

Comparative Effectiveness of the CDC's National Diabetes Prevention Program for vulnerable, at-risk people in Public Housing in the South Bronx, NY, as delivered by trained community peers in **Public Housing vs in Medical Settings**

Evaluating Relations between community, healthcare providers, and public health services

INTERRUPT!!

People and Places

- Chris Norwood-Executive Director Health People
- Bob Morrow-Family Physician-NYS Academy of Family Physicians
- Vito Grasso-NYS Academy of Family Physicians
- Douglas Reich-Bronx Lebanon Hospital Center
- Jason Fletcher-Albert Einstein College of Medicine
- Phil McCallion-QTAC-SUNY at Albany
- Erica Chito-Childs-City University of NY



Lost in the Bronx

- What's a patient-centered outcomes researcher to do?
- My old saying: **CME=Better Patient Outcomes**
thus **CME-QI**
- Who believes that we need to fix the process, not the person?
- Both! and much more-are crucial-**CONTEXT!**
- My new version: We are tasked with teaching health teams how to improve the health of the people, thus
- **CME=Improve the Health of the People**

The South Bronx

- Highest rates of diabetes and amputations
- South Bronx-17%; Bronx-12%; NYC 9%; US 7%
- Public Housing-30% of the total
30,000+residents; 33% at risk
- We know peer education works! HIV-Asthma-etc.
- So we will compare peer education in people's housing to peer education in medical facilities.
- And we will teach the medical providers to support this effort

The National Diabetes Prevention Program of the CDC and P

- Published 2002—we can prevent more than half of Diabetes Type 2—without medication
- Implementation is a high priority, with a low budget
- Implementation structure, with certified and certifying regional training centers, a curriculum, and a TON of evidence accumulated

Let's explore why we fail and fix it

- Vulnerable groups learn diabetes prevention through increased exercise and weight loss, leading to sustainable payer support for prevention efforts using Lifestyle Coaches, particularly in public housing.
- Medical providers need better strategies to support these efforts-what's in the way?
- We need better understanding of levers of change to support patient-centered preventive health care.

Specific Aims

- Implement the NDPP through peer Lifestyle Coaches [LC] in South Bronx public housing and a local clinic network
- Integrate the education of local teams of health care providers using AcademicDetailers [AD]
- Demonstrate the comparative effectiveness of public housing-based outreach and delivery vs. the same in medical settings
- Evaluate the relationship of healthcare services, public health systems, and community LCs in improving the chronic disease outcomes of individuals and communities

Research Strategy

- Organize a coalition to do a far more ambitious project.
- Combine in the coalition, by PCOR definition, ‘patients’ [in this case, communities], stakeholders [Coaches overlap both], and scientists from beginning to completion and dissemination.
- Use qualitative methods [interviews and focus groups] in the field to observe, trial, and refine the assembly of the coalition, to achieve **Inter-sectoral Collaboration**.
- Plan technical merit into the quantitative and qualitative analytics to support the results and dissemination.

Research Team

- A community peer teaching organization,
- A professional medical society,
- NDPP master trainers and
- Scientists with epidemiological and ethnographic skills
- A Community health system and Family Medicine program
- Community Advisory Board

So Far-What Have We Done

- Assembled the coalition and got to work
- Trained 10 local coaches from Public Housing
- Designed a syllabus for Academic Detailers and trained six
- Tested the Academic Detailing at offices
- Recruited community residents
- Analyzed areas of need and refinement
- Chatted with public health and Plan officials [wow!]
- And...

Started our first NDPP class!

- Did I mention completing our colossal PCORI grant application and finding other financial support from the NYS Health Foundation?

THANK YOU SACME!!

- What else can I tell you?
- Did I read my slides?