



Get Diabetes Out! – A Health Coach Approach to Diabetes Management

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Purpose

The purpose of this project is to help address the management of Native patients with Type 2 Diabetes on the Wind River Reservation in Lander, Wyoming, using a community-based Health Coach outreach approach.



Results

Community health plan includes:

- Community members will be trained and certified by the American Association of Diabetes Education (AADE) as Level 1 Diabetes Educators and paired with eligible diabetes patients.
- Educators will act as outreach Diabetes “Health Coaches” to their paired patients.
- Through educational sessions with patients, educators will cover topics including self-management, lifestyle, adherence, and mental health.
- Monitor progress and results of program at month intervals and facilitate contact between Health Coaches and their patients’ primary care team.

Methods

- Literature review identified the Health Coach or Community Healthcare Worker model as the optimal evidence based interventional program.
- Plan was discussed with Diabetes Program coordinators in Indian Health Services and Tribal Health Services, and community members identified to participate as coaches.



Acknowledgements

- Thanks for this project include Indian Health Services, Eastern Shoshone and Northern Arapahoe Tribal Health Services, and the Diabetes Health Programs of Ft. Washakie and Arapahoe.

Discussion

- AADE Level 1 Certification requires enrollment costs, and there are practical time and resource considerations in doing outreach on the 2.2 million acre reservation.
- Patient and educator enrollment will be difficult, but need to be ongoing and expanded if the program is successful.

Background

- The Wind River Reservation has a diabetes frequency population of 16.1% in adults, adolescents are 9 times as likely to acquire diabetes, and the adjusted death rate is over 5 times that of the general U.S. population.
- Physicians, diabetes program managers, and community members are concerned about the increasing prevalence and damage of diabetes on the reservation.
- Programs currently exist to inform patients about diabetes management, but none from certified community members.