

# Diabetes Prevention and Management Action Team

## Live Well Lake County Vision Statement:

Achieving the highest level of health and wellness for all in Lake County.



### Diabetes Prevention and Management Action Team

Meeting #11 Friday, February 9, 2018

3010 Grand Ave, RM 2E

1:00 PM-2:30 AM

***Statement of Purpose:** Our purpose as an action team is to improve diabetes prevention and self-management for Lake County's high-risk populations and their families. We do this by addressing policies, systems and environments through partnering, educating and empowering families while being culturally sensitive, so that we can reduce the onset and/or manage diabetes.*

### Diabetes Prevention and Management Action Team

Elvis Munoz, Co-Lead  
Advocate Health Care

Jordan-Lindsay Morris, Co-Lead  
Lake County Health Department and  
Community Health Center

Diana Gutierrez  
Mano a Mano Family Resource  
Center

Betsy Berganza  
YWCA Lake County

Manny Hernandez  
Waukegan Public Library

Anne Wagner  
Lake County Health Department and  
Community Health Center

Michael Smith  
Rosalind Franklin University Health  
Clinics

Demetrius Willis  
Lake County Health Department and  
Community Health Center

Jennifer Baralli  
Northwestern Lake Forest Hospital

Francis Baxley  
Erie HealthReach Waukegan

Colleen DeBoer  
Northwestern Lake Forest Hospital

Julie Krohn  
Lake County Health Department and  
Community Health Center

Wendy Wignot-Pierkarz  
Vista Health System

### Support Staff

Sarah Wright  
Lake County Health Department and  
Community Health Center

Discussion Item	Presenter	Action/Result
1. Welcome	Jordan	
2. Diabetes Alert Day Updates	Wendy Jennifer Jordan Elvis	Review planned events
3. DPP Updates	Jordan Manny Diana Jennifer	Workgroup will review first meeting items addressed and layout next steps
4. DSME Update	Elvis	Workgroup will discuss food insecure questionnaire Dates for English and Spanish classes
5. Action Plan Review	Jordan	Overview of task in process and those that still need to be addressed
6. Announcements/Next Steps		Develop Diabetes resource page Diabetes passport Meeting Dates

Next Meeting	Discussion
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TBD

Name of Action Team: Diabetes Prevention and Management Action Team			DATE: 2.16.18
<b>Present:</b> Jordan Morris, Elvis Munoz, Diana Gutierrez(p), Wendy Wignot-Piekarz, Guillermina Luke(p), Bushra Singh, Nancy Rocha, Manny Hernandez (p), Amber Blanchard, Mamta Sharma, Betzy Berganza			<b>Call to order:</b> Jordan <b>Location:</b> 3010 Grand Rd, Waukegan, IL <b>Recorders:</b> Elvis
AGENDA ITEM	DISCUSSION/CONCLUSIONS	ADDITIONAL INFORMATION, QUESTIONS, RECOMMENDATIONS AND/OR ACTIONS	RESPONSIBLE PARTY
1. Welcome	<ul style="list-style-type: none"> <li>Welcome and introductions</li> </ul>		Jordan
2. Diabetes Alert Day Updates	<ul style="list-style-type: none"> <li>Social media post/campaign with the LCHD</li> <li>Incorporate diabetes messaging in the local ads, newspaper, LCHD TV channel, etc.</li> <li>Wendy made the connections with ChiroOne to push out diabetes risk assessments – Are You at Risk for Diabetes screening assessments</li> <li>Diabetes Alert Day 106.3 radio promotion</li> <li>Jordan spoke on behalf of Jennifer Baralli in regards to scheduling her event from 7am – 11am for Diabetes Alert Day. The event includes lecture presentation, screenings, and booth at Northwestern in Lake Forest.</li> <li>Oak Street will also promotes Diabetes Alert Day by hosting a diabetes education session at the Waukegan location.</li> <li>Wendy contacted large facilities/organizations for Diabetes Alert</li> </ul>	<ul style="list-style-type: none"> <li>Betzy from the YWCA in Gurnee shared that the Y has worked with Walmart to provide Diabetes screenings.</li> <li>Marie from Rosalind Franklin University shared their involvement in A1C screenings for the Waukegan diabetes program and for the Mano a Mano diabetes program (DEEP).</li> <li>The team discussed creating a template for report monthly meeting reports on the screenings that have been occurring in Lake County, as it relates to Diabetes (Blood sugars, A1C, sugar tolerance, paper screening).</li> </ul>	Wendy, Jennifer, Jordan, Elvis & team

	Day Support, as a strategy to have a larger promotion impact.		
<b>3. DPP Updates</b>	<ul style="list-style-type: none"> <li>Jordan met with Diana G., Jennifer B., and Manny H. to discuss Diabetes Prevention Program (DPP).</li> <li>Target audience will be Hispanic and African American</li> <li>Jennifer will be doing DPP in English</li> <li>Manny and Diana will be doing DPP in Spanish</li> <li>Bushra S. and Mamta shared their version of DPP – DPP light, which is a lighter version of the original DPP, meaning it is not as extensive as DPP.</li> </ul>	<ul style="list-style-type: none"> <li>The team shared local partners, Family 1<sup>st</sup> offers free physical education, and can be available for diabetes prevention program.</li> <li>The Community-based DPP Pilot will be August of 2018, ground zero class will be held to screen, recruit and to assist with retention rates and encourage on going education.</li> <li>Success and barriers to discuss programming as it relates to diabetes prevention programming</li> <li>Betzy B. and the team shared the importance of self-care and suggested that as an action team we consider a year-end, motivation/ strategy learning/diabetes care summit for the community.</li> </ul>	Jordan, Manny, Diana, Jennifer & team
<b>4. DSME Update</b>	<ul style="list-style-type: none"> <li>Elvis is meeting with the Mundelein Park District on March 7 to discuss the opportunity of bringing a 6-week diabetes self-management program. The goal is to also establish a walking group, incorporate food insecurity screening and provide additional follow up resources.</li> <li>Elvis and Edna Pompilus hope to start 6-week diabetes program, in English, on May 17 ending June 21.</li> <li>Susana and Marie have schedule their 6-week diabetes program, in Spanish, which begins May 16 and ends June 20.</li> <li>The YWCA is hoping to launch a 6-week program as well; dates are to be determined.</li> </ul>	<ul style="list-style-type: none"> <li>There is an opportunity to provide another program in Round Lake, in partnership with the Round Lake Park District, later in the year (November – Dec).</li> <li></li> </ul>	Elvis & DSME facilitators

<p><b>5. Action Plan Review</b></p>	<p>Jordan shared the following points:</p> <ul style="list-style-type: none"> <li>• Action Plan – missed opportunities</li> <li>• Capture testimonies from our classes</li> <li>• CDC screening widget on our websites</li> <li>• Invite providers to attend one session for the Diabetes classes</li> <li>• Create a list of community- based organizations to inform them about diabetes education programming (DPP and DSME)</li> </ul>		<p>Jordan &amp; team</p>
<p><b>6. Announcements/ Next Steps</b></p>	<p>Jordan shared,</p> <ul style="list-style-type: none"> <li>• Possibility of creating a Diabetes Resource document like the food insecurity document</li> <li>• Potential next meeting dates March 9<sup>th</sup> / March 16<sup>th</sup></li> <li>• YWCA Training on Obesity – in the adult and children.</li> </ul>		