



## COMMUNITY-ENGAGED LEARNING

# Western Tidewater UNITED

### Understanding, Improving, & Tracking Diabetes in Western Tidewater

PATHWAY: **HEALTH EQUITY**

#### Facilitators

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#### Community Partners

- Sentara OBICI
- Western Tidewater Diabetes Coalition

#### The Need

- The rates of diabetes and related comorbidities are disproportionately high in Western Tidewater (WT) compared with the rest of Virginia, as indicated by the SOH Community Needs Assessment from 2019.
- WT has a large African American population, a significant older adult (65+) population, high rates of undereducation and obesity.
- Rates of hospitalization due to diabetes are significantly increased in WT when compared with Virginia.
- Determining impactful methods for reducing the prevalence of diabetes, caring for those with diabetes, and reducing rates of both hospitalization and death from diabetes and its comorbid conditions will significantly impact healthcare costs and the use of healthcare resources.

#### Project Description

- The Western Tidewater Diabetes program involves longitudinal clinical program that aims to improve

*(Project Description continued)*

- access to diabetes-related education and care in WT and reduce hospitalizations due to diabetes and its long- and short-term complications.
- The program identifies and enrolls participants with prediabetes and diabetes through widespread community screenings in the WT region. Eligible individuals are offered to enter multiple educational programs and clinical care interventions.
- Through screenings, this program will also identify community members with diabetes in the WT region who are high-utilizers of medical care. Residents will be offered to participate in an interventional program that provides focused-support, behavioral and clinical interventions aimed to reduce preventable hospitalizations.

#### Annual Student Activities

- Participate in the development of the community outreach and educational programs.
- Coordinate and participate in diabetic screenings, assisting in consenting participants and obtaining demographic and clinical data.
- Participate in patient education and behavioral support for both subprojects.
- Assist with data entry and review of medical records to track outcomes.

#### Community Outcomes/Results

- ↓ Reduce the prevalence of diabetes and prediabetes and its complications in Western Tidewater
- ↓ Reduce ER visits and hospital admission by providing diabetes educational programs and care coordination