Promoting Wellness as a Cultural Competency Framework to Address Diabetes

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Cultural Competency and Health Literacy Disparity: Implications for Diabetes Care and Prevention Among African Americans

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DISCLOSURE

• Disclosed no conflict of interest
Wellness

• Wellness is more than the absence of illness; it is a dynamic process and requires conditions needed for achievement of physical, emotional and social well-being.

• It should not be determined by race or ethnicity, gender, socio-economic status or religious affiliation.

• A deliberate, self-directed journey towards becoming aware of and learning to make healthier lifestyle choices that enable us to achieve our full potential.
Wellness Imperatives

Emotional Wellness

• Being attentive to one’s thoughts, feelings and behaviors; and the mind, body, spirit connection
Wellness Imperatives

Spiritual Wellness

• Seeking meaning and purpose in life and feeling connected to a greater power to fulfill that purpose
Wellness Imperatives

Social Wellness

• Building healthy, nurturing and supportive relationships as well as fostering a connection with those around us.
Wellness Imperatives

Physical Wellness

• Applying knowledge, commitment, and actions to achieve and manage personalized healthy living goals
Wellness Imperatives

Mental Wellness

• Maintaining a state of emotional and psychological balance by being self-aware, self-understanding, and self-forgiving
Wellness Imperatives

Intellectual Wellness

• Understanding and using information and resources to increase self-awareness, expand one’s mind and creativity, and support total wellness
Wellness Imperatives

Financial Wellness

• A healthy understanding of finances and being prepared for financial changes that may come
Wellness Imperatives

Environmental Wellness

• Taking responsibility for one’s relationships with nature and personal surroundings to lessen negative impact the environment may have on one’s ability to be healthy
Wellness Imperatives

Sexual Wellness

• Developing personal awareness and acceptance of one’s physical body and bodily autonomy through a healthy and respectful attitude toward sexuality and sexual relationships
Diabetes: Culturally Responsive Program and Service Delivery

• Understand and practice community competency
• Be aware and respectful of decision making processes within community organizations
• Be respectful of the “lived lives” of the persons you are reaching
• Look for opportunities for integration of program efforts
Diabetes: Culturally Responsive Program and Service Delivery

- Offer supportive structure for participants to explore and expand thinking on personal issues and experiences.
- Encourage awareness and connection between the individual and the larger social forces that impact our lives; social, political, economic, etc.
- Provide opportunities for participants to become knowledgeable health advocates for themselves and their communities.
Diabetes: Culturally Responsive Program and Service Delivery

• Increase participants’ knowledge about health issues and use of health services.

• Trust participants to determine how they will take small steps to living healthier lifestyles using the diabetes information that is provided to them.
Diabetes: Culturally Responsive Program and Service Delivery

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Be Affirming

“I am delighted to have wellness in my life. I will seek it and make it an integral part of my life. I am deserving of it”

- Byllye Y. Avery,
  An Altar of Words
Contact

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