

Table 2: Understanding of Diabetes
How do you rate your understanding of...
n=192

<u>OVERALL DIABETES CARE</u>	<u>CLASS 1 %</u>	<u>CLASS 6 %</u>	<u>EFFECT SIZE</u>
Poor (1,2)	35.9	5.4	
Good (3)	38.5	36.4	
Excellent (4,5)	25.7	58.2	
<i>Mean score</i>	2.9	3.8	0.9681
<i>Standard Deviation</i>		0.9	
<u>COPING WITH STRESS</u>	<u>CLASS 1 %</u>	<u>CLASS 6 %</u>	
Poor (1,2)	32.2	9.3	
Good (3)	38.2	40.1	
Excellent (4,5)	29.6	50.5	
<i>Mean score</i>	3.0	3.6	0.6559
<i>Standard Deviation</i>		1.0	
<u>DIET FOR BLOOD SUGAR CONTROL</u>	<u>CLASS 1 %</u>	<u>CLASS 6 %</u>	
Poor (1,2)	40.0	6.5	
Good (3)	34.1	34.6	
Excellent (4,5)	26.0	58.9	
<i>Mean score</i>	2.8	3.8	1.0299
<i>Standard Deviation</i>		1.0	
<u>ROLE OF EXERCISE IN DIABETES CARE</u>	<u>CLASS 1 %</u>	<u>CLASS 6 %</u>	
Poor (1,2)	39.9	8.1	
Good (3)	30.6	30.5	
Excellent (4,5)	29.5	61.2	
<i>Mean score</i>	2.8	3.9	0.9972
<i>Standard Deviation</i>		1.1	
<u>HOW DIET, EXERCISE, AND MEDICINES AFFECT BLOOD SUGAR LEVEL</u>	<u>CLASS 1 %</u>	<u>CLASS 6 %</u>	
Poor (1,2)	35.8	6.6	
Good (3)	30.5	30.1	
Excellent (4,5)	33.7	63.4	
<i>Mean score</i>	3.0	3.9	0.9778
<i>Standard Deviation</i>		1.0	
<u>PREVENTION OF LONG-TERM COMPLICATIONS OF DIABETES</u>	<u>CLASS 1 %</u>	<u>CLASS 6 %</u>	
Poor (1,2)	43.8	5.5	
Good (3)	29.7	25.3	
Excellent (4,5)	26.5	69.3	

Table 2: Understanding of Diabetes
How do you rate your understanding of...

n=192

Mean score 2.7 4.0 1.3298

Standard Deviation 0.9

BENEFITS OF IMPROVING BLOOD

CLASS 1 %

CLASS 6 %

SUGAR CONTROL

Poor (1,2) 30.3 4.9

Good (3) 38.4 23.4

Excellent (4,5) 31.3 71.7

Mean score 3.0 4.1 1.1753

Standard Deviation 1.0

Table 3: Knowledge of Diabetes
Taking best care of diabetes will delay or prevent...

n=192

<u>EYE PROBLEMS</u>	<u>CLASS 1 %</u>	<u>CLASS 6 %</u>	
Disagree (1-3)	21.2	6.4	
Agree (4-5)	78.8	93.6	
<i>Mean score</i>	4.2	4.5	0.4319
<i>Standard Deviation</i>		0.8	
<u>KIDNEY PROBLEMS</u>	<u>CLASS 1 %</u>	<u>CLASS 6 %</u>	
Disagree (1-3)	23.1	7.5	
Agree (4-5)	76.9	92.5	
<i>Mean score</i>	4.2	4.5	0.4122
<i>Standard Deviation</i>		0.8	
<u>FOOT PROBLEMS</u>	<u>CLASS 1 %</u>	<u>CLASS 6 %</u>	
Disagree (1-3)	23.5	4.3	
Agree (4-5)	76.6	95.6	
<i>Mean score</i>	4.1	4.5	0.4690
<i>Standard Deviation</i>		0.7	
<u>HARDENING OF THE ARTERIES</u>	<u>CLASS 1 %</u>	<u>CLASS 6 %</u>	
Disagree (1-3)	27.0	13.1	
Agree (4-5)	73.0	86.9	
<i>Mean score</i>	4.1	4.3	0.3440
<i>Standard Deviation</i>		0.8	
<u>HEART DISEASE</u>	<u>CLASS 1 %</u>	<u>CLASS 6 %</u>	
Disagree (1-3)	22.6	9.2	
Agree (4-5)	77.4	90.9	
<i>Mean score</i>	4.2	4.4	0.3016
<i>Standard Deviation</i>		0.9	

Table 4: Behavior**How often do you have trouble getting enough exercise because...**

n=192

<u>IT TAKES TOO MUCH EFFORT</u>	<u>CLASS 1 %</u>	<u>CLASS 6 %</u>	
Rarely (1-2)	22.7	65.7	
Sometimes (3)	46.0	35.3	
Often (4-5)	31.2	15.6	
<i>Mean score</i>	3.1	2.7	-0.2763
<i>Standard Deviation</i>		1.3	
<u>YOU DON'T BELIEVE IT IS USEFUL</u>	<u>CLASS 1 %</u>	<u>CLASS 6 %</u>	
Rarely (1-2)	58.2	73.9	
Sometimes (3)	17.0	10.0	
Often (4-5)	24.7	16.1	
<i>Mean score</i>	2.4	1.9	-0.3223
<i>Standard Deviation</i>		1.4	
<u>YOU DON'T LIKE TO DO IT</u>	<u>CLASS 1 %</u>	<u>CLASS 6 %</u>	
Rarely (1-2)	35.1	50.3	
Sometimes (3)	36.8	29.8	
Often (4-5)	28.1	19.9	
<i>Mean score</i>	2.9	2.5	-0.2703
<i>Standard Deviation</i>		1.3	
<u>YOU HAVE A HEALTH PROBLEM</u>	<u>CLASS 1 %</u>	<u>CLASS 6 %</u>	
Rarely (1-2)	42.5	55.6	
Sometimes (3)	29.3	24.2	
Often (4-5)	28.2	20.3	
<i>Mean score</i>	2.7	2.4	-0.2571
<i>Standard Deviation</i>		1.4	
<u>IT MAKES YOUR DIABETES MORE DIFFICULT TO CONTROL</u>	<u>CLASS 1 %</u>	<u>CLASS 6 %</u>	
Rarely (1-2)	65.2	79.8	
Sometimes (3)	19.3	9.8	
Often (4-5)	15.5	10.3	
<i>Mean score</i>	2.1	1.7	-0.3645
<i>Standard Deviation</i>		1.2	

Table 5: Health Outcomes

n=124

<u>HEALTH OUTCOME</u>	<u>CLASS 1</u>	<u>CLASS 6</u>	<u>DIFFERENCE</u>
Average weight	184.21	183.0	1.17*
Average weight females	181.20	174.8	0.94
Average weight males	196.13	195.4	1.62

*statistically significant with a 95% CI

Program Details: Faith Fights Diabetes Initiative

The vision of this program is to create opportunities for people to receive support, information, and tools to both prevent the onset of the disease as well as help them manage diabetes in places of worship throughout New York State. A cornerstone of this initiative is the six week diabetes self-management program, which IFL is training places of worship to implement across New York State. Based on elements of the well-proven Chronic Care Model, the Defy Diabetes self-management program helps people who are at-risk for or diagnosed with diabetes learn and adapt behavioral changes that can lead to better health and reduce the complications related to diabetes. The six week curriculum breaks down the basics of diabetes, the role of nutrition and exercise in controlling diabetes, and helps people set individual goals for changing unhealthy behaviors. As part of the grant to IFL, the diabetes experts that created the original Defy Diabetes program are engaged as consultants to conduct a two-day training to volunteers on how to implement the program in their places of worship. Two volunteers (“community health workers”) are selected from each place of worship that participates to attend this training and implement the program back at their home institution. IFL staff provides ongoing support and technical assistance to places of worship during the implementation of the programs.

Three other important components of the initiative are:

1. **Faith-Based Diabetes Consortium:** As part of their groundwork in setting up this initiative, IFL developed and established a seven member Faith-Based Diabetes Consortium, representing 2,000 places of worship and 2 million people. The Consortium is comprised of a range of networks and mega churches across a myriad of religious groups, including Muslim, Baha'i, Catholic, Hindu, Islamic, Mennonite, Jewish, Sikh, and most Christian denominations. Members of this Consortium assist IFL in engaging the faith community in this initiative and identifying places of worship that are willing and able to implement the self-management program, Defy Diabetes, for their congregants. Consortium leaders are also working to educate their network members about the epidemic of diabetes and what they can do to address it within their own places of worship (using many of the materials developed as part of the Defy Diabetes initiative).
2. **“Know Your Numbers”:** Using the American Diabetes Association (ADA) risk assessment survey, IFL staff also conducts a risk assessment of the members in each place of worship. The purpose of the risk assessment is not only to identify members at-risk for diabetes but also to raise awareness about diabetes within each place of worship. Thus far, 60% of congregants who have completed the survey in Years One and Two have been identified as being at-risk for diabetes, highlighting an important tool and venue for identifying people at risk for diabetes. As people are identified through the screening tool, they are invited to attend an introductory session on the Defy Diabetes program and they are encouraged to sign up for the classes. IFL also works with the volunteers to identify local clinical resources where people who are at risk can seek follow-up routine medical care.
3. **Sustainability:** IFL works directly with each participating place of worship to review their organizational budgets and identify funding sources to maintain their Defy Diabetes programs. They also continue to provide resources and training to places of worship and community health workers related to the initiative. More details on their work related to sustainability follow in the Project Summary.

Appendix: Program Participant Survey

Please mark your response(s) to each question. We understand that these questions may be sensitive. We are asking these questions to help understand differences in health care problems and needs. If you have any questions, please ask your program volunteers for clarification.

Your name and any other identifying information are confidential.

Tell us about yourself and your family...

1. Which are you? (check one box) Male ₁ Female ₂
2. How old are you? _____ years old
3. How much schooling have you completed? (check one box)
₁ 8th grade or less ₃ high school graduate
₂ some high school technical ₄ some college or school
4. Are you Hispanic or Latino? (check one box) ₁ Yes ₂ No
5. Which one of these groups best represents your race? (check one box)
₁ White
₂ Black or African American
₃ Asian
₄ Native Hawaiian or other Pacific Islander
₅ American Indian or Alaska Native
₆ Other [specify:_____]
6. Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicaid or Medicare? (check one box)
₁ Yes
₂ No
₃ Don't know/Not sure

Tell us a little bit about your health...

7. In general, would you say your health is: (check one box)

- ₁ Excellent
- ₂ Very good
- ₃ Good
- ₄ Fair
- ₅ Poor
- ₆ Don't know/not sure

8. Have you ever been told by a doctor that you have diabetes? (check one box)

- ₁ Yes
- ₂ Yes, but only during pregnancy
- ₃ No
- ₄ No, pre-diabetes or borderline diabetes
- ₅ Don't know/Not sure

Understanding

9. How do you rate your understanding of: (circle one answer for each line)	Poor		Good		Excellent
a) overall diabetes care	1	2	3	4	5
b) coping with stress	1	2	3	4	5
c) diet for blood sugar control	1	2	3	4	5
d) the role of exercise in diabetes care	1	2	3	4	5
e) how diet, exercise, and medicines affect blood sugar levels	1	2	3	4	5
f) prevention of long-term complications of diabetes	1	2	3	4	5
g) benefits of improving blood sugar control	1	2	3	4	5

Long-Term Care Benefits

For the following questions, please circle the appropriate response.
(circle one answer for each line)

10.	Taking the best possible care of diabetes will delay or prevent:	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
a)	eye problems	1	2	3	4	5
b)	kidney problems	1	2	3	4	5
c)	foot problems	1	2	3	4	5
d)	hardening of the arteries	1	2	3	4	5
e)	heart disease	1	2	3	4	5

Exercise Barriers

For the following questions, please circle the appropriate response.
(circle one answer for each line)

11.	How often do you have trouble getting enough exercise because:	Rarely		Sometimes		Often
a)	it takes too much effort?	1	2	3	4	5
b)	you don't believe it is useful?	1	2	3	4	5
c)	you don't like to do it?	1	2	3	4	5
d)	you have a health problem?	1	2	3	4	5
e)	it makes your diabetes more difficult to control?	1	2	3	4	5

Thank you very much for completing this questionnaire.