

## **REDUCING HEALTH DISPARITIES FOR LATINOS AND AFRICAN AMERICANS**

*East Harlem Diabetes Center of Excellence expands reach to support better care*

### **Public Health Problem**

- East Harlem has a predominantly Latino and African-American population and the highest rates of obesity and diabetes in New York City, both of which are increasing at an alarming rate.
- People with diabetes can manage their disease by eating healthy foods, being physically active, taking diabetes medicine as prescribed, and testing blood sugar levels regularly.
- Community education and support programs can help people with diabetes and their families manage their diabetes.

### **Program**

- The New York State Department of Health funds diabetes coalitions throughout the state to implement steps to prevent and control this condition.
- The East Harlem Diabetes Center of Excellence, one of these coalitions, was awarded a Racial and Ethnic Approaches to Community Health grant from the Centers for Disease Control and Prevention to build upon its efforts in diabetes prevention and control. They are using the grant to create a Center of Excellence in Eliminating Disparities called the Inspired and Motivated to Prevent & Control Diabetes (IMPACT) Center which will serve as a national resource for evidence-based, innovative approaches to diabetes.
- Using community-based participatory approaches, the Center strives to improve diabetes prevention and control in East Harlem with a focus on diabetes disparities among Blacks and Latinos, award over \$350,000 in local and regional grants.

### **Impact**

- The Center leveraged significant funding to develop a conceptual model to describe the forces at work in East Harlem contributing to diabetes disparities and to intervene in those areas.
- Fifty Coalition members from thirty-five grassroots, multi-service, faith-based, tenant, educational, and public health organizations helped develop planning meetings or offered their ideas on a logic model to guide program planning, implementation, and evaluation.
- Partners developed specific objectives for the first two years of operation including selecting a small neighborhood for intensive intervention, conducting an assessment of the neighborhood's physical environment to identify areas for intervention, and releasing a request for proposals for local community groups.
- This work expands the reach of the East Harlem Diabetes Center of Excellence and serves as the foundation for activities to reduce health disparities for Latinos and African-Americans.

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