

Overcoming Social Barriers to Optimal Diabetes Management for Uninsured Latino Patients

2016-17 NC Albert Schweitzer Fellows
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PROJECT GOALS

The fellows aimed to implement culturally-focused strategies in order to overcome identified social determinants of health for uninsured Latino patients with diabetes in the greater Charlotte area.

SERVICES PROVIDED

- Provided clinical care for uninsured Latinos in their native language through monthly free health clinic at Our Lady of Guadalupe Catholic Church
- Conducted 6-week healthy living workshop focused on diabetes self management for 7 Latino patients
- Identified shared social barriers to optimal management of diabetes through surveys and group discussion
- Addressed exercise and nutrition barriers with focused group activities

COMMUNITY PARK WALK

- Only 1/7 patients had an active gym membership, yet most patients reported living near park/green space
- Participants gathered and walked in local park
- Implemented use of Garmin Vívofit2 devices (pedometers) to encourage regular activity
- 7/7 patients reported pedometer use at project end
- Majority of patients reported increased physical activity

CROCKPOT COOKING CLASS

- The diabetic diet was discussed with patients during healthy living workshops
- Patients were provided with crock pots and recipes for diabetes friendly meals
- Fellows organized cooking class to make chicken tortilla soup with crock pots
- 7/7 patients endorse using the crockpots to cook healthy meals for themselves and their families



Figure 1. A) Patients walking at Clanton Park. B) Patients participating in crockpot cooking class

SUSTAINABILITY

- Formalized student recruitment process for involvement in the monthly clinics through interviews and interpreter certification
- Currently interviewing 3 third year medical students for one year commitment to the clinic
- Discussed with key Charlotte Program campus leaders the possibility of sustaining efforts through partnership with the Kenan Scholars Program

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And Our Lady of Guadalupe Catholic Church