



April 5, 2016

Commissioner Joe A Gonzalez
Nueces County Courthouse
901 Leopard, Rm. 303.07
Corpus Christi, Texas 78401

Dear Commissioner Gonzalez:

As per the contract approved by the Nueces County Commissioners Court for the amount of \$750 attached is a report of what was accomplished by Hispanic Women's Network of Texas.

The focus of the project was to educate our community on the prevention of diabetes, the importance of healthy eating and the benefits of an active lifestyle. HWNT was able to reach out to the community with the assistance of the Nueces County Commissioners Court's Grant and in collaboration with other organizations. Your support designated from your funds is appreciated and valued.

Respectfully,

Dr. Mary Jane Garza

Dr. Mary Jane Garza.
HWNT Immediate Past Chair



DATE: March 28, 2016
FROM: Mary Jane Garza, Ed. D.
TO: Judge Lloyd Neal and Commissioner's Court

GOAL: The purpose of the funding is to provide diabetes prevention and management interventions that are part of a comprehensive approach to diabetes prevention and control. Hispanic Women's Network of Texas (HWNT) will implement evidence-based strategies at the community level, as well as creating or advocating for community changes conducive to diabetes primary and secondary preventative measures.

GRANT ACCOMPLISHMENTS: \$750.00

(1) EDUCATION/WORKSHOP SESSION

To hold diabetes awareness education/workshop sessions tailored to membership and guests. August meeting included guest speakers to address diabetes prevention and management. This meeting was advertised to include community members interested in participating in an interactive meeting to learn about diabetics. **August 6, 2015** evening segment discussed causes and types of diabetes as well as discussions on the treatment of diabetes and prevention. Healthy eating was a major focus. Speakers included registered nurse and a nutritionist who work with diabetic patients at Driscoll Children's Hospital. Prior to refreshments served, discussion of health benefits of each of the fruits—eight low-carb fruits were served: (1) berries-antioxidants, (2) tart cherries-inflammation, (3) peaches-potassium, (4) apricots-fiber, (5) apples-vitamins, (6) Oranges-Vitamin C, (7) pears-(potassium and fiber), (8) kiwi-potassium, fiber, and Vitamin C.

People in attendance -127 Cost: \$250 (fruits, water) cost per person \$1.96

(2) SCREENING AND BMI CHECK

Screening and BMI checks for members of the community to raise awareness and enable early diagnosis. HWNT partnered with YWCA. The screening was conducted on two separate Saturday dates— August 15 and August 22, 2015 from 7:00 a.m.—9:00 a.m. Excellent participation

People screened -105 Cost \$125 (diabetics' supplies) cost per person \$1.19

(3) MARKETING FOR PREVENTION OF DIABETICS

Advertisement will be via e-blasts, Facebook, and public announcements. Television and radio announcements were conducted during the months of June-September 2014. One television show—Education #1 Priority—focus on diabetic's prevention. Interviews with Javier Colmenero Clear Channel-Spanish radio.

No monetary cost. Member time and effort to attend interviews

(4) HEALTH FAIRS

Participate in August Health Fairs at two local high schools. Members provided information on diabetes, a nurse to assist in glucose readings, healthy snacks for attendees (fruits - apples, oranges, bananas, etc.) Mini health fairs were the focus since the City and the Health Departments sponsored city wide health fairs at specific locations. HWNT Participated in two mini health fairs that served specific public, or charter schools. Foods that enhance our health were distributed and diabetes pamphlets distributed.

of people in attendance= 456- cost \$375 cost per person \$1.04

**Total # of Corpus Christi Community People that received information on diabetes
(does not include audience from television or radio)**

Cost per Participant \$750 / 688 = 1.09 cents per person

MEASURABLE RESULTS:

- 1. 133 PARTICIPANTS IDENTIFIED AS POTENTIAL DIABETIC TENDENCIES**
- 2. 57 PRELIMINARY DIAGNOSIS AS DIABETIC**
- 3. Identified participants referred to medical doctors**