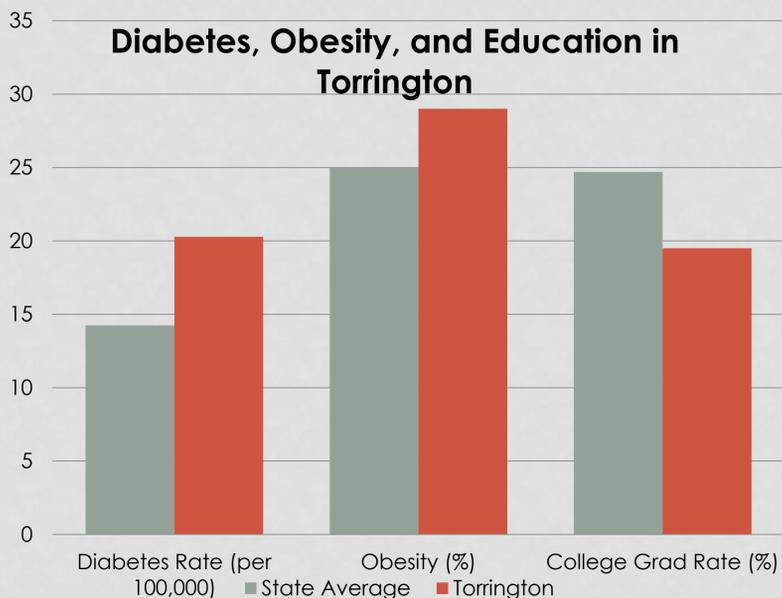


# DIABETES EMPOWERMENT EDUCATION PROGRAM (DEEP) IN TORRINGTON, WY

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## Purpose:

This community based project was intended to address the growing concern over a lack of type 2 diabetes education in Torrington, WY.



## Methods:

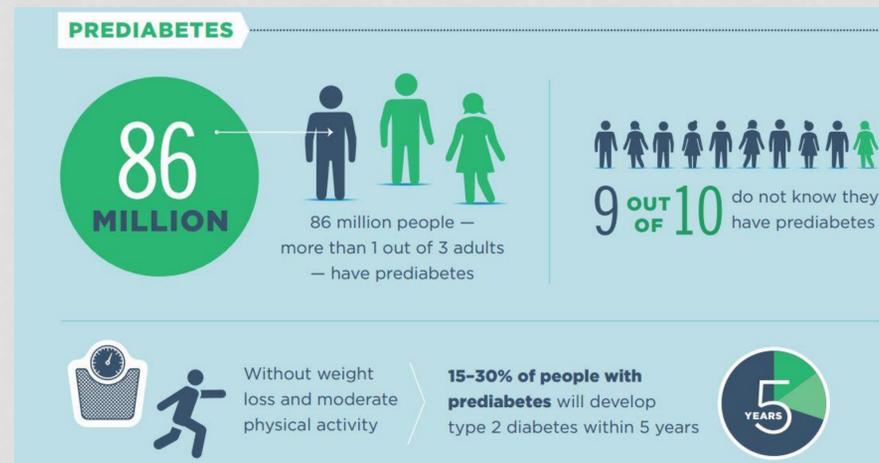
- Demographic analysis shared with program directors
- Literature review assessed effectiveness, outcomes, and suggestions for DEEP
- Recruitment of community members to teach at local community college, fire department, EMT training instructor, hospital, local medical clinic, senior center, etc.

## Results:

- Information given to DEEP coordinators:
  1. Relationship between diabetes related health outcomes and socioeconomic
  2. Community based education Vs. Traditional medical education
  3. Suggestions from other community based programs
  4. Demographic analysis
  5. (Castillo et al 2010), effectiveness of DEEP (A1C, hypertension, BMI, depression, etc.)
- Finding two people to teach the course is still ongoing, but a foundation of recruitment was created and options are still available.

## Background:

- 6,800 people, farming and agriculture
- 19.3% over 65 (State average= 12.4%)
- 42% higher diabetes rate in Torrington than state average
- Growing concern by public health officials over type 2 diabetes
- Program already in place: DEEP (needed volunteers)



## Discussion:

- Difficulties with community involvement and recruitment
- Funding (currently volunteer)
- Courses held 2 times per year, with six classes per course.
- “Stranger effect”- lack of connections and small town mentality