



2013 End of Year Project Report

Project Name: Diabetes Awareness and Prevention Grant
Funding: Nueces County
Project Area: Nueces County
Date: Fiscal Year 2013
Prepared By: Belinda Flores, RN, BS

1 OVERALL PROJECT: Diabetes Awareness and Prevention Grant

The project was made possible through a diabetes grant from Nueces County. Agreed upon was to provide a minimum three (3) health fairs focused on diabetes awareness. The goal of each fair would be to bring preventative health care screenings, easy to understand education, interactive activities and awareness of available local community health care resources to the community. To meet the goals, each health fair would consist of a minimum of physical exams provided by physicians, vendor booths providing diabetes screening, exercise classes, nutrition education, diabetic foot exams, and information to health care services.

2 PROJECT PURPOSE

To raise awareness about diabetes and the prevention of the disease, to encourage a healthy lifestyle and promote preventative education helping bridge the health care gap of the residents of Nueces County.

3 PROJECT OUTCOMES

South Coastal AHEC coordinated 4 health fairs as per contract in Nueces County but extended its programming to include multiple outreach activities due to the needs of the community. The health fairs/outreach activities were conducted in underserved communities of Nueces County to include the rural areas of the county with limited access to health care. The health fairs/outreach activities serve a population that is underserved, indigent and/or both and have high health risk challenges due to lack of resources, lack of access to care and/or lack of education to the disease process.

Each health fair event included: physical exams provided by physicians; vendors providing preventative screening services and education; immunizations by the Nueces County health department; a healthy snack for all participants; and some type of physical activity.

The health fairs were a huge success. The participants had the opportunity to get examined by a physician; screened for diabetes, hypertension, hearing loss, vision impairment, obesity, and high cholesterol; immunizations were available for school age students as well as the flu vaccine for everyone; school and athletic physicals were provided to students. Each fair also included health care entities with a plethora of educational health information and resources. Participants receiving a medical screening who required further medical care were connected with primary care home resources as well as other health care services available in our community.

4 PROJECT DELIVERABLES

October 10, 2012 – Banquete Health Fair

- 132 Participants
- 34 Physician Exams
- 38 Vendors

October 12, 2012 – Robstown Ortiz Intermediate School Health Promotion
Topics: Diabetes, Cancer & Down Syndrome Presentation

- 50 Participants – Parent Involvement Staff and parents

October 16, 2012 – Crockett Elementary Health Promotion Presentation
Topics: Diabetes and Cancer

- 25 Participants – Parents and Staff

October 24, 2012 – Veteran’s Health Fair

- 62 Participants
- 23 Physician Exams
- 42 Vendors

November 2, 2012 – Sam Houston Elementary Health Fair

- 75 Participants
- 27 Exams
- 28 Vendors

November 10, 2012 – American Diabetes Association Feria De Salud

AHEC Children’s Corner – Martin Middle School

- 25 Vendors
- 92 Participants

January 10, 2013 – Lotspeich Elementary Robstown – Muevete Program Lesson 1

- 50 Kids
- 12 Parents

January 24, 2013 – Lotspeich Elementary Robstown – Muevete Program Lesson 2

- 50 Kids
- 12 Parents

January 26, 2013 – Community Health Fair – St. Mark's Lutheran Church

- 35 Vendors
- 40 Participants

January 31, 2013 – Sander's Elementary Health Fair

- 40 Vendors
- 80 Participants

February 8, 2013 – Crockett Elementary Health Promotion Presentation

Topics: Diabetes and Heart

- 35 Participants

February 20 – Lotspeich Elementary Robstown – Muevete Program Lesson 3

- 50 Kids
- 12 Parents

March 7, 2013 – Lotspeich Elementary Robstown – Muevete Program Lesson 4

- 50 Kids
- 12 Parents

March 4, 2013 – Lotspeich Elementary Robstown – Muevete Program Lesson 5

- 50 Kids
- 12 Parents

March 20, 2013 – Oak Park Elementary Health Fair

- 30 Vendors
- 141 Participants

April 25, 2013 – Rose Shaw Elementary Health Fair

- 26 Vendors
- 104 Participants

April 30, 2013 – Dia De Los Ninos – Robstown Library

Obesity & Diabetes prevention presentation

- 58 Kids & Parents

May 3, 2013– Crockett Elementary – Muevete Program Lesson 1

- 95 Kids
- 14 Parents

May 10 2013 – Crockett Elementary – Muevete Program Lesson 2

- 95 Kids
- 14 Parents

May 17, 2013 – Crockett Elementary – Muevete Program Lesson 3

- 95 Kids
- 14 Parents

May 24, 2013 – Crockett Elementary – Muevete Program Lesson 4

- 95 Kids
- 14 Parents

May 31, 2013 – Crockett Elementary – Muevete Program Lesson 5

- 95 Kids
- 14 Parents

June 10 – 27, 2013 Health Career Summer Camp – Del Mar College

- 42 High School Students – Students learned the benefits of diet and exercise in the prevention of obesity and diabetes.

August 17, 2013 – Miller High School Health Fair – Lead First (no funding from Lead First)

- AHEC: Physician conducted physicals – 209 School physicals.
- Please note that AHEC incurs the physician cost to conduct the student physicals. Each physical on average is \$25/per physical for a total of \$5225.00.
- AHEC provides the physicians, nursing staff and supplies to Lead First free of charge.

August 24 – Northwest Senior Center Health Fair

- 24 Vendors
- 49 Participants

September 5, 2013 – West Oso ISD Health Fair

- 48 Vendors
- 336 Participants
- 194 School physicals

September 25, 2013 – Bishop ISD Health Fair

- 22 Vendors
- 71 Participants
- 19 Physicals

5 PROJECT SUMMARY

The goal of South Coastal AHEC for 2012 -2013 was to expand their outreach community programs and be able to impact a greater number of citizens of Nueces County with limited access to health care due to lack of funding, resources, access and education. This year we were able to do just that with the support of this Nueces County grant. The grant allowed for diabetes preventative education to be expanded to teens and children of our community. The focus of the series of the diabetes education programs was aimed at obesity and diabetes prevention in children. The grant further allowed for healthcare and education to be brought to a greater number of at risk population in our community. The health fairs allowed for the participants to take advantage of the preventative health services as well as the education provided at the events.

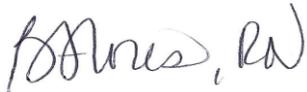
Each AHEC health fair included screenings in addition to education. Parents were very grateful for the free school physicals. Many stated that their children would not be able to participate in athletics if we would not have provided a physical free of charge. In a couple of cases, the parents said in the past not being able to afford a physical had kept their kids from participating in athletics.

For many of the adults the health fairs provide the only access to health care screening due to financial issues and being unaware of either not knowing where to get help or not knowing the importance of prevention. The concern for our citizens in many cases is trying to make ends meet. Preventative screening is out of the question, medical care is only sought out when there is a complication to a disease process. Participants were educated that if a person is proactive instead of reactive many times it saves more than money.

Diabetes continues to be one of the most costly health problems in Nueces County. It is the fifth leading cause of death in the United States. Today, many citizen's remain unaware they have the disease and know even less about how to deal with it. The disease leads to multiple costly complications such as blindness, cardiovascular disease and amputations. Diabetes continues to be a problem in our community due to diet, lack of exercise, obesity, and lack of education and resources. South Coastal AHEC is committed to fighting diabetes in our community by bringing health care to as many citizens as it can reach.

We are truly grateful for the support of our county commissioners and the resources that are provided to make our community a healthier one. We look forward to our continuing partnership as we strive for overall wellness of our citizens.

Sincerely,

A handwritten signature in black ink that reads "Belinda Flores, RN". The signature is written in a cursive, flowing style.

Belinda Flores
Director