

HEALTH MANAGEMENT ASSOCIATES

Diabetes Self-Management Education and Support (DSMES) and Prevention (DP) Programs

Leveraging current and new opportunities to expand access

Million Hearts Learning Collaborative
March 16, 2022

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<http://gspartnerships.org/>



- ❑ Introduce and review DSMES Program priorities and community partners.
- ❑ Learn from Healing Our Village, Sorogi, and Global Sustainable Partnerships about program offerings, results and opportunities for collaboration.
- ❑ Discuss questions and challenges and share other examples and experiences.

STATISTICS AT A GLANCE: DC POPULATION AND DIABETES IN 2019

- District of Columbia Population: 705,749 ¹
- District of Columbia Black/African Americans residents: 46% ¹
- Adult Population (aged 18 years or older): 577,303 ¹
- Adults reporting prediabetes: 59,462 (10.3%) ^{1, 2}
- Adults reporting diabetes: 50,803 (8.8%) ^{1, 2}
- Diabetes is the 7th leading cause of death in the District (2019) ³

¹ U.S. Census Bureau. 2019 American Community Survey 1-year Public Use

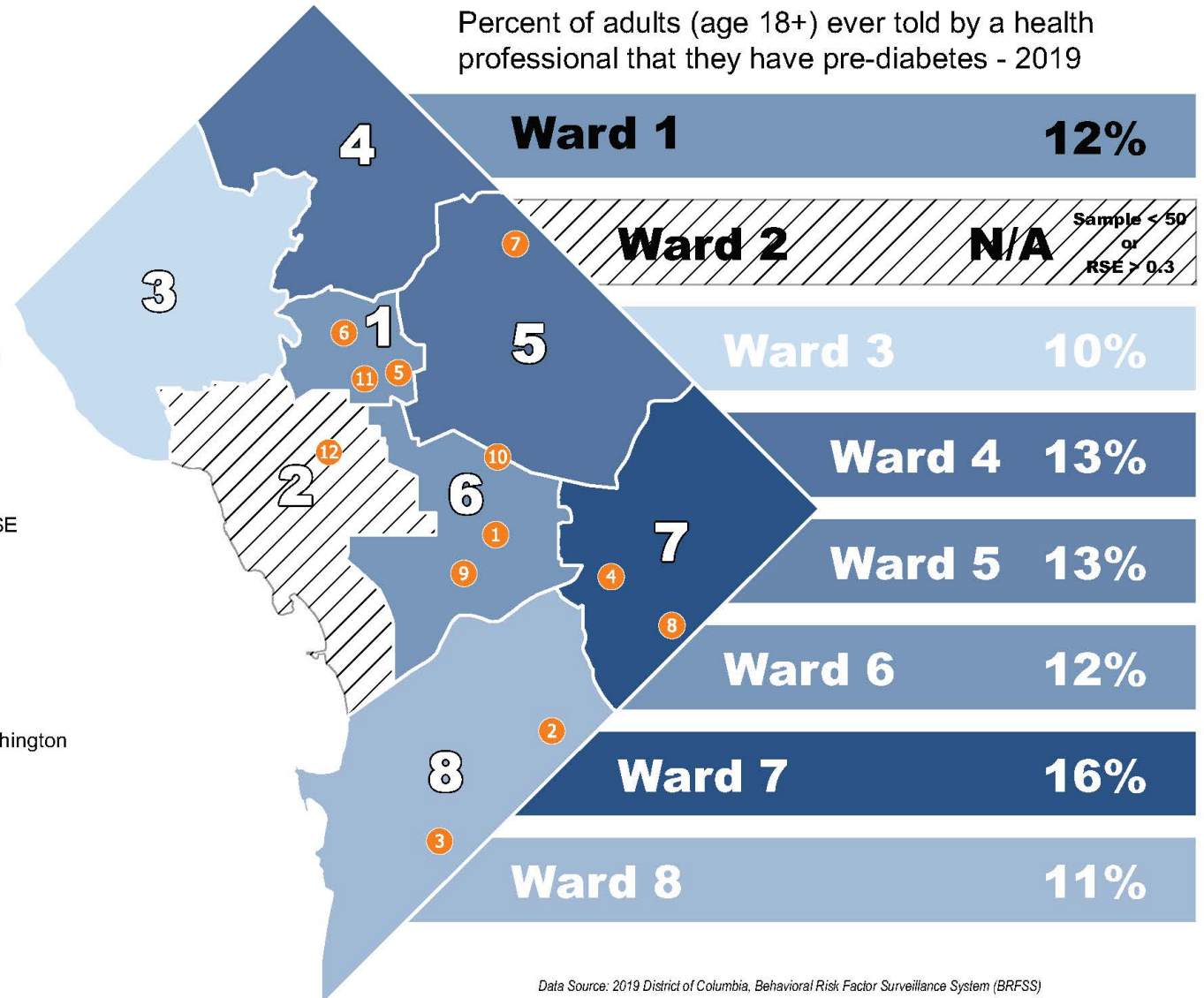
² DC Health, Center for Policy Planning and Evaluation, Behavioral Risk Factor Surveillance System 2019

³ Centers for Disease Control and Prevention, National Center for Health Statistics. Underlying Cause of Death 1999-2019 on CDC WONDER Online Database

ACTIVE DIABETES PREVENTION PROGRAMS

WASHINGTON, DC - 2021

- Black Women's Health Imperative
(202) 787-5931
700 Pennsylvania Avenue SE Suite 2059
Washington, DC 20003
- Giant Food Grocery Store
(202) 610-6464
1535 Alabama Avenue SE
Washington, DC 20032
- Sorogi Health
(202) 594-9994
3861 Alabama Avenue SE
Washington, DC 20020
- Healing Our Village of Maryland, Inc.
(800) 788-0941
4660 Martin Luther King Jr. Avenue SW
Washington, DC 20032
- House of Prosperity Everlasting, Inc.
(202) 848-3700
2918 Minnesota Avenue SE
Washington, DC 20019
- Howard University Department of Nutritional Sciences
(202) 884-1535
2041 Georgia Avenue NW
Howard University Hospital
6th Floor, Room 6
Washington, DC 20059
- La Clinica Del Pueblo
(202) 462-4788
2831 15th Street NW
Washington, DC 20009
- Providence Health Services
(202) 854-7128
1150 Varnum Street NE
Washington, DC 20017
- Unity Health Care
(202) 627-7800
1100 New Jersey Avenue SE Suite 500
Washington, DC 20003
- Well Konnect LLC
(240) 617-0819
810 7th Street NE
Washington, DC 20002
- YMCA of Metropolitan Washington
(202) 862-9622
1325 W Street NW Suite A
Washington, DC 20036
- Your Health Concierge
(844) 942-1789
1725 I Street NW Suite 300
Washington, DC 20006

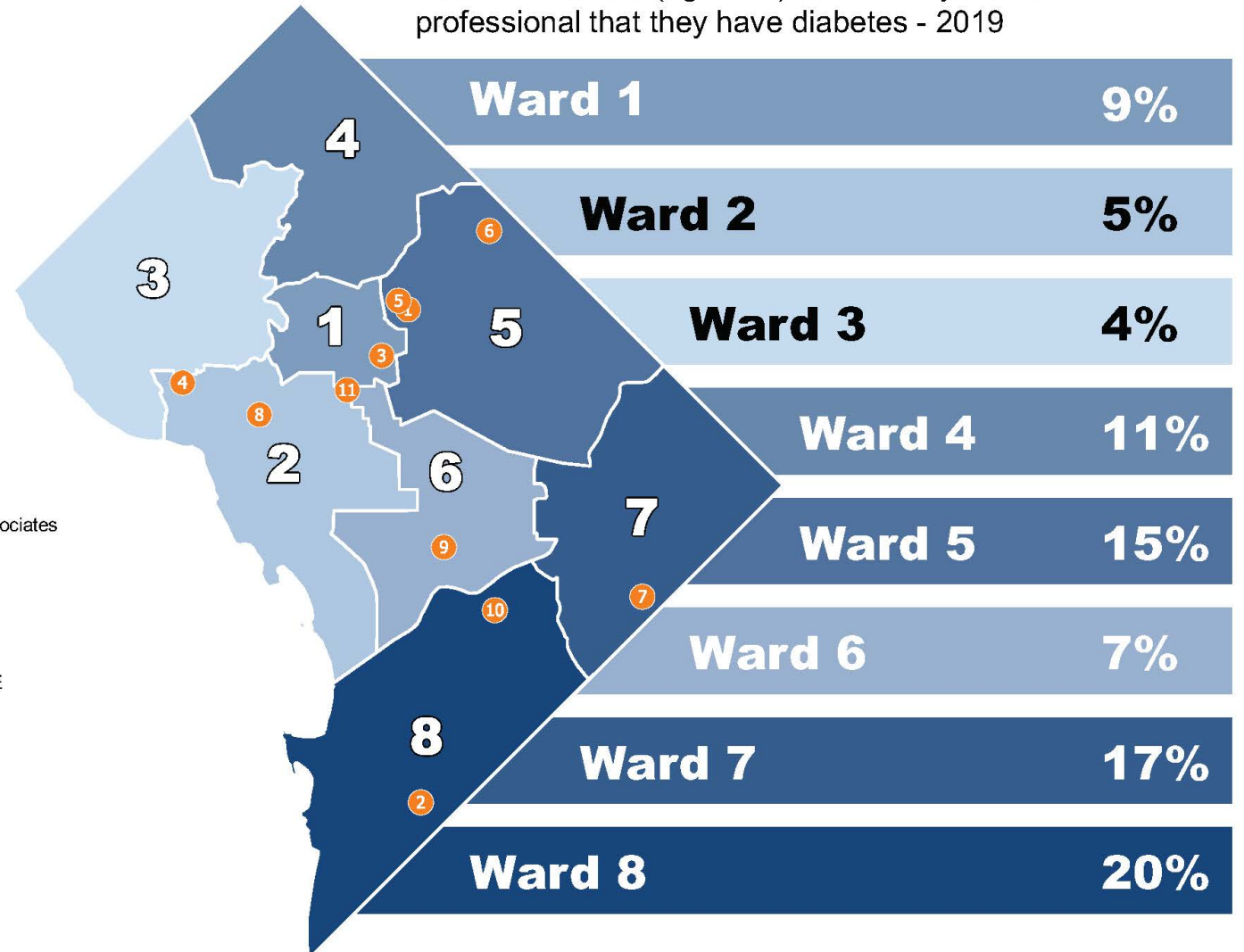


ACTIVE DIABETES SELF-MANAGEMENT PROGRAMS

WASHINGTON, DC - 2021

1. Children's National Health System
(202) 476-2121
111 Michigan Avenue NW
Washington, DC 20010
2. Healing Our Village of Maryland, Inc.
(800) 788-0941
4660 Martin Luther King Jr.
Avenue SW
Washington, DC 20032
3. Howard University Hospital
(202) 865-3350
2041 Georgia Avenue NW
Suite 1-OP-97
Washington, DC 20060
4. MedStar Georgetown University
Hospital
(202) 444-5528
3800 Reservoir Road NW
Washington, DC 20007
5. MedStar Washington Hospital
Center
(202) 877-7776
110 Irving Street NW
Washington, DC 20010
6. Providence Diabetes and
Nutrition Center
(202) 854-7128
1160 Varnum Street NE
DePaul Professional Building
Suite 110
Washington, DC 20017
7. Sorogi Health
(202) 594-9994
3861 Alabama Avenue SE
Washington, DC 20020
8. The GW Medical Faculty Associates
(202) 677-6306
2300 M Street NW
Washington, DC 20037
9. Unity Health Care
(202) 627-7800
1100 New Jersey Avenue SE
Suite 500
Washington, DC 20003
10. Whitman-Walker Health
(202) 745-7000
2301 Martin Luther King Jr.
Avenue SE
Washington, DC 20020
11. Whitman-Walker Health
(202) 745-7000
1525 14th Street NW
Washington, DC 20005

Percent of adults (age 18+) ever told by a health professional that they have diabetes - 2019



DC Health Diabetes Management Strategies

A.1. Improve access to and participation in ADA-recognized/AADE-accredited DSMES programs in underserved areas.

A.2. Expand or strengthen DSMES coverage policy among public or private insurers or employers, with emphasis on one or more of the following: Medicaid and employers.

A.3. Increase engagement of pharmacists in the provision of medication management or DSMES for people with diabetes.

A.4. Assist health care organizations in implementing systems to identify people with prediabetes and refer them to CDC-recognized lifestyle change programs for type 2 diabetes prevention.

A.5. Collaborate with payers and relevant public and private sector organizations within the state to expand availability of the National DPP as a covered benefit.

A.6. Implement strategies to increase enrollment in CDC-recognized lifestyle change programs.

Diabetes Management Activities

DC Health Diabetes Prevention and Management Community of Practice (DPM COP)

- Third Monday of each month 2pm- 3pm
- Partner with Sorogi and ADCES to provide technical assistance to DPM COP members
- Utilize Living Well Website to promote referrals into evidence-based lifestyle change programs including DSME
- Convene DSME partners to focus on strategies to increase enrollment and participation, referrals, and SDoH screening
- Through partnership with Sorogi, develop technical assistance opportunities for DSMES providers focused on increasing participation, billing, and marketing of management programs
- Making a Difference Initiative:
 - Four local pharmacies receive capacity building and technical assistance aimed at seeking ADCES accreditation for DSMES
 - Provide continuing education credits to District pharmacists in priority wards (5, 7, & 8)

- ? Chat Box: When you think about diabetes self-management education and prevention programs, what approaches have been *most successful* with your patient populations?

- ? Poll: What are your ***biggest challenges*** with engaging with programs?
 - ? Knowing what resources are out there and available
 - ? Eligibility and/or insurance requirements
 - ? Tracking referrals and follow up, Sharing data
 - ? Promotion to patients
 - ? Other (please let us know via chat box)

Healing Our Village (HOV) of Maryland, Inc

Chronic Disease Management Program Zoom
Virtual Classes

Lenore Coleman, PharmD, CDE
CEO

HOV Holistic Approach to Chronic Disease Management



- ***Key components of the HOV program:***
- ***Cultural Competency***
- ***Physicians***
- ***Pharmacists***
- ***Diabetes Educators***
- ***Nutritionists***
- ***Registered Dieticians***
- ***Wellness Coaches***

Focus Areas

Diabetes Self Management Education (DSME) ,
Diabetes Prevention Program (DPP), and
Medication Therapy Management (MTM),

Heart Health - Hypertension and Heart Disease
Self Management and Education

Cancer Education and Prevention

HOV DSME Program

- ADCES Accredited and AHA Certified Program – Medicare and Medicaid Compliant
 - Culturally competent Curriculum
 - Instructors skilled at Behavior Change
 - Physician (PCP) integrated into the program
- Behavioral Support Classes
 - Zumba
 - Yoga
 - Healthy Cooking
 - Weight Loss (Walking Groups)
- Free HOV Books, Video and Blood Glucose Meters and Blood Pressure monitors as incentives and to increase
- Remote Patient Monitoring possible with referral and agreement.

Participant Demographics

- DSME
 - Collaborations and MOU's with Dr. Marilyn Corder, Gerald Family Care, Dr. Gilbert Daniels, Dr. Edwin Chapman, Dr. Jean Welsh, African American Churches Wards 5,6,7,8, Parkside Senior Housing NE, Allen House Senior Apartments.
 - 90% African American, 78% Female, Ages 30-85
 - Average 20-40 participants depending on class topic.
- DPP
 - Gerald Family Care, Dr. Gilbert Daniels, Dr. Jean Welsh, New Bethel Baptist Church, New Macedonia Baptist Church
 - 100% of African descent, 70% Female, Ages 18-70
 - Average 10-15 participants per class depending on referring location.

Outreach

- Began as in person classes with email, text, and local flyer marketing within clinics, churches, and newsletters.
- Transitioned to Zoom Virtual Classes March 15th using the same outreach strategy but began posting a Virtual class schedule which includes:
 - Highlights for the month
 - Visual Calendar
 - Class Descriptions and Registration links
 - Presenters Contact information
- Continued dissemination of diabetes and blood pressure self monitoring supplies and collection of data (BP, Glucose, Weight, BMI)



Monthly Calendar

March

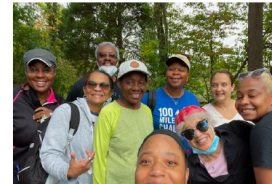
2022

MIND AND BODY

HOV - CDMP

This month, we are exploring an eclectic set of health topics you have been inquiring about. Our faculty have worked diligently to prepare highly informative sessions for you. Registration is required; however, you need to register only once for an entire series.

JOIN HEALING OUR VILLAGE'S CHRONIC DISEASE MANAGEMENT AND PREVENTION PROGRAM FOR LIVE WEBINARS ON YOUR LAPTOP OR MOBILE DEVICE.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 DPP: 6:00 – 7:00pm	2 YOGA: 11a-12pm KSYH: 6-7pm Diabetes	3 Health & Nutrition 1:00 – 2:30 pm KSYH: 6-7pm Enhancing Brain	4 ZUMBA: 11: -12pm Weight Mgt: 6-7pm Support group	5 Walk at National Arboretum 10-11:30am
7	8 DPP: 6:00 – 7:00pm	9 YOGA: 11a-12pm KSYH: 6-7pm Diabetes	10 Health & Nutrition 1:00 – 2:30 pm KSYH: 6-7pm Lupus	11 ZUMBA: 11: -12pm	12
14	15 DPP: 6:00 – 7:00pm	16 YOGA: 11a-12pm KSYH: 6-7pm Diabetes	17 Health & Nutrition 1:00 – 2:30 pm KSYH: 6-7pm Mental Wellness/ADD	18 ZUMBA: 11: -12pm	19 Walk at Chuck Berry Park 10-11:30am
21 Health & Nutrition 6:00-7:30pm	22 DPP: 6:00 – 7:00pm	23 YOGA: 11a-12pm KSYH: 6-7pm Diabetes	24 Health & Nutrition 1:00 – 2:30 pm KSYH: 6-7pm Mood & Food	25 ZUMBA: 11: -12pm	26
28	29 DPP: 6:00 – 7:00pm	30 YOGA: 11a-12pm KSYH: 6-7pm Diabetes	31 Health & Nutrition 1:00 – 2:30 pm KSYH: 6-7pm Medication Management		

CLASS DESCRIPTIONS

DIABETES PREVENTION PROGRAM – EVERY TUESDAY EVENING

Join us for a yearlong program designed for people with prediabetes or people who are at elevated risk for type 2 diabetes and want to lower their risk. Keep your eye out for our NEXT CLASS Starting soon! Take the Prediabetes Risk Test at <https://www.cdc.gov/prediabetes/takeitliest/>

Instructor: DPP - Dr. Dambita

Link to REGISTER for CLASS: https://us02web.zoom.us/join/register?zjo=OgVqj4qEtcZ9ctRJCC-vrHmE3W_8ET

HEALTH AND FITNESS: YOGA – WEDNESDAY MORNING

Get 45 minutes of stretching and exercise in for the day! Take part in guided fun YOGA poses and Wellness techniques by trained YOGA professional and psychologist Dr. Kelsey Ball from the comfort of your own home aimed to get you moving. Learn how YOGA can prevent, manage, and reverse your risk for STRESS and chronic diseases such as Obesity, Diabetes, Hypertension, Cancer, and Alzheimer's Disease.

Instructor: Dr. Kelsey Ball

Link to REGISTER for CLASS: <https://us06web.zoom.us/join/register?zjo=UyrallyHrKaPdQlhrvAbeJzhffVlqU>

KICK START YOUR HEALTH: This Month's Topic is DIABETES SELF MANAGEMENT – WEDNESDAY

We will get back to the basic of diabetes self management. We will discuss core curriculum as well as, fitness, nutrition, and mental health, and new options, prevention, signs, symptoms, and the impact on our community. We will also discuss aspects of overall health, goal setting, medications and more!

Instructors: Dr. Nancie Richberg, Pharm.D, CDCES, AE-C

Dr. Monica Scott, PT, DPT

Link to REGISTER for CLASS: <https://us06web.zoom.us/j/84536411089>

HEALTH & NUTRITION: Plant-based Food – THURSDAY AFTERNOON

Please join us for a discussion on the benefits of a Vegan diet and how it can improve your overall health!! The class includes healthy cooking demonstrations along with education on how a vegan diet can prevent, manage, and reverse your risk for chronic diseases such as Heart Disease, Diabetes and Hypertension and Cancer. Learn how food can Heal!

Instructor: Ms. Robina Barlow

Link to REGISTER for CLASS: <https://us06web.zoom.us/join/register?zjo=UdeisqTOjH9XONuzjg-C1NO9d142Gzz1->

KICK START YOUR HEALTH 2: CARDIOVASCULAR DISEASE RELATED TOPICS – THURSDAY EVENING

A continuation and extension of our Wednesday class. This month we will discuss Brain Disease, Depression, Anxiety, Arthritis, Lupus, and Mental Wellness.

Instructors: Dr. Nancie Richberg, Pharm.D., CDCES

Dr. Monica Scott, PT, DPT

Link to REGISTER for CLASS: <https://us06web.zoom.us/join/register?zjo=Vcmmqj0HtdN11vLicyk7kQaRlxDDyM>

HEALTH AND FITNESS: ZUMBA – FRIDAY MORNINGS

Get your 30 -45 minutes of PHYSICAL ACTIVITY in for the day! Take part in guided fun exercises such as Zumba and Balance/Strengthening exercises by trained exercise professional from the comfort of your own home aimed at getting you moving. Learn how fitness can prevent, manage, and reverse your risk for chronic diseases such as Obesity, Diabetes, Hypertension, Cancer, and Alzheimer's Disease.

Instructor: Ms. Justina Allen

Link to REGISTER for CLASS: <https://us06web.zoom.us/j/89262758865>

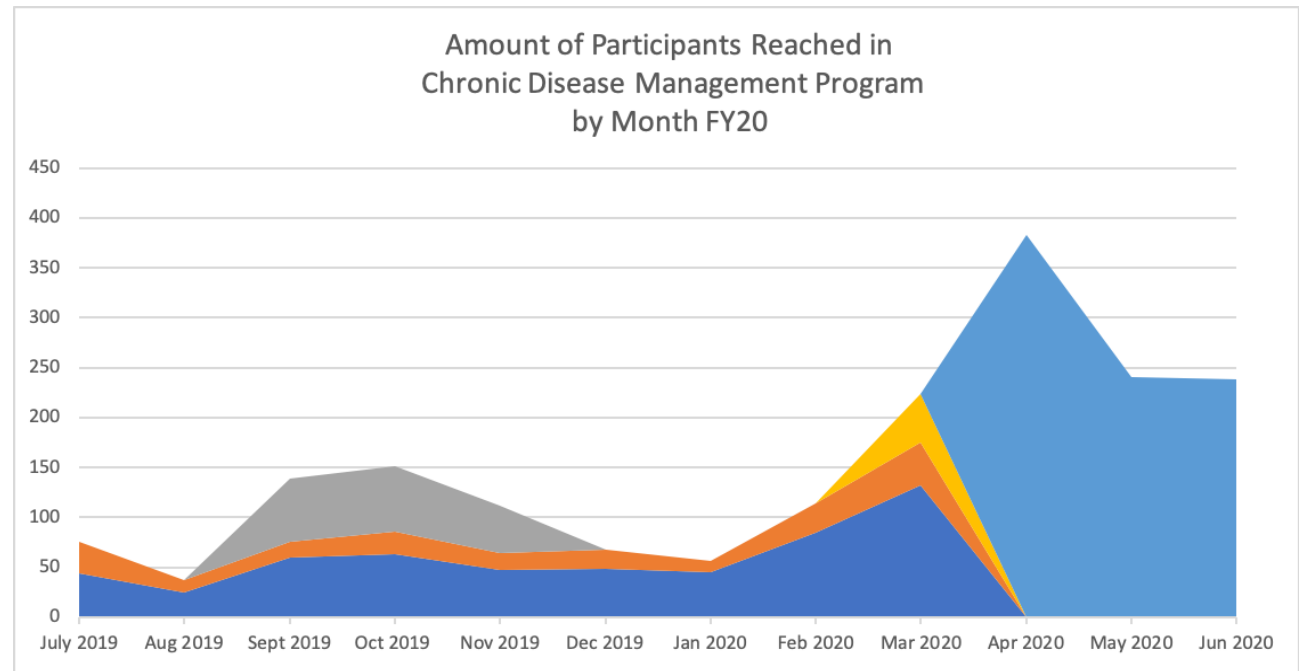
Lessons Learned

- Diversified class content
 - Nutrition only focused classes - Healthy cooking demos
 - Exercise only focused classes – Zumba, Yoga
 - DSME Classes – Diabetes ADCES Curriculum
 - Guest Speakers – More people available and interested during COVID.
 - Classes on Cancer and Hypertension
- No longer limited by physical location so can market all classes to everyone not just the people at one location
- Keep people engaged through interactive activities i.e. Kahoot
- Dedicated CHW's to increase marketing, follow-up, and collection of data
 - Place calls weekly to participants as well as follow-up emails and text messages, reminder emails/calls/texts to registered attendees who haven't joined yet.

Results

Table 2. CDMP Participation by Month and Location

Participants	July 2019	Aug 2019	Sept 2019	Oct 2019	Nov 2019	Dec 2019	Jan 2020	Feb 2020	Mar 2020	Apr 2020	May 2020	Jun 2020	FY 2019 Monthly Average
Churches	44	25	60	63	47	48	45	85	132				61
Gerald Family Care/Clinics/Trust	31	12	15	23	17	20	11	29	43				34
Leisure World			64	65	48								59
Men's Health									49				49
CDMP Virtual Webinar										383	240	238	287





Questions



DSMES PROGRAM

Vivian Nnacho Ayuk, PharmD, CDGES

DSMES PROGRAM



Nationally Accredited Program by ADCES

- Virtual weekly group classes
- Utilizes technology through connected devices to provide critical information on blood glucose
- Regular monitoring provides valuable information on trends, symptoms, diet, and medication Adherence
- Triggers appropriate interventions to prevent serious health complications
- Provide updates to referring providers



DSMES PROGRAM

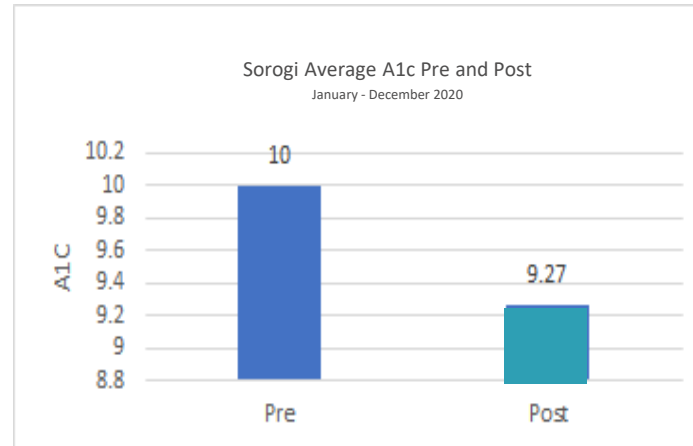


Outcomes Data

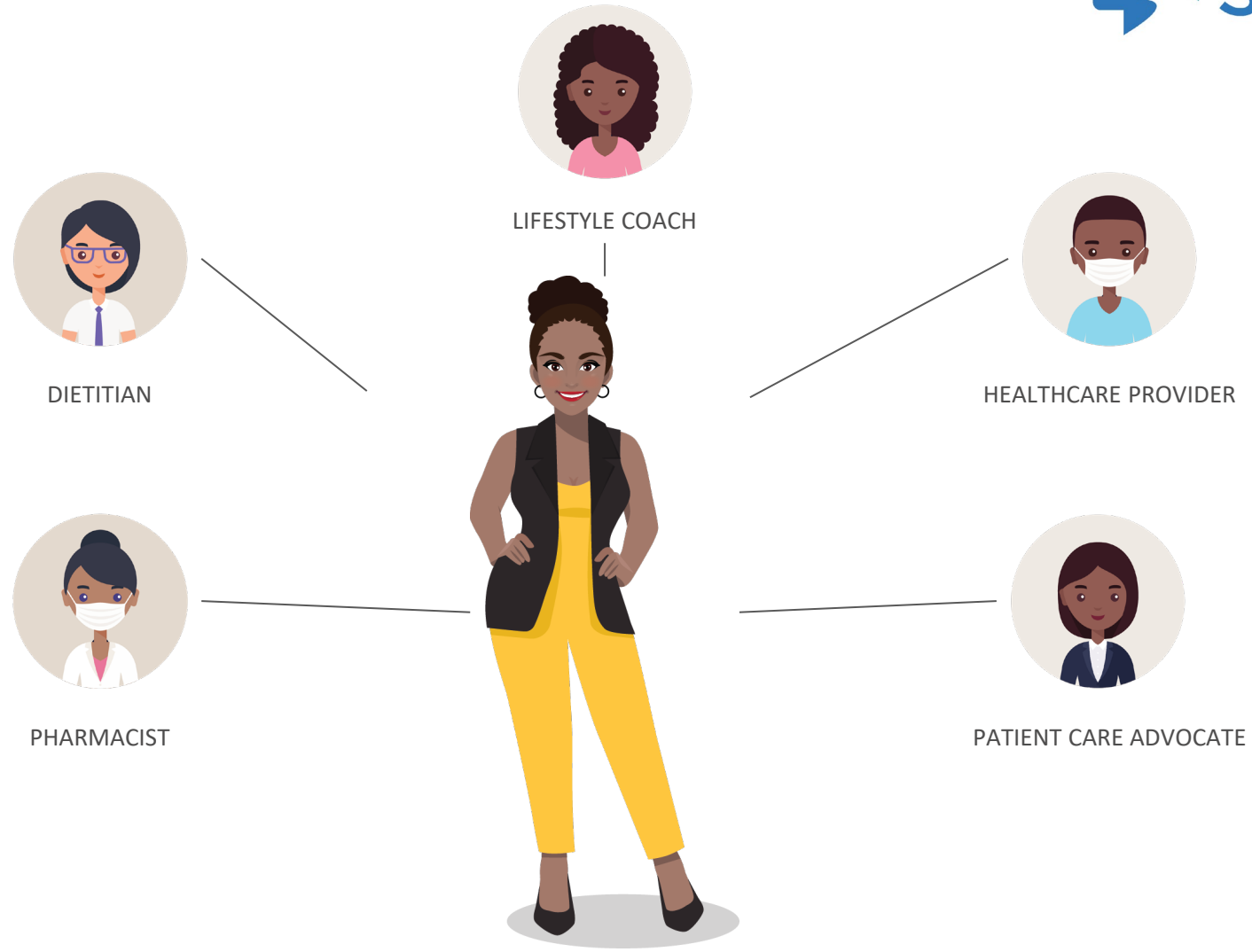


86% of patients with repeat A1c showed improvement

92% of patients enrolled in remote glucose monitoring had an increase in their engagement in care and no reported hospital or emergency department visits



DSMES TEAM



PROGRAMS AND SERVICES



Support Services - Nutrition

- Participants work with a Registered Dietitian
- Access to live cooking demonstrations
- Library of recordings, recipe cards, and grocery tours



PROGRAMS AND SERVICES



Support Service - Physical Activity

- Participants attend weekly virtual fitness classes
- Fun and welcoming environment
- Access to our library of workout videos



PROGRAMS AND SERVICES

Support Service - Peer Support

- Provides participants with a platform to share
- Conversations are *driven by participants*
- Minimizes the isolation of living with a chronic condition



PROGRAMS AND SERVICES

Support Service - Monthly Calendar

- Participants can plan ahead
- Weekly and daily reminders
- Minimizes the isolation of living with a chronic condition
- Opportunity to earn incentives each month



March 2022

Spring Has Sprung!

SUN	MON	TUE	WED	THU	FRI	SAT
		 1 6:00pm - 7:00pm Tuesday Fitness: HIIT cardio	 2 6:00pm - 7:00pm Grocery Store Tour	 3 6:00pm - 7:00pm Diabetes Prevention: Get More Active	4	 5 10:00am - 11:00am Support group
6	 7 6:00pm - 7:00pm Monday Movement: Zumba	 8 6:00pm - 7:00pm Tuesday Fitness: Broom Cardio	 9 6:00pm - 7:00pm Diabetes Education: Understanding Lab Values	 10 6:00pm - 7:00pm Diabetes Prevention: Eat Well Away from Home	11	 12 10:00am - 11:00am Nutrition class: Strategies for Flavoring Foods Without Salt
13	 14 6:00pm - 7:00pm Monday Movement: Chair Aerobics	 15 6:00pm - 7:00pm Tuesday Fitness: Cardio Blast	 16 6:00pm - 7:00pm Diabetes Education: Eating Well When Eating Out	 17 6:00pm - 7:00pm Diabetes Prevention: Take Charge of Your Thoughts	18	 19 10:00am - 11:00am Support group
20	 21 6:00pm - 7:00pm Monday Movement: Line Dance	 22 6:00pm - 7:00pm Tuesday Fitness: Stepping	 23 6:00pm - 7:00pm Diabetes Education: Coping When Diabetes Is Overwhelming	 24 6:00pm - 7:00pm Diabetes Prevention: Manage Stress	25	 26 10:00am - 11:00am Support Group
27	 28 6:00pm - 7:00pm Monday Movement: Cardio Dance	 29 6:00pm - 7:00pm Tuesday Fitness: Afro Aerobics	 30 6:00pm - 7:00pm Diabetes Education: Understanding Diabetes Medications	 31 6:00pm - 7:00pm Diabetes Prevention: Get Support		

Up Your Nutrition Game



Attend 3 education classes and 2 fitness classes to win a spiralizer or a DASH diet recipe book!



SOROGI MOBILE APP

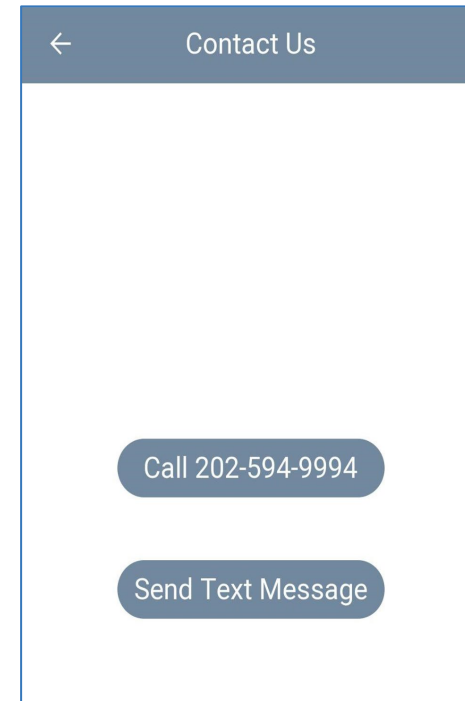
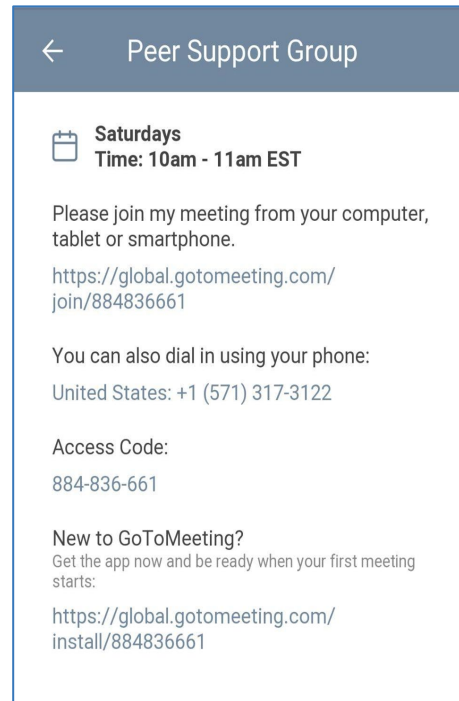
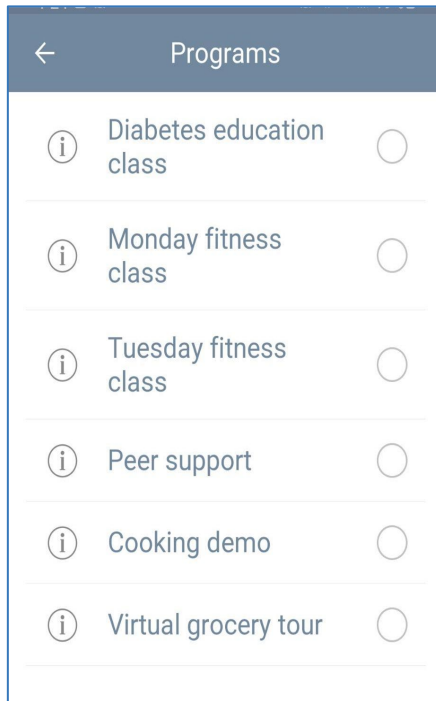
Participant App



SOROGI MOBILE APP



Participant App



PROVIDER TRAINING AND SUPPORT



Customized training for clinicians and staff

- Training on Sorogi's referral process
- Adopting technology tools in diabetes care
 - Continuous Glucose Monitoring (CGM)
 - Remote Patient Monitoring (RPM)
 - Understanding barriers to technology adoption
 - <https://forms.office.com/Pages/ResponsePage.aspx?id=bn0HI64T0iWTasPUZDvwo4N9Bm6bEJNi7IVv2zyb1UMIZUVU1TRDJaWDhBSkhYRjZCN1FQSOFNMS4u>
- Data Analysis and utilization during patient encounters
- Billing for services
- Review of evidence-based practices



“Interesting, Well-Organized, Interactive, and Relevant to my role”

SOROGI HEALTH

Participant and Provider Portal

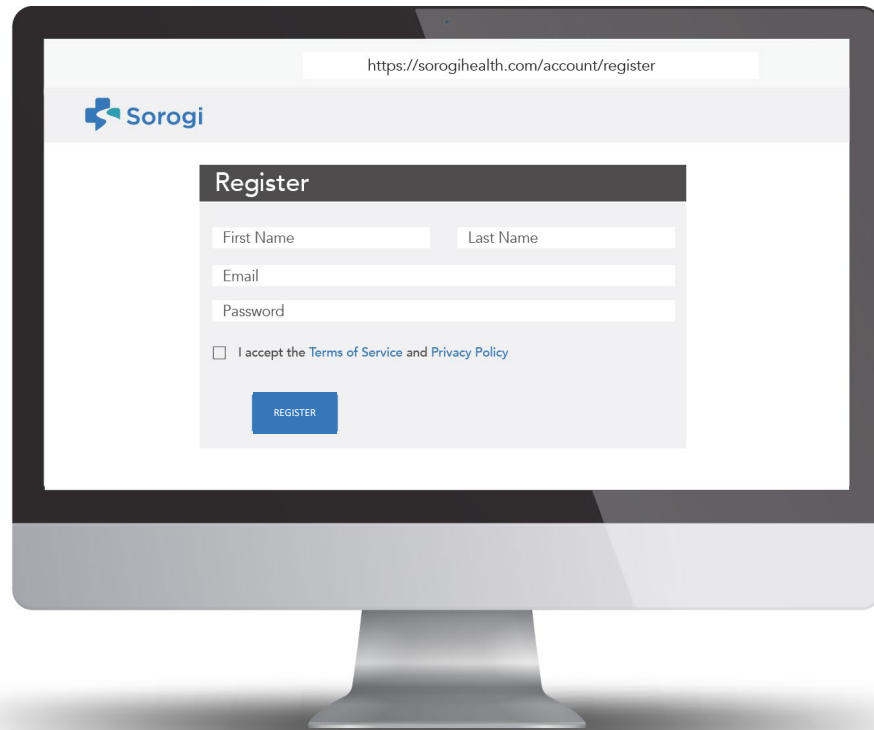
1. Visit SorogiHealth.com
2. Select *Create an account*
3. Register - select *Provider* button
4. Create a secure provider account with your name, email address, and password
5. You will receive a confirmation email to activate your account
6. Click on the link that is emailed to you and begin your referral
7. Complete the referral and click submit
8. That's it! The dedicated and friendly staff at Sorogi will take it from there.



SOROGI HEALTH PORTAL



Provider Portal - Referral



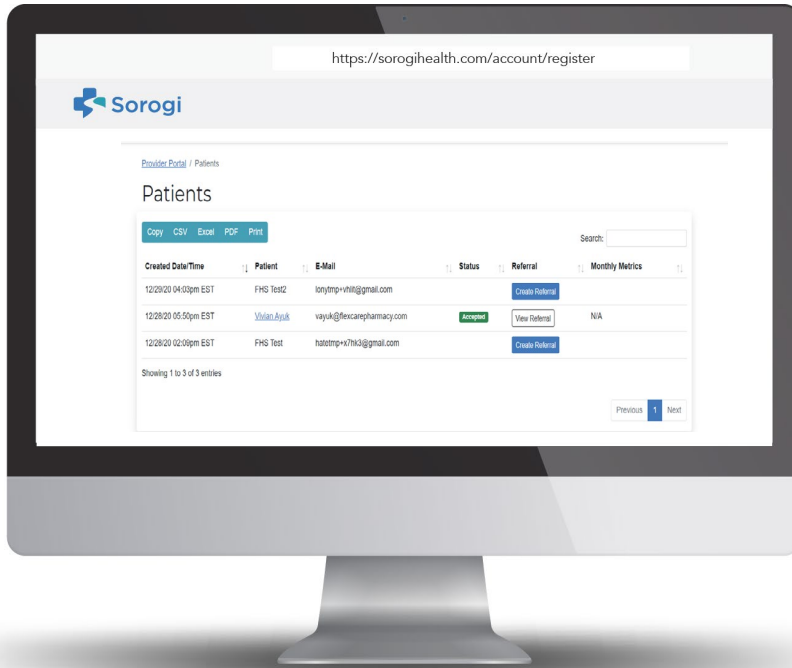
Referral Programs

- Blood Pressure Management
- Diabetes Education
- Diabetes Prevention
- Medical Nutritional Therapy
- Peer Support Group

SOROGI HEALTH PORTAL

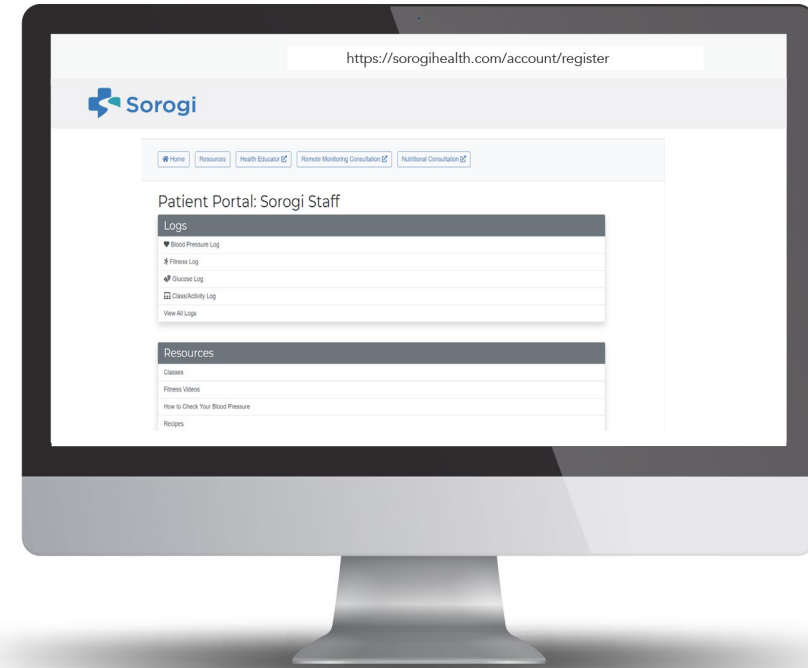


PROVIDER PORTAL



- Check Referral Status
- Monthly Metrics

PATIENT PORTAL



- Fitness Videos
- Meal Planning and Recipes



[Sorogi.com](https://sorogi.com)

202.594.9994

vayuk@sorogi.com





Global Sustainable Partnerships (GSP)

501(c)3 Non-Profit Community Based Organization

Presenter: Nita Finley

Global Sustainable Partnerships

- ▶ Since 2010, the mission of Global Sustainable Partnerships (GSP) has focused on providing access to clean and safe drinking water to improve the lives and health of children and families and to empower women in breaking the cycle of poverty in developing countries.
- ▶ In 2020, GSP pivoted and redirected our efforts to the US, due to the COVID-19 pandemic. We prioritize the need for solutions to address the wide range of health, civic, and economic inequities that are prevalent in African American and African Diaspora communities.

Goals of Soul Synergy with GSP

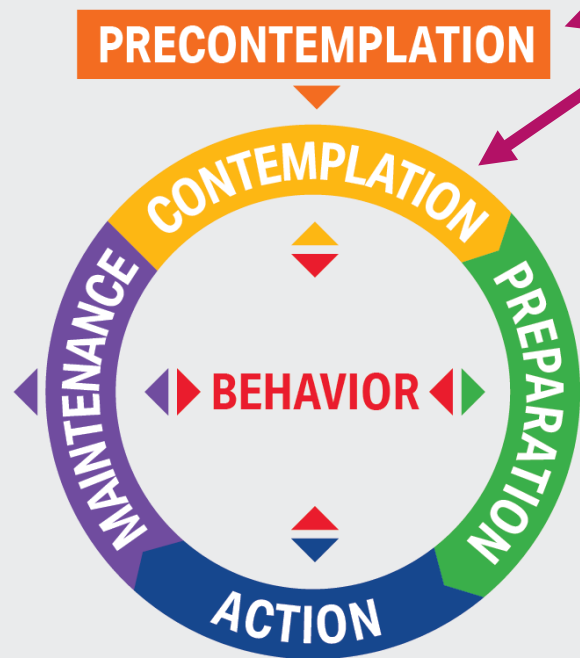
- ▶ To promote health, wellness, and wellbeing to African American women who have high-risk of developing Type 2 Diabetes, increased risk of having pre-diabetes, or who have been diagnosed with pre-diabetes
- ▶ To increase the availability and support for the prevention and management of pre-diabetes and the prevention of Type 2 Diabetes to African American women who have high risk of developing Type 2 Diabetes, increased risk of having pre-diabetes, or who have been diagnosed with pre-diabetes

Objectives of Soul Synergy with GSP

- ▶ Improve access to resources, systems, & services
- ▶ Encourage healthy behavioral changes
- ▶ Provide a continuum of solutions that addresses midstream conditions at a community level that drive disparities in diabetes
 - ▶ Improve modifiable risk factors for diabetes
 - ▶ Provide professional nutritional education
 - ▶ Provide healthy cooking classes
 - ▶ Offer Mental Health & Wellbeing Support
 - ▶ Lead Group Exercise Classes

Soul Synergy with GSP

Stages of Change



© 2021, R1 LLC

Primer Program: 1-month long **Sister Circle** consisting of prediabetes education led by physician, nutritional consultations, mind-body wellness activities, and mental health support

A SPECIAL INVITATION

TO AFRICAN AMERICAN WOMEN IN D.C. WARDS 7 & 8



Want to know more about Diabetes
and what to do about it?

You will receive \$50
for 4 one-hour Saturday
Zoom sessions (\$10 after each
session plus \$10 bonus)

Meeting Options are Zoom Camera/ Phone-In/ Outside Activities

You will hear about:

- What diabetes is and how to manage it
- Eating & cooking healthy
- Ways to handle stress
- Fun exercise plans



*Sign up today with a Community
Outreach Worker or call:*

202.378.0349 or 202.246.2429

Soul Synergy with GSP

CDC Recognized DPP: 12-month long lifestyle change program supplemented by cooking classes, healthy food box deliveries, exercises classes, and additional services



Soul Synergy Progresses Participants through the Stages of Changes

Table 3. Stages of Change Model

<i>Stage</i>	<i>Definition</i>	<i>Potential Change Strategies</i>
Precontemplation	Has no intention of taking action within the next six months	Increase awareness of need for change; personalize information about risks and benefits
Contemplation	Intends to take action in the next six months	Motivate; encourage making specific plans
Preparation	Intends to take action within the next thirty days and has taken some behavioral steps in this direction	Assist with developing and implementing concrete action plans; help set gradual goals
Action	Has changed behavior for less than six months	Assist with feedback, problem solving, social support, and reinforcement
Maintenance	Has changed behavior for more than six months	Assist with coping, reminders, finding alternatives, avoiding slips/relapses (as applicable)

Sister Circle

Sister Circle

Recruit for GSP's DPP

1-5 months during GSP's DPP

7-12 Months During GSP's DPP

Successes of Soul Synergy

- ▶ 2020-2021: Provided over 200 African American women in Ward 7 and Ward 8 access to the services of Soul Synergy
- ▶ 2020-2021: 30% of the participants reported more than a 1 point change in their BMI
- ▶ 2020-2021: 63% of the participants reported exercising at least three times per week
- ▶ 2020-2021: 97% of the participants reported “very satisfied” with the activities of Soul Synergy

Challenges of Soul Synergy

- ▶ Lacking a **bi-directional referral system** with medical providers, healthcare systems, and community-health based organizations
 - ▶ **Benefit to the patient:** African American women in Ward 7 or Ward 8 who score at risk for prediabetes on pre-diabetes risk assessment (who have not received medical attention for their risk of prediabetes) are referred to local healthcare providers in Ward 7 or Ward 8 for medical follow-up
 - ▶ **Benefit to healthcare provider:** GSP would update the healthcare providers of the African American women in Ward 7 and Ward 8 who were referred by their healthcare providers to GSP's primer Sister Circle program and ultimately GSP long-term lifestyle change CDC-Recognized DPP on the progress of their referred patients
 - ▶ **Benefit to DPP providers** (such as GPP): This would help DPP providers recruit participants with a blood glucose and/or HbA1c (to compare the effectiveness of Soul Synergy's impact on the blood glucose and/or HbA1c of the participants)

Solution to Challenges of Soul Synergy with GSP

Through group collaboration, we can develop a bidirectional referral system between DPP providers and local healthcare providers, healthcare systems, and community-health based organizations



**“When we
partner, miracles
happen!”**

Motto of Global Sustainable Partnerships

- ✓ Questions
- ✓ Challenges
- ✓ Share your experiences

Inquiring minds want to know...

- ? How can you apply what you learned about today?
- ? What else do you need from us to help with next steps?

1. To what extent did the session meet the stated objectives?
(1-not at all to 5-met all objectives)
 - Introduce and review DSMES Program priorities and community partners.
 - Learn from Healing Our Village, Sorogi and GSP about program offerings, results and opportunities for collaboration.
 - Discuss questions and challenges and share other examples and experiences.

2. How would you rate the session overall?
(from 1-5, where 1 is poor and 5 is excellent)

We are here to help you !

- ✓ One on one coaching, team/clinic trainings, evaluation plan and CIP updates
- ✓ Recorded trainings and tools: <https://livingwell.dc.gov/page/clinical-partners>
- ✓ Other questions or ideas? Please reach out:
 - Mary Kate Brousseau – mbrousseau@healthmanagement.com
 - Mobile: (541) 231-3717





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