



# Community Educator Impact

## The Role of Community Health Workers in Diabetes Self-Management Education

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# Objectives

- What is *Everyone with Diabetes Counts (EDC)*?
- What is the current definition of a Community Health Worker (CHW)?
- What is Diabetes Self-Management Education (DSME)?
- AADE Position on CHWs Teaching DSME
- Merits of a CHW
- Why does EDC need CHWs?
- Next Steps for CHWs Teaching EDC
- CHWs in the Field

# Everyone with Diabetes Counts



- Focus
  - Improve health literacy and quality of care
- Strategies
  - Decrease disparity of diabetes in minority populations by improving frequency of testing for:
    - HbA1c
    - Eye exams
    - Lipid profile
    - Foot exams
  - Improve actual clinical outcomes of diabetes measures
- Target Audience
  - Physician practices, people with Medicare and dual-eligible
  - National Partners: ADA, AADE, AMA
  - Local Partners: AAAs, faith-based community, senior centers, FQHCs, rural health initiatives, DOHs, hospitals

# What is the current definition of a CHW?

- Frontline public health worker who is a trusted member of and/or has an unusually close understanding of the community served
- Serves as a liaison/link/intermediary between health/social services and the community
- Facilitates access to services and improves quality and cultural competency of service delivery
- Builds individual and community capacity by increasing health knowledge and self-sufficiency

# What is the current definition of a CHW?

- Play vital roles in improving the health and well-being of people in their communities
- Help decrease healthcare costs, such as emergency room visits and hospitalizations
- Help patients and communities better understand their responsibilities and healthcare options



# What is Diabetes Self-Management Education according to the AADE?

- DSME is the ongoing process of facilitating the knowledge, skill and ability necessary for diabetes self-care
- DSME incorporates the needs, goals and life experiences of the person with pre-diabetes/ diabetes that is guided by evidence-based research
- Objectives of DSME are to support informed decision making, self-care behaviors, problem solving, and active collaboration of healthcare team to improve quality of life of those with diabetes

# AADE Position on CHWs Teaching Diabetes Self-Management Education (DSME)

AADE maintains the following positions about diabetes educators and other healthcare professionals:

- Support the role of CHWs in serving as bridges between the healthcare system and people with and at risk for diabetes;
- Support the role of CHWs in primary and secondary prevention;
- Receive effective training in core diabetes skills and competencies;
- Reciprocal exchange of information and support between CHWs and the healthcare team to facilitate the best outcomes for people with and at risk for diabetes; and
- Support continued research that evaluates the roles, contributions and effectiveness of CHWs



# Merits and Opportunities

- Develop relationships with consumers
- Act as liaison between providers and consumers
- Gain support from organizations serving the community
- Connect consumers with needed healthcare and social support services
- Facilitate improvements in health status and quality of life in rural and ethnically diverse communities
- Work daily to combat ethnic and racial disparities in healthcare documented by the Institute of Medicine

# Merits and Opportunities

- Assess support systems for people with chronic disease
- Work with healthcare teams using basic concepts of behavior change
- Support people with diabetes in their effort to make changes in daily routine
- Serve as a link between people with chronic disease and healthcare team
- Develop community coalitions to meet the needs of specific populations

# Why does EDC need CHWs?

- Recognized as Level 1 Diabetes Educator Associates (DEA) by AADE
- Work with diabetes care providers to identify and overcome cultural barriers to self-care or behavior change
- Make referrals to providers and accredited or recognized diabetes education programs
- Provide culturally-specific basic health information
- Convey diabetes self-management information and healthcare provider recommendations accurately to people with diabetes

# Why does EDC need CHWs?

- Participate in the evaluation of program, unit, or agency using clinical practice guidelines
- Help organizations become ADA recognized or AADE accredited
- Provide DSME in the most rural or disparate areas of our states
- Assist others in developing and implementing new strategies to encourage beneficiary participation
- Use own community to recruit beneficiary participation in DSME classes

# Next Steps for CHWs Teaching EDC

- Continue teaching DSME and remain certified in respective curriculums
- Recruit others within own community to become CHWs
- Facilitate CHW trainings
- Provide best practices or success stories
- Serve as a DSME mentor to newly-trained CHWs
- Cultivate new training methods and share with other CHWs

# CHWs in the Field



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# Questions?



# CHW Resources

- [CDC Task Force Recommends Engagement with CHWs for Diabetes Prevention](#)  
(<http://www.healio.com/endocrinology/diabetes/news/online/%7B1c6c1f6e-4506-4386-ba6f-494354dd9d15%7D/cdc-task-force-recommends-engagement-with-community-health-workers-for-diabetes-prevention>)
- [CHW Central](#)  
(<http://chwcentral.org/resources-topics/peer-educators>)
- [Diabetes Prevention: Interventions Engaging CHWs](#)  
(<https://www.thecommunityguide.org/findings/diabetes-interventions-engaging-community-health-workers>)
- [CHW Health Disparities Initiative](#)  
(<https://www.nhlbi.nih.gov/health/healthdisp/aa.htm>)



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Everyone with Diabetes Counts

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