



*managing diabetes. together.*

diabetes partnership  
OF CLEVELAND

# **Diabetes and Cleveland's Hispanic Community**

MaryAnn Nicolay, BA, DTR  
Diabetes Partnership of Cleveland

# **Participants in this workshop**

will become familiar with how a small, non-profit organization is addressing diabetes in the Cleveland Hispanic /Latino community through a trained, volunteer force of Diabetes Ambassadors and their flipcharts.

# Diabetes in Ohio Latino Community

## What we know:

In the US: 1 in 10 Hispanics have diabetes

Hispanics adults have highest percentage of diabetes  
(13.2%) in Ohio

19.3% of 2000 Cleveland Hispanics adults have diabetes

# Reasons for high rate of diabetes

## Economic / Education Disparities

- Low physical activity
- Diet
- Overweight
- Lower literacy level
  - Correlates to low health literacy

## Healthcare System Deficiencies

- Poor access to health care
  - 4x more likely to be hospitalized for complications
  - Lack of usual source of care
- Higher DM death rate
  - due at 33.6 / 100,000 which is 50% higher than in non-Hispanic white population
- Lower literacy level
  - Correlates to low health literacy

# Other Issues

- Lack of trained Hispanic medical professionals
  - Less than 7% Hispanic MD's /Surgeons
  - Less than 5% Nurses
  - Similar stats for other health professions
- In Cleveland
  - No professionally trained, bi-lingual nutrition educators
    - Registered Dietitians or Registered Dietetic Technicians

# Issues of a small non-profit organization

- Address diabetes in many ethnic/racial communities
- Health Educators need to be credentialed
- Organization physically located in area to serve most

# Solutions

- Develop culturally appropriate materials using plain language
  - Tested in community
- Look for unique methods of delivering diabetes education
  - Diabetes Ambassadors and flip charts

# Diabetes Ambassador Program

- Based on successful MetroHealth Amigas Program (Breast Health/Wellness)
- Volunteers are trained to talk to people in their own community about diabetes at “diabetes charlas”

# Next Steps

- **Develop 5 additional flip chart presentations**
  - Diabetes: What you need to know
  - Diabetes and Food: Carbohydrates
  - Diabetes And Food: Label Reading and Meal Planning
  - Managing Diabetes with Medications
  - Checking Your Blood Sugar
  - Managing Diabetes Complications
- **Translate**
- **Train Diabetes Ambassadors to present**
- **Evaluate**
- **Fine tune**
- **Present in community**



# Diabetes Medications



# Checking your Blood Sugar





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