Community Partnerships on Obesity & Diabetes

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Community-Based Participatory Research

“Collaborative approach to research that involves all partners in the research process and recognizes the unique strengths that each brings. CBPR begins with a research topic of importance to the community with the aim of combining knowledge and action for social change to improve community health and eliminate health disparities.”

W.K. Kellogg Community Scholar’s Program (2001)
What makes a Community?

• Communities of Place
  • Neighborhood, Island, County, State

• Communities of Identity
  • Culture, values, history, ethnicity

• Communities of Power
  • Laws, policies, public opinion
Community Engagement

10 Native Hawaiian and Pacific People Serving Organizations

- Community Advisory Board
- Partnership for Improving Lifestyle Interventions ‘Ohana Project
PILI ‘Ohana Project

Partnership for Improving Lifestyle Intervention

Obesity and Type 2 Diabetes

• Native Hawaiians 72.5% are overweight or obese
  • Difference is in obesity
• Native Hawaiians have the highest prevalence of type two diabetes (12.5%)
  • Highest diabetes-related mortality rate
  • Diagnosed younger
  • More preventable hospitalizations
  • More complications
Determinants of Weight Loss

Figure 1. PILI ‘Ohana ecological model for intervention development

PILI Lifestyle Program

- 9-month healthy lifestyle program
- Culturally-adapted
- Focuses on:
  - Healthy eating
  - Being physically active
  - Stress and time management
  - Family and community supports

<table>
<thead>
<tr>
<th>POLI Lesson and Topic (Translated Curriculum)</th>
<th>DPP-LI Session and Topic (Original Curriculum)</th>
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<td><strong>Lesson 1: Introduction to PILI Lifestyle Intervention:</strong></td>
<td><strong>Session 1A: Welcome to the Lifestyle Balance Program</strong></td>
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<td>• Setting Goals</td>
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<td>Session 3: Being Active: A Way of Life</td>
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<td>• Exercising Safely</td>
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<td><strong>Lesson 3: Get Moving</strong></td>
<td><strong>Session 1B: Getting Started Being Active &amp; Getting Started Losing Weight</strong></td>
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<td>• Tracking Progress</td>
<td>Session 4: Be a Fat Detective</td>
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<tr>
<td>• Being A Fat Detective (Finding Hidden Fats)</td>
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<td>• Move Those Muscles (Long-Term Benefits)</td>
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<td>• Healthy Eating With the Plate Method</td>
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<td>• Tip The Calorie Balance</td>
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<td><strong>Lesson 6: Taking Charge</strong></td>
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<td>• Of What’s Around You (Battling Temptation)</td>
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<td><strong>Lesson 7: Talking It Out</strong></td>
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* Supplemented with materials from the “Sugar WATCH” lifestyle curriculum.

* Specifically developed to address issue of the high cost of eating healthy (per focus groups and previous education sessions to similar populations).
PILI Weight Loss

% of Participants

≥ 3% Weight Loss

51
31

PILI 'Ohana Program
Standard Behavioral Program
PILI Physical Functioning

Distance (ft) Walked in 6 Minutes

- PILI Lifestyle Program
- Standard phone call follow-up group

* Indicates statistical significance ($p \leq .05$) compared to baseline
Partners in Care

- Culturally-adapted diabetes self-care program
- Based on ADA guidelines
- Basic information about diabetes care
- Encourages working with their diabetes team and asking questions
- Emphasizes goals for blood sugar levels, blood pressure, and lipids.

PIC: Partners in Care

• Participants had an average drop in A1c of **1.6%** in 3 months compared to 0.3% for control.
• Participants significantly improved their:
  • Diabetes self-care activities
  • Diabetes care profile
  • Problem areas in Diabetes
Mentoring Model

- Mentoring Model
- Mentees
- Mentors
- Academic Partners
- PLP/PIC (Innovation) Adoptions
- Mentoring Relationship
- Wider Environment

- PLI ‘Ohana Community Partners
- CBPR
- New community-based organizations
- Adoption
- Adaptation
- Implementation
- Sustainability
- Technical Assistance
- Capacity Building
- PILI ‘Ohana Community Partners
- New community-based organizations

Delafield, R. et al. (in progress) A CBPR guided model for dissemination of evidenced-based interventions
Benefits of CBPR to Research

• Two-way translation orientation
  • Contextual, cultural
  • Research, scientific

• Broaden definition of evidence
  • Practice and Culturally-based Evidence/Indigenous theories, norms, practices

• Efficacy vs. effectiveness

What about the Community?

• Builds “social capital” -- social ties, networks, and support -- associated with well-being
• Uncover and mobilize community assets, strengths, and resources
• Enhance each individual community’s reach and apparent effectiveness
Acknowledgements

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