



2014 End of Year Project Report

Project Name: Diabetes Awareness and Prevention Grant
Funding: Nueces County
Project Area: Nueces County
Date: Fiscal Year 2014
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 the 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 4, 2013 – Greenwood Senior Center Health Fair

- 93 Participants

October 9, 2013 – R4C2 Counselor's Conference

Topic: Health Prevention/ Health Careers

- 13 Participants

October 10, 2013 – Robstown Middle School Health Promotion

Topic: Breast Cancer Awareness Presentation

- 38 Participants

October 11, 2013 – Crockett Elementary School Health Promotion

Topic: Breast Cancer Awareness Presentation

- 16 Participants – Parent Involvement Staff and parents

October 12, 2013 –Health Fair - Lotspeich Elementary, Robstown

- 179 Participants

October 21, 2013 – Gibson Elementary School Health Promotion

Topic: Breast Cancer Awareness Presentation

- 23 Participants – Parent Involvement Staff and parents

October 25, 2013 – Career Ready Conference – Del Mar Economic Center

- 53 Participants – High School Students

October 29, 2013 Tar Wars Presentation – Ella Barnes Elementary

Topic: Antismoking Campaign for elementary students

- 85 Participants

November 5, 2013 – Lotspeich Elementary Robstown – Muevete Program

Topic: Obesity and Diabetes Prevention Program – My plate presentation

- 69 Participants

November 9, 2013 – American Diabetes Association Feria De Salud

AHEC Children's Corner – Martin Middle School

- 88 Participants

November 12, 2013 – Promotora Training Program – Robstown Library

Topic: Rural Transportation Training

- 16 Participants

December 7, 2013 – Tamalada – Healthy Holiday Cooking Class – Bishop

- 10 Participants

December 10, 2013 – Lotspeich Elementary Robstown – Muevete Program

Topic: Obesity and Diabetes Prevention Program – Reading Food Labels

- 69 Participants

December 12, 2013 – Christmas Toy Drive to Colonias

January 4, 2014 – Retama Manor Nursing Home – Wellness Presentation/Bingo

- 25 kids
- 30 Residents

January 10, 2014 – Rural Transportation Promotora Training Workshop – Robstown

- 27 Participants

January 14, 2014 – Lotspeich Elementary Robstown – Muevete Program

Topic: Obesity and Diabetes Prevention Program – Exercise

- 69 Participants

January 21, 2014 – Lotspeich Elementary Robstown – Muevete Program

Topic: Obesity and Diabetes Prevention Program – Making Healthy Snack Choices

- 69 Participants

January 30, 2014 – Lotspeich Elementary Robstown – Muevete Program

Topic: Obesity and Diabetes Prevention Program – Empowering Kids

- 69 Participants

February 6, 2014 – Lotspeich Elementary Robstown – Muevete Program

Topic: Obesity and Diabetes Prevention Program – Food Carnival

- 69 Participants

February 11, 2014 – Transportation Training Update – Robstown Library

- 31 Participants

February 13, 2014 – Lotspeich Elementary Robstown – Second Grade Classes

Topic: Nutrition Presentation

- 89 Participants

February 18, 2014 – Calvary Baptist Church Health Fair

- 73 Participants

February 21, 2014 – Promotora Training Program – Robstown Library

- 11 Participants

February 22, 2014 – Diabetes Expo – Del Mar Economic Center
Diabetes and Hypertension Screenings

- 63 Participants

February 24, 2014 – Promotora Training Program – Robstown Library

- 12 Participants

February 27, 2014 – Lotspeich Elementary – Bullying Presentation

- 71 Participants

February – March, 2014 – Diabetes Classes – Banquete Senior Center

- 4 Classes on Diabetes Education

March – April, 2014 – Diabetes Classes – Bishop Senior Center

- 4 Classes on Diabetes Education

March 1, 2014 - IDiscovery Safari – Richard Borchard Fair Grounds

- 293 Participants
- 47 Physicals

March 17-18 – Community Health Worker Training Workshop – Robstown Library

- 17 Participants

March 25, 2014 – Texas Public Health Association Annual Meeting – Omni Hotel

Topic: Importance of Promotion of Health Prevention – Being Proactive Instead of Reactive

- 76 Participants

April 8, 2014 – Veteran's Health Fair – Del Mar Economic Center

Screening for Diabetes and Hypertension

- 44 Participants

April 9, 2014 – Capacity Building Workshop – Robstown Library

- 19 Participants

April 17, 2014 – Sanders Elementary Health Fair

- 106 Participants

May 1, 2014 – Berlanga Elementary Health Fair

- 138 Participants

May 2, 2014 - Promotora Training – Robstown Library

- 11 Participants

May 14, 2014 – Colorectal Cancer Presentation – Robstown Church

- 17 Participants

June 9 – 26, 2014 - Public Service Summer Camp – Del Mar College

- 63 High School Students – A 3 week summer camp for at risk students where they had a-hands on experience about different careers in public service. The camp also included learning about the benefits of diet and exercise, staying away from drugs and being a good citizen.

June 13, 2014 – Father’s Day Health Fair – Valencia Bingo Hall

- 29 Diabetes and Hypertension Screenings

August 13, 2014 - National GI Forum Luncheon

- 19 Participants

August 14, 2014 – City of Robstown Screenings – Richard Borchard Fairgrounds

- 59 Screenings for Diabetes and Hypertension

August 16, 2014 – Miller High School Health Fair – Lead First

- AHEC: Physician conducted physicals – 187 School physicals.
- AHEC provides the physicians, nursing staff and supplies free of charge.

August 18, 2014 – Texas A&M Corpus Christi – Biomed Class Presentation

Topic: Diabetes Education and Importance of Prevention

- 27 Participants

August 22, 2014 – First Aid Table for Education is Your Freedom – Heritage Park

August 27, 2014 – Bishop ISD Health Fair

- 186 Participants

September 4, 2014 – West Oso ISD Health Fair

- 128 Participants
- 91 School physicals

5 PROJECT SUMMARY

The goal of South Coastal AHEC for 2013 -2014 was to continue with 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 the rural area of Nueces County in partnership with Texas A&M. The focus of the diabetes series educational program was aimed at prevention in adults to include healthy cooking ideas. 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.

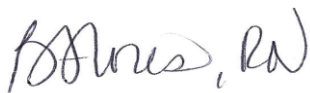
Each AHEC health fair included screenings in addition to education. Parents were very grateful for the free school physicals. Many stated that their children would not be able to participate in athletics if we would not have provided a physical free of charge. In a couple of cases, the parents said in 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, appearing to read "Belinda Flores, RN". The signature is written in a cursive, flowing style.

Belinda Flores
Director