



Overview of our Community Engagement grant
“Strengthening a community-engaged
research partnership to promote
diabetes management in Richmond”

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Logistics

- Funded the VCU Council for Community Engagement
- Funding period: 7/1/2016 – 6/30/2017
- Total amount: \$18,000

Overarching project goal

To strengthen our existing partnership between the YMCA of Greater Richmond and VCU through community-engaged research focused on addressing disparities in diabetes care and outcomes.

Objective 1

To identify and disseminate best-practices for community-oriented diabetes self-management programs by evaluating the YMCA-developed Diabetes Control Program within the *RE-AIM framework* using quantitative and qualitative methodologies.

Objective 2

To catalyze community-engaged learning for VCU students through their involvement in all processes of this mixed-methods evaluation through internship, practicum, and service-learning programs.

Objective 3

To build substantial community-engaged research capacity regarding diabetes in Richmond through the:

- a) Creation of a Community Advisory Board as co-learning process and a means of engaging community members and stakeholders,
- b) Mutual exchange of partner expertise, training, and resources; and
- c) Scholarship dissemination via public events, newsletters, and jointly-authored publications.

RE-AIM Framework

Designed to enhance the quality, speed, and public health impact of efforts to translate research into practice

Reach

Effectiveness

Adoption

Implementation

Maintenance



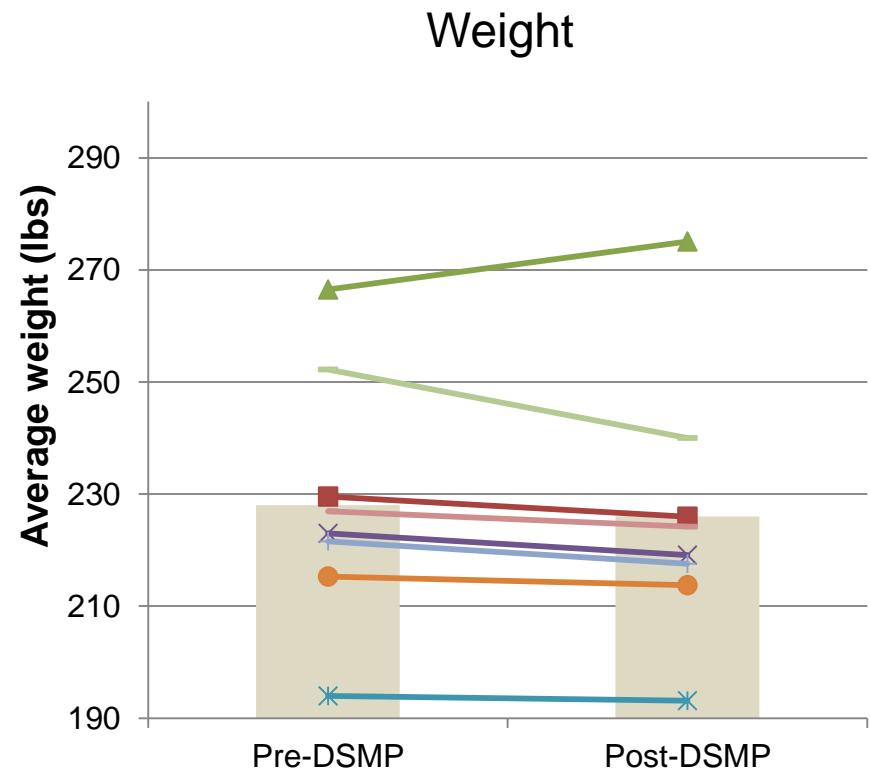
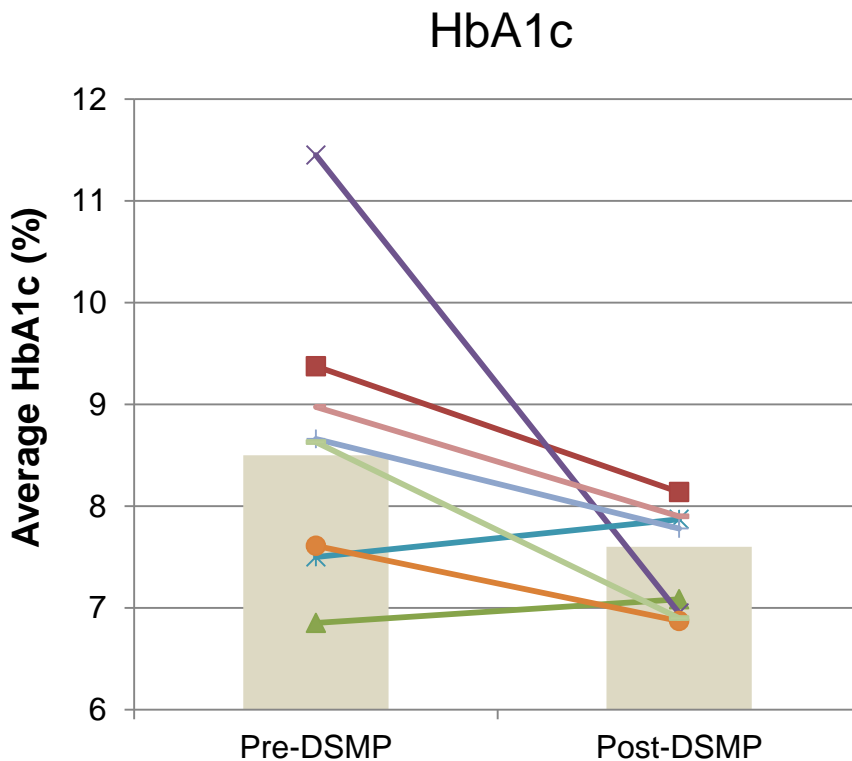
The screenshot shows the top portion of the RE-AIM website. At the top is a dark red header bar containing the Virginia Tech logo and the text "College of Agriculture and Life Sciences". Below this is a navigation menu with a "QUICKLINKS" dropdown and links to "RE-AIM", "About RE-AIM", "Publications", "Presentations", and "Resources and Tools". To the right of the menu is a circular logo for RE-AIM.org, which features the text "RE-AIM.org" in the center and "Reach • Effectiveness • Adoption • Implementation • Maintenance" around the perimeter. Below the logo is a banner image showing a group of children playing on a playground structure. To the right of the banner is a photo of a doctor in a white coat holding a stethoscope. The text "RE-AIM" is visible in the bottom right corner of the banner area. Below the banner, the text "Reach Effectiveness Adoption Implementation Maintenance (RE-AIM)" is displayed.

Mixed-methods approach to Aim 1

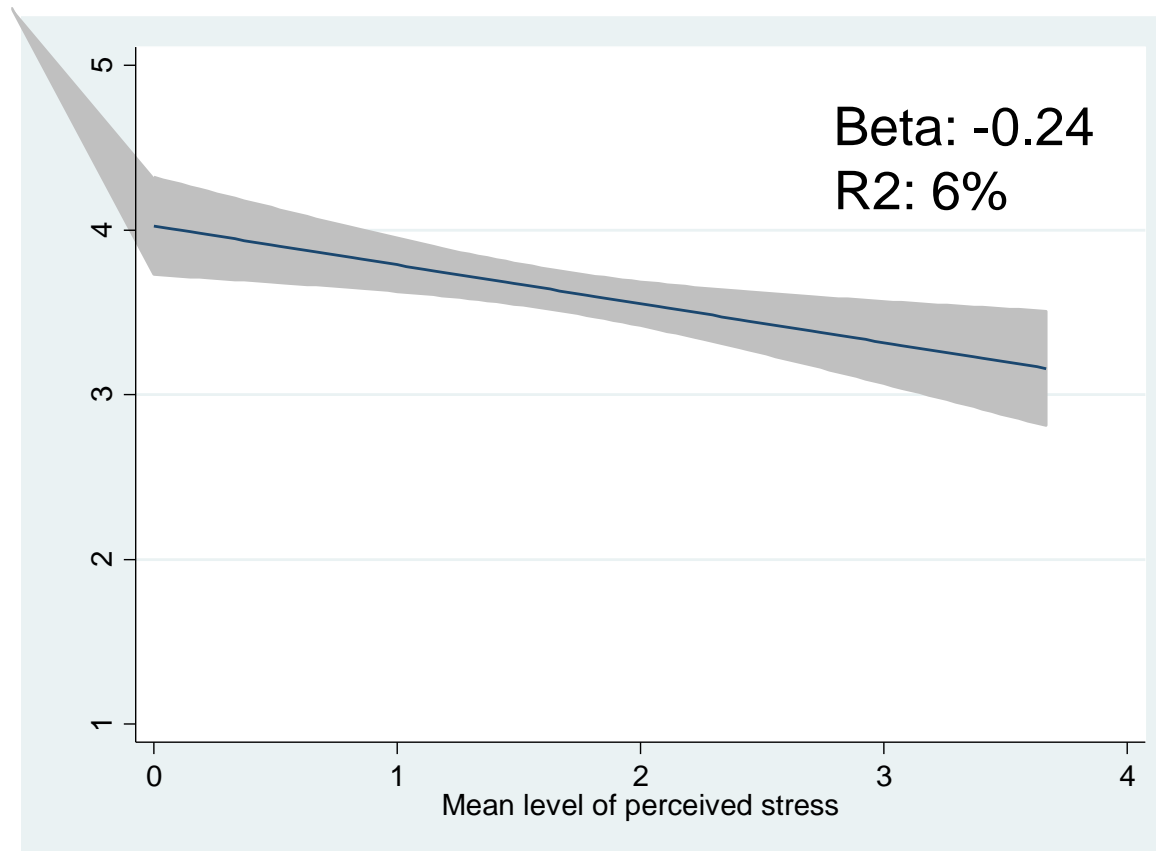
- Quantitative analysis of archival records of the DCP
 - ~300 past participants
- Qualitative data collection and analysis
 - Focus groups with past, current & future DCP participants
 - Personal interviews with DCP coaches

Average change in HbA1c & weight during DCP:

Overall average (bars) and average for each coach (lines)



Relationship between perceived stress and “readiness” to engage in behavior change



Approach for Aim 2

- Engage MPH students through Practicum, Capstone, and Service-Learning projects.
- Engage Psychology students by helping train DCP coaches on the psychological aspects of diabetes self-management.
- All students will help develop a creative training tool-kit for disseminating the lessons-learned and best-practices for supporting community-oriented DCPs.

Approach for Aim 3

- Form a CAB of 5-10 members that represent DCP participants and coaches, community advocates for diabetes prevention, public health practitioners, and medical professionals with diabetes expertise
- Working with the CAB will inform our scholarship and dissemination activities.

Summary

- The YMCA and VCU share a common goal of improving the emotional and physical health of people with diabetes.
- The knowledge gained from this project will benefit the YMCA by providing systematic data to enhance their Diabetes programs.
- VCU students will benefit by gaining first-hand experience working in a non-profit setting, engaging in applied research, and providing services that benefit the community.

Long-term vision

- The outcomes of this project will directly benefit participants of DCP through improvements made to the program based on our findings.
- Through the YMCA-VCU partnership, innovative and practical approaches will be identified to improve diabetes programs and outcomes in the region
- Through collaboration with the CAB these strategies will be shared with community stakeholders in an effort to build a sustainable network of support for managing diabetes in Richmond.

Project timeline

Aim 1: Quantitative data analysis & preliminary report

Aim 1: Qualitative data collection, analysis & preliminary report

Aim 2: MPH and Psychology student engagement

Aim 3: Strengthening partnership & dissemination activities

Analysis: July/Sept
PR: Oct 2016

Collection: July/Oct
Analysis: Oct/Dec
PR: Jan 2017

Aug 2016/May 2017

Quarterly CAB meetings
Public progress report @ VCU: Dec 2016
Public progress report @ YMCA: Jan 2017
Final public report: May 2017