Community Screenings for Type 2 Diabetes (T2D) in Churches

Preliminary Biometric Results

528 people screened in 17 churches

201 males and 326 females

38% male   62% female

450 screened for T2D using A1cNow kits

165 had A1c of 7.0 or higher (referred to noncommunicable disease providers for counseling)

116 had Systolic Blood Pressure equal to or higher than 130

139 had Diastolic Blood Pressure equal to or higher than 80

183 participants with abnormal HbA1c and BP readings referred to noncommunicable disease providers for counseling

112 participants visited noncommunicable disease clinic for follow-up care after they were seen at community/church screenings

466 participants received counseling by MOHHS providers at community screenings

528 participants were referred to MOHHS for follow-up care regardless of abnormal results

Has a doctor, nurse, or other health professional EVER told you that you had any of the following?

152 reported **Diabetes**

92 reported **Hypertension**

41 reported **High Cholesterol**

8 reported **Don't Know/Not Sure**

Have you delayed getting needed medical care for any of the following reasons in the past 12 months?
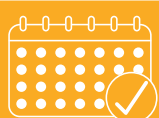
205 participants didn't have transportation

202 participants couldn't afford the cost for the doctor's visit

On how many of the last SEVEN DAYS did you test your blood sugar?

62 participants tested **0 days** out of the last 7 days

44 participants tested **1 day** out of the last 7 days

Do you know…

…how to use the results of blood sugar monitoring?

not at all	a little	a lot
25.7%	28.9%	45.5%

…how diet, exercise, and medicines affect blood sugar levels?

not at all	a little	a lot
14.5%	35.5%	50.0%

When was the last time you visited a doctor, nurse, or other health professional at a clinic or hospital?

312 participants within the past **6 months**

83 participants more than a **year ago**

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Family Model of DSME in Faith Based Organizations in the RMI

Biometric Results

151 participants completed pre-intervention data collection

70 participants completed pre- and post-data collection (12-month period)

5 men
22 women
(primary participants)

14 men
29 women
(family members)

Comparison of delayed getting needed medical care in the PAST 12 MONTHS

	Pre-Data	Post-Data	
Lacking Transport	29 reported	5 reported	(82.7% decrease)
Cost	23 reported	6 reported	(73.9% decrease)
No Delays	26 reported	45 reported	(73% increase)

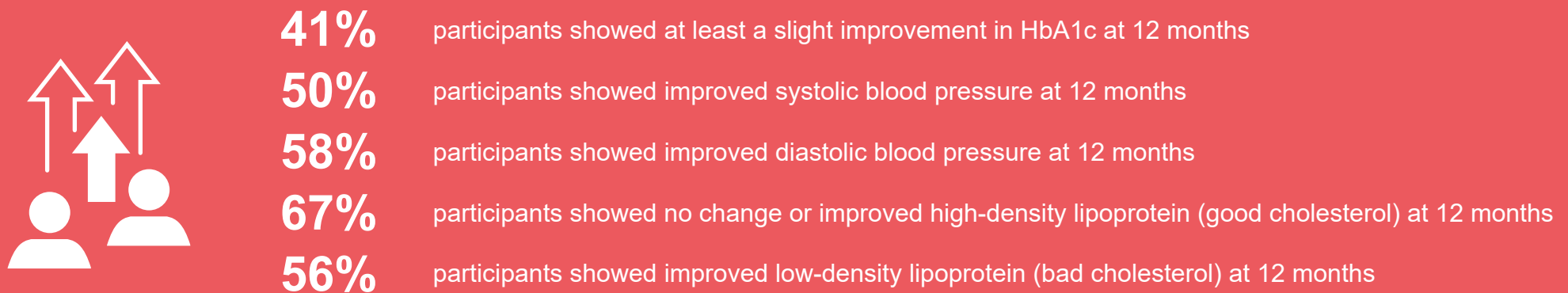**34.3%** saw an increase in the number of times they'd seen a doctor

92% never took a diabetes management course in the past

42.8% saw an improvement in the recency of their last eye exam

75% increased their blood sugar testing rate at the end of the program

Participant solutions to making healthier lifestyle change

- Improve access to vegetables by creating educational opportunities or programs for home gardening; government-level policies addressing food insecurity and providing affordable healthy food for communities
- Improve levels of physical activity by creating at-home and community exercise programming and infrastructure
- Provide more opportunities to interact with physicians and other healthcare providers in community settings
- Incorporate more demonstrations into the education program, such as healthy cooking demonstrations or exercise programs

41% participants showed at least a slight improvement in HbA1c at 12 months

50% participants showed improved systolic blood pressure at 12 months

58% participants showed improved diastolic blood pressure at 12 months

67% participants showed no change or improved high-density lipoprotein (good cholesterol) at 12 months

56% participants showed improved low-density lipoprotein (bad cholesterol) at 12 months

Conclusion

Participants in the program improved their knowledge of diabetes care and perceived more family support at the end of the 12-month period compared to baseline.

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Kakōlkōl Ko ñan Naninmij in Type 2 Tōñal (T2D) ilo Imōn Jar Ko

Preliminary Biometric Results

528 armej raar kakōlkōl ilo 17 imōn jar ko

201 eṃaan im 326 kōrā

38% eṃaan — 62% kōrā
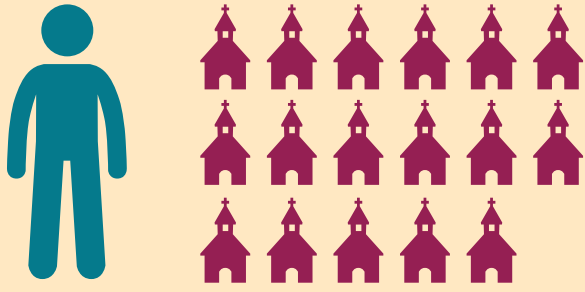
450 raar kakōlkōl ñan T2D kōjerbal A1cNow kit ko

165 ear bed A1c ko aer ilo joñan in 7.0 ak laplok (emoj rejañ er bwe ren lolok taktō ro an nañinmij in NCD)

116 ear bed Systolic Blood Pressure ko aer ilo joñan in 130 ak laplok

139 ear bed Diastolic Blood Pressure ko aer ilo joñan in 80 ak laplok

183 ian ro raar bōk kuṇaer ekar jab emman HbA1c im BP reading ko aer im emoj rejan er bwe ren lolok taktō ro an naninmij in NCD

112 ian ro raar bōk kuṇaer raar lolok jikin taktō eo an NCD ālkin aer kar ped ilo ien kakōlkōl ko an jukjuk in ped eo/imwōn jar ko

466 ian rein raar bōk kunaer raar kenono ippen taktō ro an MOHHS ilo ien kakōlkōl ko ilo jukjuk in ped eo

528 ian ro raar bōk kuṇaer raar rejan er bwe ren lolok takto ro ilo MOHHS jekdoon ta rejool ko aer

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Emoj ke an taktō, nōōj ak rijerbal ro jet an jikin ājmour jironkwe elaññe ewōr nanimij kein ippam?

152 raar kalikar ewōr aer nāñinmij in tōñal

92 raar kalikar ewōr nañinmij in aebulat

41 raar kalikar elap cholesterol ak kuriij ilo eke ko ānbwinier

8 raar kalikar ke rejaje/jab kanoj jelā

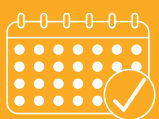### Kwar ke karumijlok am taktō kōn kajojo wūn kein ilo allōñ ko 12 rej mootlok?

205 ekar ejjelok ial in itoitak

$ 202 raar jab maroñ kōllā wōnen aer etal in taktō

Ilo RAAN KO JIJILIMJUON rej mootlok jete raan kwar jāāke tōñal eo am?

62 ian rein raar kwalok ke ewor aer naninmij in T2D raar jāāke tōñal ko **aer 0 allen iloan raan ko 7 rej jemlok**

44 ian rein raar kwalok ke ewor aer naninmij in T2D raar jāāke tōñal ko **aer 1 allen ilo raan ko 7 rej jemlok**

Kojelā ke…

…wāween kōjerbal monitor eo ñan lale joñan tōñal?

likkuun jaje	ijelā jidik	elap aō jelā
25.7%	28.9%	45.5%

…ewi wāween an ṃōñā, kājimourour, koba uno ko jelōt joñan tōñal?

likkuun jaje	ijelā jidik	elap aō jelā
14.5%	35.5%	50.0%

Ñeet eo āliktata kwar lolok taktō, nōōj, ak rijerbal ro jet ilo jikin ājmour eo ak aujpitōl?

312 raar kalikar ilo **6 allōñ ko remootlok**

83 raar kalikar elaplok **jen juon iiō emootlok**

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Family Model of DSME in Faith Based Organizations in the RMI

Biometric Results

151
raar kadedelok pre-intervention data collection

70
raar bōk kuṇaer im kadedelok pre- im post-data collection (12 allōñ aetokan)

5 eṃaan 22 kōrā
(armij ro ewor an T2D)

14 eṃaan 29 kōrā
(ro uwaan baamle eo)

Wāwein eo ej kwalok an rumijlok aer etal in taktō ilo allōñ ko 12 rej mootlok

	Pre-Data	Post-Data	
Ejabwe ial in itoitak	29 reported	5 reported	(82.7% diklok)
Wōneen	23 reported	6 reported	(73.9% diklok)
Ejjelok Rumijlok	26 reported	45 reported	(73% laplok)

34.3% ear ikutkut lok aer lolok taktō

92% rejjaniñ kar bōk kilaaj in kejparok tōñal

42.8% ear ikutkut lok aer kakōlkōl im jeek mej

75% ear laplok ak ikutkut lok aer jeek tōñal ko aer elkin burokraam eo

Wāwein ko nan jibañ kōkmanmanlok ājmour ekkar nan armij ro

- Kalonlok wāwein ko nan wia im mona vegetable ilo ad kōṃṃan burokraam ko ñan kōṃṃan atke; komman kakien ko remaron jiban kadriklok woneen im kapidodolok nan an armij maron wia ṃōñā ko reune
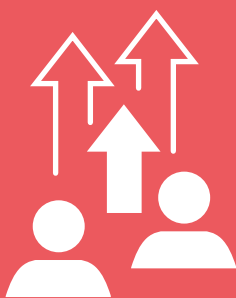
- Kōlaplok exercise ilo ad komman burokraam im jikin exercise ilo moko im jukjuk in ped ko

- Kalonlok wāwein ko ñan an armij maron lolok taktō ro ilo jukjuk in ped ko

- Kalonlok katak ko im rej komman bwe en laplok an armij maron bok konaer iloan kilaaj ko, āinwōt kōmat ṃōñā ko reōne ak burokraam in exercise ko

41% ear emmanlok eṃṃanlok HbA1c ko aer elikin 12 allōñ

50% ear eṃṃanlok nomba in systolic blood pressure ko aer elikin 12 allōñ

58% ear eṃṃanlok diastolic blood pressure ko aer elikin 12 allōñ

67% ear jab oktak ak ear emmanlok jonan lipoprotein (kuriij eo emman) elikin 12 allōñ

56% ear driklok jonan low-density lipoprotein (kuriij eo enana) elikin 12 allōñ

Jemlok eo an Ekkatak in

Armij ro raar bōk kuṇaer ilo burokraam in rar kile ke ear laplok aer melele kin wāwein kojparok ikijien naninmij in tōñal im bareinwot laplok jibañ jen baamle ko aer elikin aer lale rejool ko aer jen jinoin nan 12 allōñ elikin burokraam in.

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