

spotlight on SARATOGA COUNTY

NEED

In 2014, the New York State Behavioral Risk Factor Surveillance System (BRFSS) indicated that over 15,000 adults living in Saratoga County were diagnosed with diabetes and 7,000 with prediabetes. Taking into consideration the threat that diabetes poses to their community, Saratoga County Public Health Services (SCPHS) and key partners formed the Saratoga County Prediabetes Coalition (SCPC) with the intent to create awareness, and prevent the onset of diabetes through the creation of a social and physical environment that encourages healthy lifestyles.

ACTIVITIES

The **Nourish Your Neighbor Initiative** promoted healthy food drives, evaluated donated foods, and provided free materials and onsite education. As part of the **Prediabetes Packet Campaign**, the coalition developed an informational booklet for distribution to primary care offices. The booklets include a risk assessment and support discussion of a patient's individual risk factors for prediabetes.

SCPC also partnered with the Lions International Strides Club to organize a free **Diabetes Education Fair and Walk** for the county. Over 100 attendees registered, with many more participating in the walk. Five SCPC member organizations led educational booths and activity centers, and distributed hundreds of materials to the community regarding local programs and resources for diabetes self management.

OUTCOMES

Nearly 40 organizations and 12 food drives received Nourish Your Neighbor outreach. Additional materials provided included sample shopping lists, pledge posters, informational sheets, and plastic and reusable grocery bags. Additionally, over 30 primary care offices requested prediabetes outreach and over 300 booklets have been dispersed.

LESSONS LEARNED

Follow-up for prediabetes booklet distribution to primary care offices should be started earlier and occur more frequently to maintain engagement. Providers were most in favor of placing the risk assessments in waiting areas as supplemental reading material.



GOAL

The Saratoga County Prediabetes Coalition (SCPC) will incorporate the Nourish Your Neighbor Initiative within at least three food drives. SCPC will create and distribute informational prediabetes packets with evidence-based and local resources that are culturally sensitive and developmentally appropriate.

SUCCESSSES

The number of prediabetes booklets distributed well-exceeded goals set for the first year and five provider clinics are actively using booklets.

CHALLENGES

Obtaining provider feedback about the prediabetes resources and collecting data and paperwork required of the Nourish your neighbor program.

TECHNICAL ASSISTANCE

The HCDI planner for Saratoga County provided sample logos to represent the coalition. A follow-up provider survey for the prediabetes booklet distribution was also developed and distributed in the prediabetes resource packet.

