Learning Objectives

- Recognize the importance of relationship building in target populations
- Identify ways to overcome challenges in implementing evidence-based programs
- Describe tools to measure program outcomes
- Recognize the importance of collecting data to measure program success
Live Well by Faith

About Live Well By Faith
Join us in creating a strong, active health ministry in your church home. Live Well By Faith is a wellness program administered by the Columbia/Boone County Health and Human Services Department and through your church network. Live Well by Faith is designed to address the unique health-related needs of African Americans in the Columbia community.

Contact Us
Call your Church Lifestyle Coach

(573) 874-6318
Verna.Laboy@como.gov
1005 W Worley Street
Columbia, Mo 65203

“For I will restore health unto thee, and I will heal thee of thy wounds, saith the Lord…” (Jeremiah 30:17)

Our Programs
Chronic Disease Self-Management
A class offering support and effective methods for dealing with an ongoing health condition

Diabetes Self-Management
Providing a practical approach to living with diabetes

Eat Healthy Be Active
Community workshops providing easy ways to include healthy practices in every day life

Weight Watchers
Personalized and holistic approach to encourage weight loss and healthy lifestyles

A Taste of African Heritage Cooking Class
Combining culture and history with nutrition, this course offers a whole new way of eating

For more information about upcoming programs contact Verna Laboy.

Our Focus
Live Well By Faith is a program dedicated to decreasing the rates of diabetes and heart disease in the African American community of Columbia, Missouri. These conditions are on the rise for many, but African Americans are especially vulnerable. We want to close the gap and create a healthier community beginning with you and your church.

Our Church Homes
Live Well By Faith churches want to help you move toward healthy living. Each of our church partners have agreed to create a healthy space by promoting water, physical activity, and creating a smoke-free space.

Friendship Baptist
Lifestyle Coach (573) 449-5414
Lifestyle Coach Nia Imani

Urban Empowerment
Lifestyle Coach (573) 474-3165
Shae Collier

Second Baptist
Lifestyle Coach (573) 449-4703
Phyllis Golden

Mt. Celestial II
Lifestyle Coach (573) 445-4318
Vivian Colbert

Restoration of Life
Lifestyle coach (573) 356-3125
Wilma Blair

St. Luke UMC
Lifestyle coach (573) 443-5423
Annabelle Simmons

Fifth Street Christian
Lifestyle coach (573) 442-7713
Delos Yocum

Progressive Baptist
Lifestyle coach (573) 443-0611
Dr. Jan Todd

Russell Chapel
Lifestyle coach (573) 443-6028
Edith Prince

Don’t see your church listed? Contact Verna Laboy to see how you can get involved.
DIABETES SELF-MANAGEMENT WORKSHOP

Topics Include

- How to monitor blood sugar and prevent complications
- Skin and foot care basics
- How to manage sick days
- Exercise & nutrition
- How to manage pain, fatigue, difficult emotions & depression
- Medications & treatment decisions
- How to talk with your family, friends, & healthcare providers...and more!
You will learn skills to help you successfully manage your diabetes and take control of your health.

Contact Verna LaBoy for more information:
573-874-6918 or verma.laboy@com.gov

This FREE workshop is ideal for people with diabetes or pre-diabetes and people who care for someone with diabetes. It meets for 2 1/2 hours, once a week, for 6 weeks. Participants will receive a Living a Healthy Life with Chronic Conditions book and a Relaxation for the Mind and Body CD.

Every Tuesday
03/07/17 - 04/11/17
4:30 pm - 7:00 pm
Russell Chapel, CNE
108 East Ash Street
FIT FOCUSED & FAITHFUL

EVERY THURSDAY
FEB 1, 2018 - MARCH 8, 2018
5:30pm - 7:30pm
- Sixth St Christian, 401 N. Sixth St. Columbia, Mo -
Weekly healthy meal catered by Quintela’s Kitchen

A program for those of us with ongoing health conditions & our families

- Identify the latest pain management approaches
- Manage fatigue & stress more effectively
- Find solutions to problems caused by your conditions
- Form a partnership with your health care team
- Identify ways to deal with anger, fear, frustration, & depression
- Discuss the role of exercise & nutrition in chronic disease management
- Communicate with family & friends caused by your condition

COST IS FREE • REGISTRATION REQUIRED • LIMITED SEATING
573-874-6318 • Verna.Laboy@como.gov

Verna Laboy, Health Educator • Columbia Boone Co Public Health & Human Services

A Taste of African Heritage
A New Cooking Class Series from Oldways
[7/14/17 - 8/28/17]

Diabetes is not a part of African heritage.
Neither is heart disease.
Together, we can claim health by reclaiming history.

Traditionally, African ancestors ate a delicious, plant-based diet that was high in flavor and naturally free in cholesterol, saturated fat, sugars, and excess sodium.
A Taste of African Heritage is a new cooking class series that brings this enjoyable, simple, healthy way of eating back to life. Please join us at Family Impact Center, 105 E. Ash St., Columbia, MO, for this free six-class series, as we “meet” the major foods of African heritage and learn how to easily prepare them at home. Every Monday 6/12/17 – 7/31/17 (15 pm – 7:30 pm)

For more information or to sign up for this free six-week class, please contact Verena Laboy (573-874-6318) or Trish Waddington (573-874-4114)
Tools to Measure Outcomes: Surveys

- Church survey administered during services

Collected church baseline data
Determined priorities and needs
Developed individual church needs reports
Tools to Measure Outcomes: Surveys

- **Individual measures**
  1. I have a family doctor.
  2. I have high blood pressure.
  3. I have diabetes.
  4. I eat 5 servings of fruits and/or vegetables on an average day.
  5. I drink soda or sugar sweetened drinks every day.

- **Church-level measures**
  6. I can eat healthy when food is provided at my church.
  7. I am interested in increasing my physical activity level.
  8. I am interested in walking (i.e. prayer walking) to increase my physical activity level.
  9. I am interested in our church offering regular classes on physical activity, diabetes, high blood pressure education, and healthy eating.

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Tools to Measure Outcomes: Surveys

- **Met with churches to discuss needs/interests**

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>13%</td>
<td>Do Not Have a Dr.</td>
</tr>
<tr>
<td>21%</td>
<td>Have High Blood Pressure</td>
</tr>
<tr>
<td>21%</td>
<td>Have Diabetes</td>
</tr>
<tr>
<td>81%</td>
<td>Do Not Eat 5 Fruits and Veggies Daily</td>
</tr>
<tr>
<td>26%</td>
<td>Drink Sugary Drinks Daily</td>
</tr>
</tbody>
</table>

**Classes Members are Interested In Attending:**

<table>
<thead>
<tr>
<th>Class</th>
<th>Interest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lose Weight</td>
<td>43%</td>
</tr>
<tr>
<td>Manage my Chronic Illness</td>
<td>6%</td>
</tr>
<tr>
<td>Manage Diabetes</td>
<td>11%</td>
</tr>
</tbody>
</table>
Tools to Measure Outcomes: Surveys

- Pre-tests and post-tests for each class
- Assess changes in behavior
  - How many servings of vegetables do you eat in an average day?
  - How much moderate or vigorous physical activity do you do in addition to your normal routine most days?
  - How often do you feel tense, anxious, or depressed?

Tools to Measure Outcomes: Surveys

- Post-test asks class satisfaction questions
  - I’ve learned things in this class that will help me improve my health.
  - My class facilitator(s) is knowledgeable in the topics we discussed.
  - I would recommend this class to a friend or family member.
Tools to Measure Outcomes: Measurements

- Blood pressure
- Weight and BMI
- Diabetes risk assessment

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.
Tools to Measure Outcomes: Measurements

- Refer participants to doctor
  - High blood pressure
  - Diabetes risk
- Follow-up done weekly or at each class if needed
- Provide educational tools about blood pressure
- Recommend establishing primary care

Tools to Measure Outcomes: Database

- Access database to input survey data and measurements
- Interns trained on data entry
- Run queries to generate outcome reports
Tools to Measure Outcomes: Focus Groups

- What information would you add or change to the Live Well by Faith brochure to attract more people to Live Well by Faith?

- What do you like most about Live Well by Faith?

- Pretend that you are in charge and could make one change that would make Live Well by Faith better. What would you do?

Program Outcomes

- 11 health programs provided to 115 people
- Church survey and focus group data not available yet

1) Increase proportion of participants that experience weight loss or Healthy BMI

- **Pre**: 4% of participants had Healthy BMI & 80% had Obese BMI
- **Post**: 80% of 65 participants achieved weight loss.

2) Increase proportion of participants with "Normal" blood pressure

- **Pre**: 16.51% of 109 participants had Normal blood pressure
- **Post**: 26.47% of 68 participants had Normal blood pressure
Why Collect Data?

- To measure progress
- Funding
- To determine program changes to be made
- TIP: DEVELOP PROGRAM OUTCOMES ASAP