Policy and Infrastructure Changes Impact Health Equity in Southeast Michigan African American Communities

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Disclosure Statement

Disclosed No Conflict of Interest
Mission: To prevent kidney disease and improve the quality of life for those living with it
– #1 priority is prevention
– Diabetes is leading cause of kidney disease
CDC’s National Program to Eliminate Diabetes-Related Health Disparities in Vulnerable Populations

• Five-year program (2010-2015)
• Reduce morbidity and premature mortality and eliminate health disparities associated with diabetes
• Six grantees, each focused on different vulnerable populations
• Plan, develop, implement, evaluate community-based interventions
• Reduce the risk factors that influence the disproportionate burden of diabetes in vulnerable populations
Eliminating Diabetes-Related Health Disparities in African American Adults Living in Flint, Inkster, and NW Detroit, Michigan
### Social Determinants of Health

- Poverty rate
- % families below poverty line
- Cigarette tax
- Education levels
- Expenditures on health and welfare
- Chronic disease control programs
- Smoking cessation programs
- Type/frequency/duration of physical activity
- Expenditures on natural resources, parks and rec
- Fresh fruit and vegetable consumption
- # supermarkets
- # fast food restaurants

<table>
<thead>
<tr>
<th></th>
<th>% Individuals with Diabetes</th>
<th>% Below Poverty Level</th>
<th>% Without High School Diploma</th>
<th>% Inadequate Fruit &amp; Veg Consumption</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flint</td>
<td>&gt;14</td>
<td>35.7</td>
<td>34.7</td>
<td>82.1</td>
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<tr>
<td>Inkster</td>
<td>&gt;11</td>
<td>19.5</td>
<td>25.7</td>
<td>77.7</td>
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<tr>
<td>NW Detroit</td>
<td>&gt;14</td>
<td>13.9</td>
<td>22.9</td>
<td>77.2</td>
</tr>
</tbody>
</table>
Mobilize Community Partners

Lesson Learned:
Diversity of community teams is essential to addressing all aspects of the social determinants of health.

Lesson Learned:
Working with existing coalitions with complementary goals increases reach.

Community Coalitions

City Government
Health Plan
Faith Leader
Parks and Rec Director
State DPCP
Local Health Dept
Local Employers
Police Dept
Community Members
Healthcare Providers
Other coalitions

National Kidney Foundation of Michigan
Communities Against Diabetes
Flint • NW Detroit • Inkster
Community Action Plan

Lesson Learned: Involving partners every step of the way helps with “buy-in”

- Grassroots data collection
- Community Priority Setting
- Strategic Plan
- Evaluation

Living Community Action Plan
Community Priorities

• Stimulate policy and infrastructure change
• Promote chronic disease management
• Disseminate diabetes-related support and management information
• Promote healthy eating
• Increase opportunities to engage in low-cost physical activity
Supporting Healthier Choices

• Benefits of Implementing Programs
  – Expand outreach and participation
  – Increase awareness

• Benefits of Implementing Policy and Infrastructure Change
  – Sustainable improvements stay in place when funding ends

Lesson Learned:
If you feed them, they will come! Incorporating a diabetes-friendly meal or snack with existing programs, during community garden sessions, at community events, etc. is a great way to expand outreach and participation.
Expanding Outreach & Awareness

• Referral network of 55 partners
• Multiple media campaigns using adapted National Diabetes Education Program (NDEP) materials
Lesson Learned:
Adapting culturally-relevant materials from NDEP to include personal stories from local community members helps bring a hometown feel to the information and makes it more likely for a news source to pick up the story.
Expanding Outreach & Awareness

• Helped implement first ever diabetes support group in Inkster

• 13 new sites offering EnhanceFitness
Changing the System

• Complete Streets Ordinance drafted in Flint
• Working with church health committees to develop policy recommendations
Changing the System

• Partnered with restaurants, Farmers Markets, food pantries, and community gardens
Infrastructure Change

• Community Health Workers
  – 31 CHWs trained to lead Diabetes PATH
  – 45 CHWs trained to lead EnhanceFitness classes
  – 6 CHWs trained to help persons with diabetes navigate the healthcare system

• Community Gardens in Inkster
  – Inkster Food Council
  – 11 gardens maintained
  – 2 residents trained as Master Gardeners
  – Michigan Food and Farming Systems (MIFFS) training on marketing and selling produce
Policy Change

• Joint Use Agreements
  – Local school in Detroit agreed to allow property to be used for physical activity classes
  – Inkster church provides space for meetings and diabetes self-management workshops

• Church Site Wellness
  – Detroit church enacted policy committed to providing free exercise classes and ensuring healthy options are served at all church events where food is served

• Flint senior center committed to permanently providing EnhanceFitness classes to its members and surrounding community
Socio-ecological Model

- Individual (knowledge, attitude, skills)
- Interpersonal (social network)
- Organizational (environment, ethos)
- Community (cultural values, norms)
- Public Policy
Thank you!

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