaluation, program participants reported strong, significant improvements in their knowledge and attitudes related to diabetes.

The faith-based organizations offering Defy Diabetes predominantly served people who resided in low-income neighborhoods where there is a shortage of options for wellness, such as exercise or healthy foods. IFL tailored the Defy Diabetes self-management program to meet the needs and realities of these disadvantaged communities.

To accomplish the outcomes to date, IFL used NYHealth funding to communicate information about the New York State Diabetes Campaign and to host regional events promoting participation. IFL staff members attended local recruitment events at faith-based organizations to provide and help field the American Diabetes Association's risk assessment tool and pre-packaged diabetes information. IFL also helped faith-based organizations interested in offering the Defy Diabetes program to identify and screen volunteers who wanted to implement it. IFL trained these volunteers, called community health workers (CHWs), through a two-day intensive training and then provided extensive technical support to each organization implementing Defy Diabetes. Over the three years, IFL trained 254 CHWs statewide.

The Future:

After the close of the grant, IFL started working with the Centers for Disease Control and Prevention (CDC) to train lifestyle coaches for the National Diabetes Prevention Program (N-DPP). IFL hoped to implement a workplace DPP in partnership with BALCONY. IFL was also working with UnitedHealthCare to become a referral agency for lifestyle coaches.

BACKGROUND INFORMATION:

ABOUT THE GRANTEE

The Institute for Leadership (IFL) is a nonprofit faith-based organization with a mission to develop leadership capacity at faith-based organizations. IFL is focused on developing faith leaders' responses to health issues, particularly those that plague low-income and minority communities in New York.

GRANTEE CONTACT

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