

Block by Block North Lawndale Diabetes Community Action Program

Community Progress Report 2011

Joseph F. West, ScD and Steven Whitman, PhD

A report of the Sinai Urban Health
Institute and Sinai Health System

This work was funded by the
National Institutes of Health
Washington, DC
Grant: IRCIMD004946-01



A proud member of Sinai Health System



The Fight Against Diabetes

Did You Know Compared to non-Hispanic Whites?

- African-Americans are two times more likely to develop diabetic eye disease that can cause blindness.
- African-Americans are up to 5.6 times more likely to suffer from diabetic kidney disease.
- African-Americans are nearly three times more likely to suffer from lower-limb amputations due to diabetes.

What Puts You at Risk for Diabetes and Potential Complications?

- Being overweight
- Not exercising
- Family history of diabetes
- High blood pressure
- Stress
- Smoking
- Bad eating habits

The growing prevalence of Type 2 diabetes in the U.S. has been well documented.

It is estimated that the direct medical care costs per person per year with diabetes is 2.3 times higher than for the person without diabetes.¹⁻² Nationally, 25.8 million children and adults (a prevalence of 8.3%) suffer from diabetes. About 23 million have **Type 2 diabetes—which is largely preventable**. Two out of three people with Type 2 diabetes will die from a heart attack or stroke. Diabetes kills more people each year than breast cancer and HIV/AIDS combined.³

Sometimes called “sugar,” Type 2 diabetes is the most common form of diabetes and is usually diagnosed in older adults. In Type 2 diabetes, either the body does not produce enough insulin or the cells in your body do not properly use the insulin that is produced. Insulin is a hormone that your body uses to turn the sugar (glucose), starches and other food you eat into energy for your body. If left untreated, diabetes can lead to serious and sometimes life-threatening complications. Some examples of complications may include damage to your eyes, kidneys or nerves.⁴ There may not be any symptoms initially, but over time symptoms may occur and can include: fatigue, frequent urination, itchy skin, blurred vision, numbness in your hands, legs, and feet, slow healing of wounds and sores.⁵

However, most people can live a full, active and productive life with Type 2 diabetes. Diabetes can be controlled and working together we can fight diabetes and improve the health of the entire community.

Studies show that people at high risk for diabetes can prevent or delay the onset of the disease by losing 5 to 7 percent of their body weight; if they are overweight—that’s 10 to 14 pounds for a 200-pound person.⁶⁻⁷ Eating a diabetes friendly diet also helps.

Two keys to success:

- **Get at least 30 minutes of moderate-intensity physical activity five days a week.**
- **Eat a variety of foods that are low in fat and reduce the number of calories you eat per day.**

North Lawndale Diabetes Community Action Program

Diabetes impacts North Lawndale substantially. In 2003 Sinai Urban Health Institute (SUHI) conducted a survey that found that 10% of North Lawndale respondents aged 18 – 75 reported that they had received a diagnosis of diabetes by a health professional, compared to 5% in Chicago and 8% nationally.⁸ SUHI also calculated the diabetes mortality rates using Illinois vital records death certificate files and census data and found that the diabetes mortality rate in North Lawndale is 62% higher than for the US and 37% higher than Chicago's.⁹

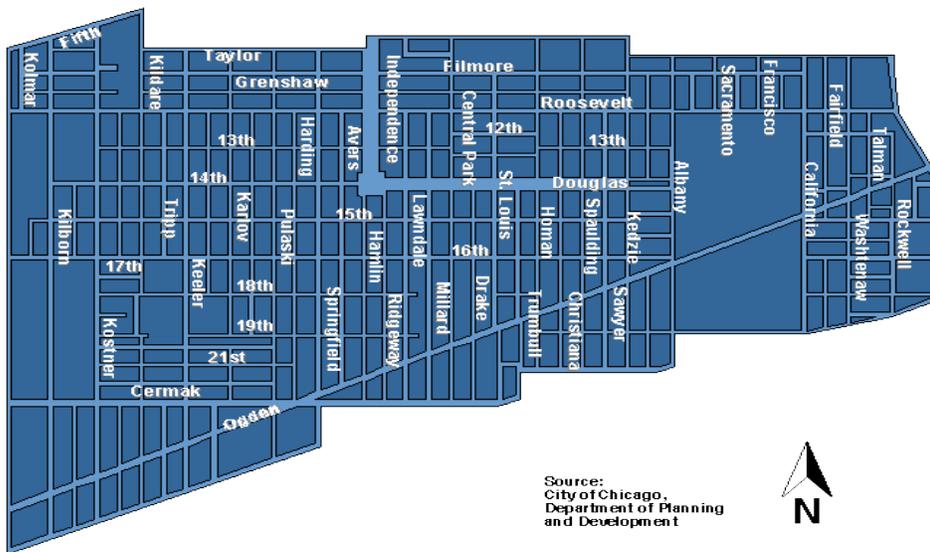
In 2009 American Recovery and Reinvestment Act (ARRA) Challenge Grants were announced and SUHI submitted a proposal to specifically respond to the staggering diabetes rates found in the 2003 Community Survey. The proposal was one of 20,000 submitted and ranked in the top 3% of requests

received by National Institutes of Health (NIH). SUHI was awarded \$1 million to hire community health workers to conduct household screenings for diabetes and help promote diabetes self-management to their neighbors.

The project was named The North Lawndale Diabetes Community Action Program (NLCAP), also called Block by Block North Lawndale. Block by Block North Lawndale supports residents in changing

the culture within North Lawndale and has sought to make fighting diabetes a neighborhood priority through influencing the cultural, economic and social environment to support healthier lifestyles.

Block by Block North Lawndale began with a community survey. Between April and November 2010 community health workers, named Diabetes Block Captains, went door-to-door in a select area of North Lawndale. Three contiguous census tracts established the survey boundaries which were:



Block by Block North Lawndale Survey Numbers



south—Cermak Avenue; east—Homan Avenue; west—Kostner Avenue and Roosevelt Avenue to the north. This area was selected because it is the central space of the community and because of the number of houses within these boundaries.

The Diabetes Block Captains (DBC's) visited 2,502 households and completed 1,194 interviews about diabetes and residents' general thoughts on the neighborhood. From this number, DBC's identified 348 persons with diabetes and another 310 at risk for the disease. Of the 348 persons confirmed with Type 2 diabetes, 336 residents provided additional information about their health and agreed to participate in the intervention thus receiving 3 home visits, follow-up phone calls and mailings over an 18 month period. Over this same time the DBC's sought to help those at risk locate a doctor and make a doctor's appointment to determine if in fact they were pre-diabetic or diabetic. Sinai Health System provided the initial follow-up check-ups for these persons FREE of charge. Block by Block North Lawndale DBC's also provided transportation support and small incentives (e.g., gift cards and tote bags) to encourage residents to get a check-up.

Block by Block North Lawndale has aimed to build on community strengths to increase the early detection of diabetes and involve an entire neighborhood in efforts to enhance self-management by those with the disease. Block by Block North Lawndale has

partnered with Family Focus North Lawndale, neighborhood block clubs and churches in an effort to impact 10,000 adults living in the North Lawndale neighborhood—one block at a time. Between July 2010 and November 2011 the Block by Block North Lawndale DBC's have:

- Conducted home visits for 336 North Lawndale residents with Type 2 diabetes.
- Helped nearly 100 North Lawndale residents with social service and medical referrals.
- Held four 8-week (32-weeks) cooking classes for 42 North Lawndale residents.





- Participated in over two dozen health fairs, community meetings and civic gatherings offering free diabetes A1C testing, referrals for doctor appointments and information on community health services.
- Disseminated 3,000 pieces of information and materials, including encouraging and informative holiday greeting cards to study participants and their families.
- Taught two 6-week (12-weeks) Diabetes Self-Management Leaders' classes creating 10 community leaders who are ready to share essential diabetes prevention and health information at block clubs and other community forums.
- Taught three 16-week (48-weeks) Diabetes Self-Management classes on nutrition while promoting social support and teamwork.

During home visits the DBCs develop comprehensive individual action plans to improve diabetes self-management. DBCs help participants in Block by Block set short-term, medium-term, and long-term goals.

Short-term goals:

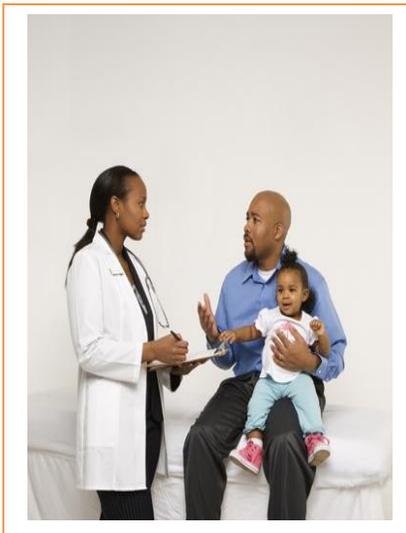
- Exercise/move more.
- Get fasting glucose below 110 mg/dl.
- Note symptoms (e.g., dizziness, fatigue, excessive hunger, blurred vision).
- Meal plan—make diabetes friendly dietary changes.
- Routinely check blood sugar.
- Routinely check feet for cuts, sores or infection.
- Make regular appointments to see a doctor.

Medium term goals:

- Work on a weight management plan.
- Prevent complications.
- Talk with a mental health professional if you feel stressed or 'down'.

Long-term goals:

- Get your HbA1c below 7%—below 6.5% is better—and keep it there.
- Lower blood pressure (Below 130/80 mmHg).
- Lower bad cholesterol - Total Below 200 mg/dl.



Block by Block Community Campaign Messages

- Know your risk of diabetes and get tested if you are at risk.

If you have diabetes

- Eat more fresh fruits and vegetables and less fat.
- Engage in regular activity with your family and friends.
- Check your blood sugar regularly.
- Know how doctors can help you live a healthier life.
- Take medicines as directed.
- Talk to family and friends about diabetes - help them and help yourself!
- Work to improve your community.

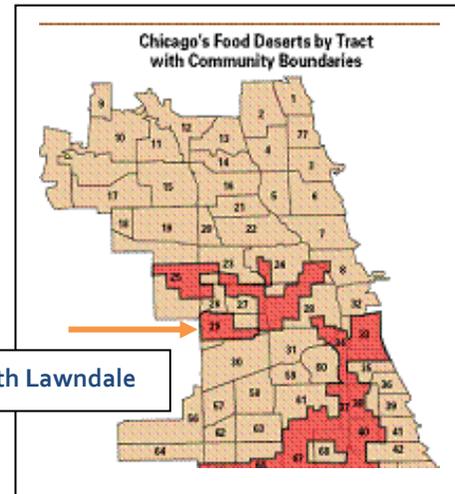
- LDL (“bad” cholesterol) Below 100 mg/dl (below 75 mg/dl is better).
- HDL (“good” cholesterol) Above 40 mg/dl for men, 50 mg/dl for women.
- Get triglycerides Below 150 mg/dl.

North Lawndale is considered a “food desert” community. This means that there is a big imbalance or “food security” gap between grocery stores that provide quality food and the number of fast food outlets that provide foods

high in fat, calories and sugar. Chicago’s food desert lies almost entirely below Division Street, affecting a population that is overwhelmingly African American (about 478,000), compared with some 78,000 whites and 57,000 Latinos, according to reports. One-third of Chicago’s food-desert residents are children¹⁰. Block by Block North

Lawndale has made an effort to address this issue by partnering with community organizations to

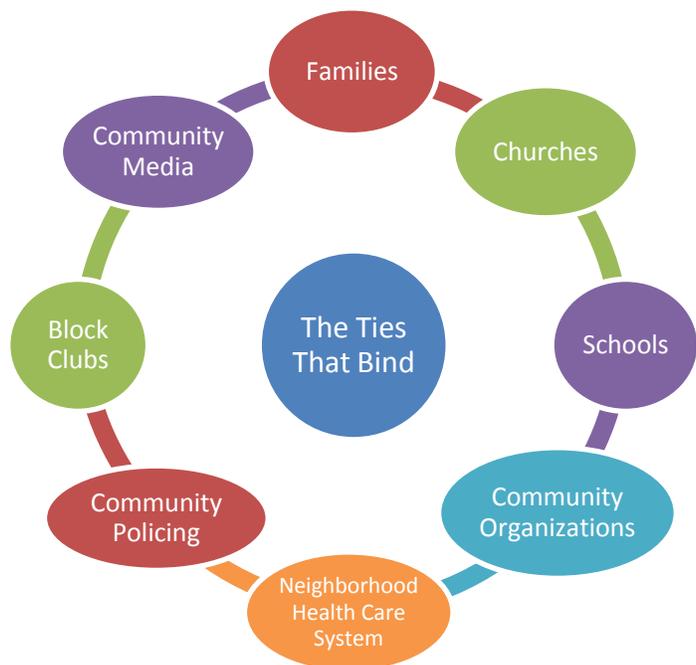
plan urban gardens and improve access to healthy foods. We partnered with Leamington Foods (Roosevelt and Homan location) to label “diabetes friendly” foods and develop a healthy shopping list. Working with a Sinai Health System nutritionist and diabetes health educator, “diabetes friendly” foods are labeled in each aisle and on a regular basis Leamington Foods offers discounts on “diabetes friendly” and healthy foods. We also partnered with Leamington Foods to host a monthly cooking demonstration where Executive Chef David Blackmon shopped with attendees and prepared healthy meals on the spot. Block by Block North Lawndale remains committed to fighting diabetes in North Lawndale using these proven practices.



Building Healthier Lives—Through Building Healthier Communities.

The building blocks for a healthier community are well known, like safe parks and streets, clean public space, thriving community businesses, reliable public transportation, strong community ties and access to quality health care and healthy food. SUHI's approach to reversing the impact of diabetes rests on working with the community to: **increase community knowledge – offer resources to support change—foster community action.** SUHI and Sinai Health System recognize that it will take an entire community effort to change the tide towards better health by:

- Making streets safer for walking and biking.
- Improving access to safer parks and cleaner public space.
- Improving access to quality health care.
- Improving school nutrition and physical education.
- Increasing access to affordable fresh produce and limiting the promotion of unhealthy foods.
- Promoting community gardens and greenhouses.
- Promoting community social cohesion and social support.



Acknowledgements

We would like to thank our Block by Block team: Avonella Rogers—Program Coordinator; Diabetes Block Captains: Margaret Shepard, Denise Camp, Roxanna Martinez, Katrina Sutton, Tangula Jefferson and Linda Sabo. We would also like to thank Kristi Allgood and Jade Dell, SUHI, for project support. In addition we'd like to acknowledge our colleagues at Block by Block Humboldt Park—Dr. Steven Rothschild, Jaime Delgado and their entire team.

References

1. Centers for Disease Control and Prevention. National Diabetes Fact Sheet: national estimates and general information on diabetes and prediabetes in the United States, 2011. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2011.
2. Kaiser Health News <http://www.kaiserhealthnews.org/Stories/2010/August/19/diabetes-cost-FT.aspx>.
3. American Diabetes Association www.diabetes.org.
4. Cowie CC, Rust KF, Byrd-Hold DD, et al. Prevalence of Diabetes and Impaired Fasting Glucose in Adults in the U.S. Population: National Health and Nutrition Examination Survey 1999-2002. *Diabetes Care* 2006; 29:1263–1268.
5. Type 2 diabetes: Symptoms. Mayo Clinic Web site. <http://www.mayoclinic.com/health/type-2-diabetes/DS00585/DSECTION=symptoms>. Accessed November 14, 2011.
6. Diabetes Is Preventable. <http://ndep.nih.gov/am-i-at-risk/DiabetesIsPreventable.aspx>; <http://ndep.nih.gov/publications/PublicationDetail.aspx?PubId=76>.
7. Type 2 diabetes. Medline Plus Web site. <http://www.nlm.nih.gov/medlineplus/ency/article/000313.htm>. Accessed November 14, 2011.
8. Whitman S, Williams C, Shah AM. *Sinai Health System's Improving Community Health Survey: Report 1 (Ten Key Findings)*. Chicago, Illinois: Sinai Health System, January 2004.
9. Shah AM, Whitman S. *Sinai Health System's Improving Community Health Survey: Report 2 (Ten More Key Findings)*. Chicago, Illinois: Sinai Health System, September 2005.
10. Mari Gallagher Research & Consulting Group and the National Center for Public Research. http://www.mari Gallagher.com/site_media/dynamic/project_files/Chicago_Food_Desert_Report.pdf

Resources

1. Centers for Disease Control and Prevention. National Diabetes Fact Sheet: http://www.cdc.gov/diabetes/pubs/pdf/ndfs_2011.pdf.
2. American Association of Diabetes Educators www.diabeteseducators.org.
3. American Diabetes Association www.diabetes.org.
4. CDC Diabetes Public Health Resource www.cdc.gov/diabetes.
5. National Diabetes Information Clearinghouse <http://diabetes.niddk.nih.gov>.
6. **STOP SMOKING:**
 - a. The Illinois Tobacco Quitline: 1-866-QUIT-YES ... <http://www.quityes.org>.
 - b. 1-800-QUITNOW (1-800-784-8669).

If you live in North Lawndale and want to participate in Block by Block, call 773-257-6024 to reach a Diabetes Block Captain.

www.suhichicago.org