

Multi-method approaches to developing community-based strategies to reduce obesity and diabetes in East and South Los Angeles

**Ellen Iverson, Valerie Ruelas, Mandy
Graves, Lucy Montoya, Anne Peters,
Francine Kaufman, Michele Kipke**

The Keck Diabetes Prevention Initiative

Funded by the W.M. Keck Foundation

Collaborating Partners



***USC Keck School of
Medicine***

**USC Clinical Diabetes
Program**



ChildrensHospitalLosAngeles

International Leader in Pediatrics

***Childrens Hospital
Los Angeles***

- Division of Endocrinology
- Community Health Outcomes and Intervention Research Program (CHOIR)



***Los Angeles County
Department of Health Services***

- Edward R. Roybal
Comprehensive Health Center
(East Los Angeles)
- Hubert H. Humphrey
Comprehensive Health Center
(South Los Angeles)

Overview of Project

Long Term Goals

- Develop strategies in collaboration with community providers, leaders, residents to reduce the prevalence of obesity and diabetes in two communities in Los Angeles - **Watts/Willow Brooke (90059) and East Los Angeles (90022)**
- Work within the communities to enhance and/or implement new approaches to obesity and diabetes prevention and treatment

South Los Angeles: Zip Code 90059

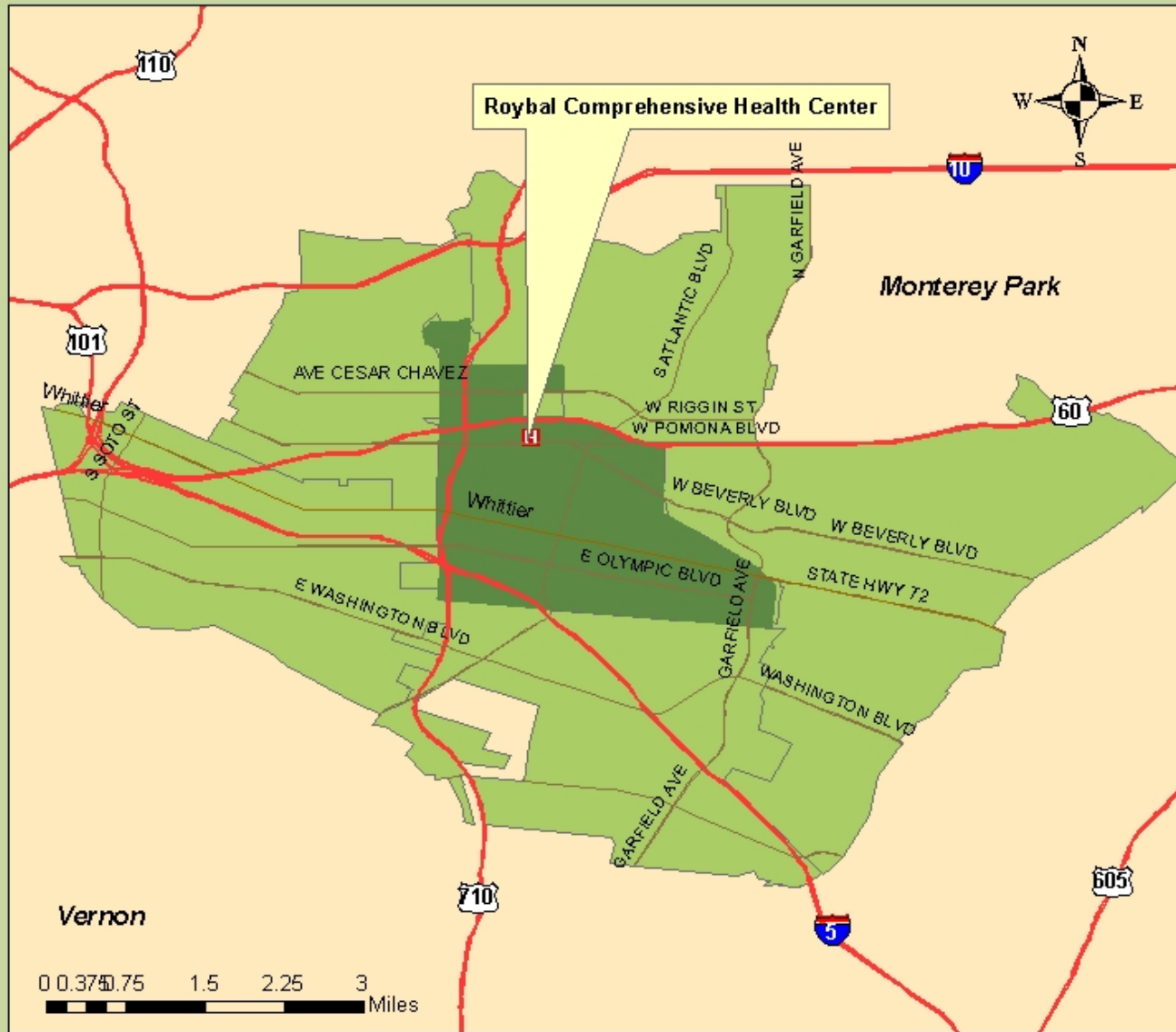


- 90059
- Zip Codes within 1 mile
- Major Roads



Created by Mary Apisakkul, Keck Diabetes Prevention Initiative

East Los Angeles: Zip Code 90022

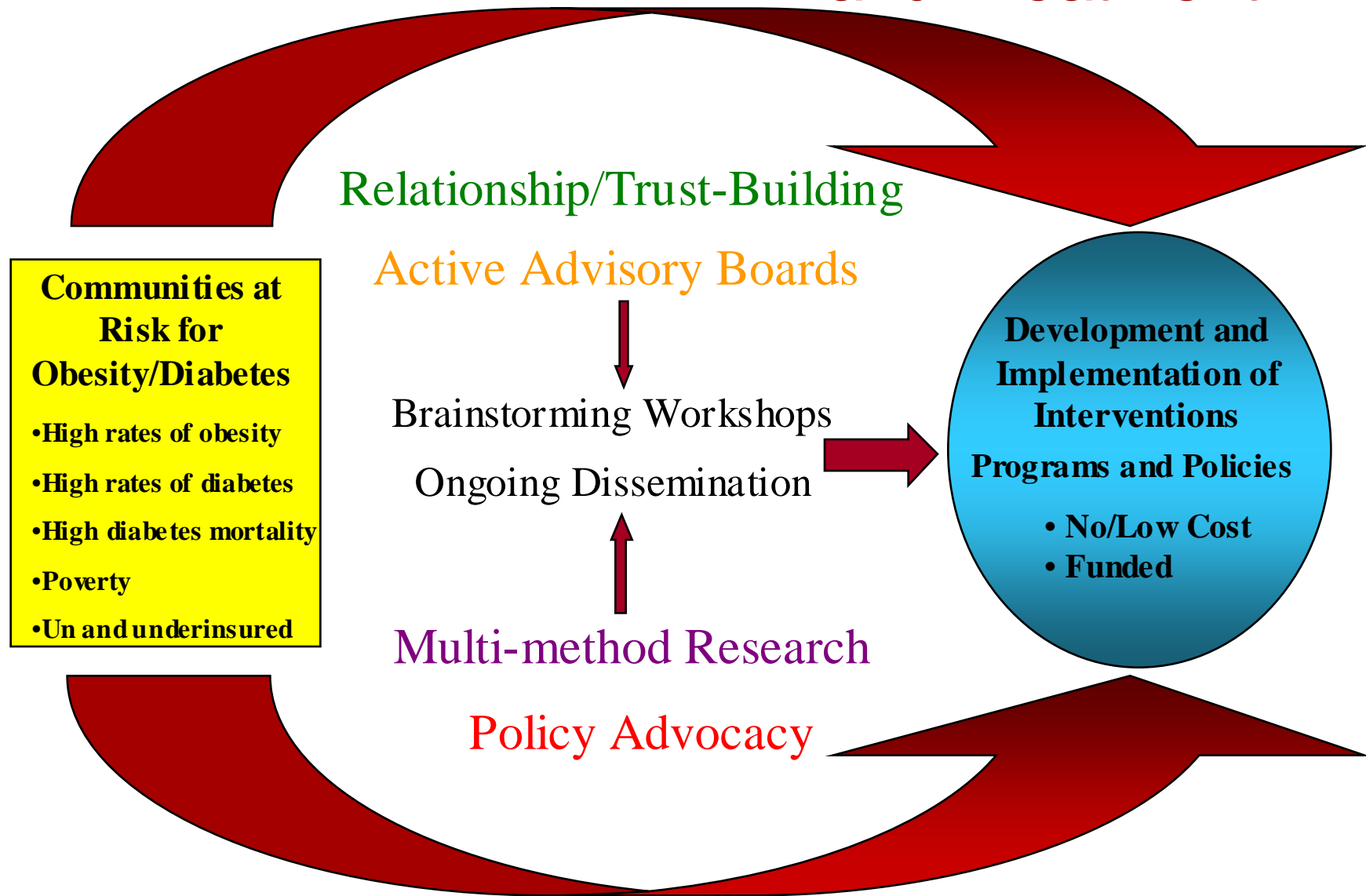


Created by Mary Apisakkul, Keck Diabetes Prevention Initiative

Non-Linear Process of Trust-building, Dissemination and Intervention Development

- Various strategies for relationship and trust building
- Community participatory, multi-method research
- Ongoing policy advocacy with local, state and national leadership
- Accessible mechanisms for developing intervention ideas in partnership with community
- Tiered intervention development and implementation – program and policy

Partnerships for Prevention and Treatment



Relationship and Trust Building

- Talked to people (participate in community meetings/events, informal and formal discussions with community providers, policy and lay leaders)
- Created community advisory boards
- Provided on-going ad hoc education on diabetes, nutrition, obesity, related policies
- Offered evidence-based community-based obesity prevention intervention
- Expanded clinical specialty care for diabetes patients in community clinics, including clinical trials not typically available in low-income communities

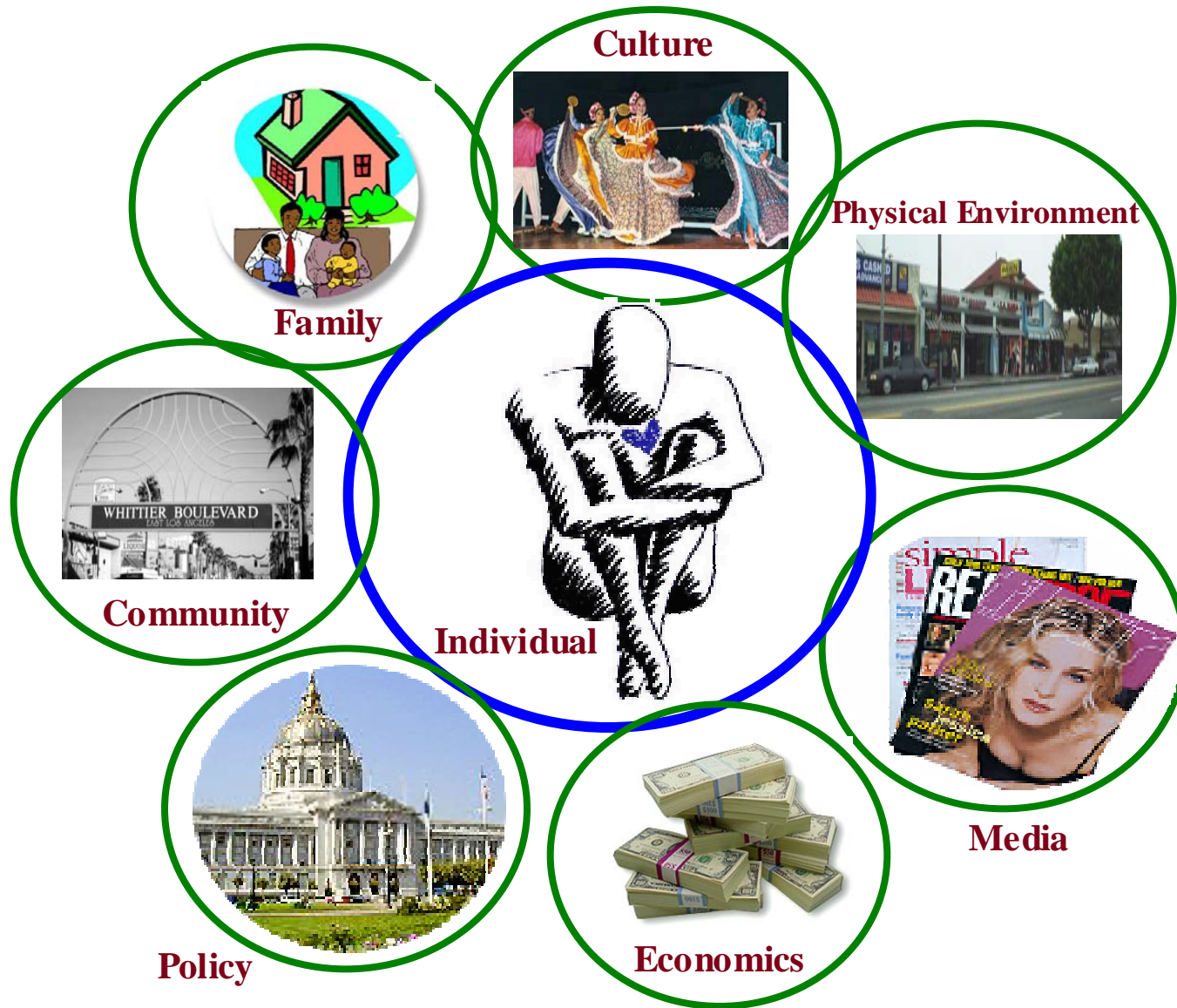
Community Based Participatory Research

- In-depth interviews with community leaders and residents (N=107) – on-going
- Ethnographic observations and inventory of food venues, by type and healthy food availability and quality
- Ethnographic observation of green spaces (size, amenities, utilization, safety, etc.)
- Geo-spatial analysis: fast food venues and schools; neighborhood predictors of childhood overweight and fitness
- RDD community telephone survey (N=502 households)

Mechanisms for Developing Intervention Ideas

- Dissemination of assessment research
- Community Advisory Boards
 - Feedback to CAB related to assessment findings, evidence based models and diabetes/obesity education
 - Workshops using Ecological Model to generate intervention ideas

Socio-Ecological Model



South Los Angeles Intervention Development



East Los Angeles Intervention Development



Developing Intervention Ideas

- Community Advisory Boards
 - Identification of no and low-cost interventions for immediate implementation
 - Discussion of how to participate in local implementation of new and pending policies/legislation in their communities (e.g., school cafeteria improvement motion, soda/junk food ban, healthy vending in community settings)
- KDPI Team
 - Fund-raising/grant development

Intervention Development and Implementation Programs and Policies

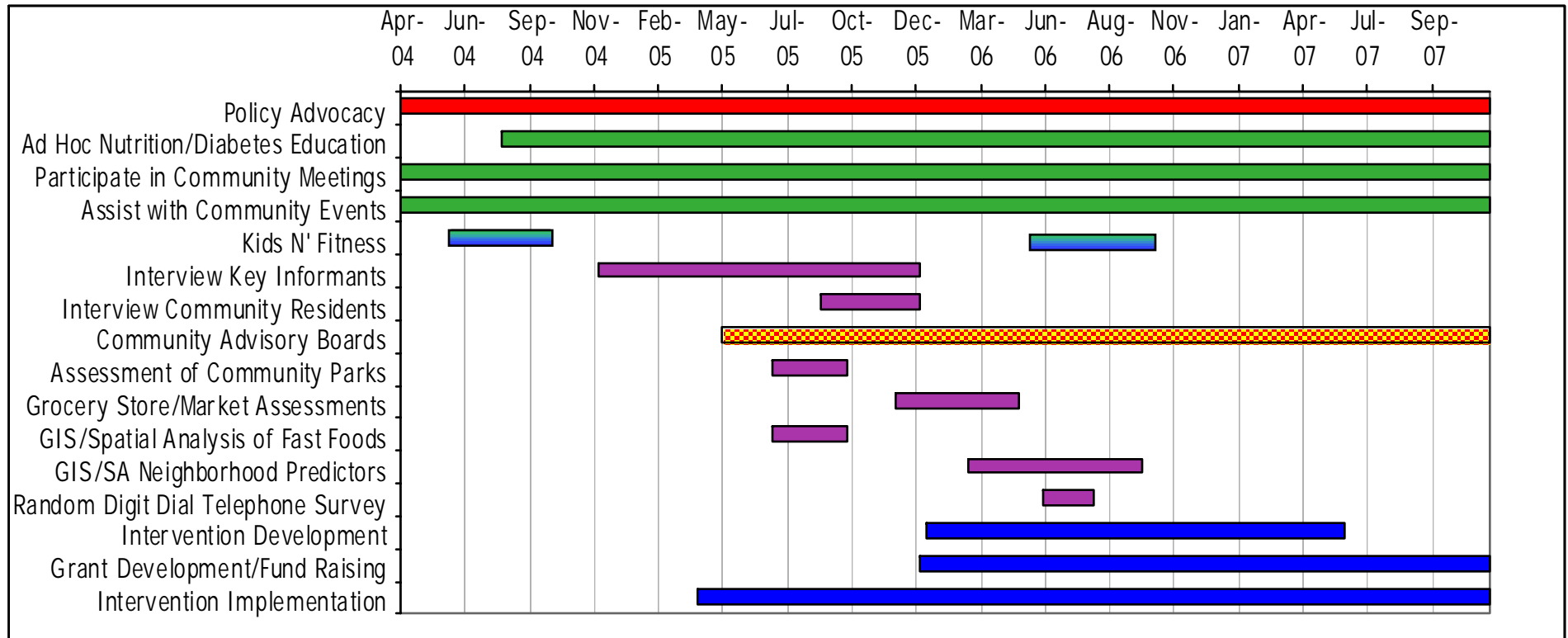
- Offering ad hoc and evidence-based interventions (e.g., Kids 'N Fitness)
- CABs prioritized no/low-cost intervention ideas
 - Grocery store tours for healthy, informed shopping
 - Meeting with school food service to ensure compliance with school nutrition policies
 - Health fair participation
 - Community walking assessment to identify structural barriers for walkability/physical activity
 - Began active advocacy for local farmers' markets
 - Linked existing campaigns/resources (e.g., 5-A-Day) to housing projects – cooking demonstrations, education

Intervention Development and Implementation Programs and Policies

- Grant development for larger, comprehensive interventions and research prioritized by partnership
 - healthy schools
 - fitness for all
 - community education
 - *promotora* model for diabetes disease management
 - mini-grants to community and faith-based organizations
 - healthy physical environments
 - diabetes/obesity prevention research,
 - Core infrastructure to coordinate and implement change efforts

Keck Diabetes Prevention Initiative

Timeline



Clinical Trials

National Institutes of Health: National multi-site study, "Look AHEAD". Does weight loss in adults with type 2 diabetes improve health outcomes.

Juvenile Diabetes Research Foundation (JDRF): Continuous glucose monitoring (CGM) with low income, low literacy populations.

Community Based Interventions

Rose Hills Foundation: Conduct supermarket tours and cooking demonstrations. Support a farmer's market the East Los Angeles community to improve access to low-cost fresh fruits and vegetables.

California Community Foundation: Diabetes screening, self-management, and support activities utilizing community educators/promotoras; Access to nutritious and affordable foods by establishing a community farmers market; and policy advocacy.

California Nutrition Network: "From the Market to Your Plate" – Learning How to Shop, Cook, and Design Easy, Inexpensive and Healthy Meals

How was it Possible?

- Time
- Planning funds without rigid restrictions about how to use funds
- Multi-disciplinary team
 - Clinical
 - Community experienced
 - Experience in policy advocacy
 - Experts in related fields
 - Multi-method community-based researchers
 - Community partners (residents, leaders, organizations, policy makers)
- Flexibility to allow planning to evolve organically – initially with uncertain/undefined outcomes

The Team

Team Leadership:

Fran Kaufman, MD, Principal Investigator
Anne Peters, MD, Principal Investigator
Ellen Iverson, MPH, Co-Investigator
Michele Kipke, PhD, Co-Investigator
Valerie Ruelas, MSW, LCSW, Project Director

Program Team:

Samika Bowick, MHA
Turusew Gedebu-Wilson, MS, RD
Mandy Graves, MPH, RD
Lucy Montoya

Consultants:

Bernard Bekerman
Mayer Davidson, M.D.
Michael Jerret, PhD
Kathryn Moore
G. Michael Roybal, M.D.
Matt Sharp

Research Team:

Jabar Akbar
Kathryn Alexander
Adrianna Armenta
Cara Booker
Leo Castillo
Angela Hegamin
Randal Henry
Tamika Lewis
Francesca Olaiz
Jacqueline Porcel
Marcia Reyes
Field Research Corporation

Support Team:

Shelley Conger
David Eshaghpour
Mary Halverson
Daisy Mondonca
Kim Muller
Mike Rice
Alissa Spargo
Sandra Tamez
Yohlee Villegas

Special thanks to the Community Advisory Boards and residents of East and South Los Angeles who contributed their valuable time and perspectives.





Questions

