

OMMH Health Disparity Prevention Grants, FY 2020

Grantee Profiles

Grant Amounts: \$50,000/Year and Extended for Three Years Based on Performance

Purpose:

The primary purpose of this grant funding is to support the implementation of various approaches to promote health and prevent and control chronic diseases and other illnesses that disproportionately impact minority populations through the provision of culturally and linguistically appropriate services. All approved applications are aligned with evidence-based prevention strategies and clearly articulate their approaches for achieving their health improvement goals. Another purpose of this grant funding is to engage community stakeholders (FBOs, CBOs, local public health departments, and 501(c)(3) not for profits) in the implementation and evaluation of prevention programs. Health disparities to be targeted by the selected applications during this funding cycle are: Obesity, Diabetes, Youth Violence, CDSMP/DSMP, Cardiovascular Diseases, Infant Mortality, Alzheimer and Tobacco Smoking.

DCHS20HDP011 - Community Affairs & Resource Center of Monmouth County

Purpose and Description of Service

To deliver and implement the “Eat Healthy, Be Active” community workshops model based on the Dietary Guidelines for Americans 2010 and the 2008 Physical Activity Guidelines for Americans, targeting Latino families and other minority families with lower socioeconomic status in Monmouth County.

DCHS20HDP008 - Mercer Street Friends

Purpose and Description of Service

To implement *Making Moves*, a new project that uses an evidence-based health curriculum program, and as provides complementary health, wellness, cooking skills, and community gardening activities around the core curriculum sessions. *Making Moves* addresses the factors that contribute to obesity (and the correlated conditions of diabetes and heart disease) that disproportionately impact low-income and minority communities. Mercer Street Friends’ objective as part of their *Making Moves* project is to implement the *Eat Healthy - Be Active* curriculum and provide 30 sessions of complementary health, wellness, cooking, and gardening programming activities around the core *Eat Healthy - Be Active* sessions. The goal of *Making Moves* is to engage members of the community and promote and encourage good health and wellness among the minority population they serve.

DCHS20HDP004 - Parker Family Health Center Inc.

Purpose and Description of Service

To implement the Parker Family Health Center’s (PFHC) Diabetic Management Program in Monmouth County. The PFHC treats uninsured and undocumented Latino/Hispanic patients, and

allows them to manage their Diabetes before significant health complications escalate. Many of our Latino/Hispanic patients report that without the free services of the PFHC, they would not have had the resources necessary to maintain their health.

DCHS20HDP019 -United Way of Hunterdon County

Purpose and Description of Service

To implement the TIRO (*Técnicas de Intervención para Reducir la Obesidad*) program based on the Faithful Families Eating Smart and Moving More (Faithful Families) intervention. Faithful Families has been accepted as a "Practice-Tested Intervention" by the Center of Excellence for Training and Research Translation (Center TRT) at UNC Chapel Hill. This program consists of obesity prevention interventions that have been tested through research studies or have been developed and evaluated in practice. The TIRO program will outreach to Latino families in the Hunterdon County area, who are obese or at risk for obesity and diabetes. The overarching goal of TIRO is to increase access to opportunities for nutrition education, physical activity, healthy food, and social service resources so that participants are more empowered to make healthy lifestyle choices.

DCHS20HDP017 - Rutgers, The State University of NJ

Purpose and Description of Service

To promote awareness and facilitate diabetes education in South Asians living in NJ to enable early diagnosis, better management, and improved health outcomes. There are two main project objectives: (1) Recruiting, training, and supporting South Asian Peer Leaders as they organize diabetes education workshops in a variety of community-based and faith-based centers, and (2) Enhancing currently available DSMPs to meet the needs of South Asian communities. The project aims to train 6-8 South Asian Peer Leaders using the Stanford Curriculum for Diabetes Self-Management Program (DSMP). Although the DSMP workshop provides knowledge on several aspects of diabetes self-management, there is no section devoted to traditional South Asian foods. Since diabetes self-management is dependent on dietary food choices, exercise, and other management strategies, guidelines to educate participants on dietary choices relevant to South Asians will be added to the standard DSMP training. Educational efforts will also focus on increasing understanding of the causes/impact of the disease and its progression to complications affecting multiple organs.

DCHS20HDP007 - Atlantic Prevention Resources Inc

Purpose and Description of Service

To implement the Botvin's Life Skills Training (LST) program, a classroom-based universal prevention program designed to prevent adolescent tobacco, alcohol, marijuana use, and violence. The LST was initially designed to be presented as 30 sessions to be taught over three years (15 in year one, 10 in year two, and 5 sessions in year three, all to the same students), and additional violence prevention lessons also are available from the developer. Three major (original) program components teach students: personal self-management skills, social skills, and

information and resistance skills specifically related to drug use. Skills are taught using instruction, demonstration, feedback, reinforcement, and practice (role-play). The developers modified LST to adapt the program for the prevention of violence and delinquency.

DCHS20HDP018 - Senior Citizens Activities Network

Purpose and Description of Service

To implement the Diabetes Self-Management Program (DSMP) that provides individuals with the necessary skillset to combat the effects of Type-2 Diabetes. DSMP classes encourage participation, which will nurture mutual support and build participants' confidence in the ability to manage their Type-2 Diabetes. They will follow the Stanford model for small group workshops for African-American and Hispanic participants with Type-2 Diabetes. They will also increase awareness of proper self-management of Type-2 Diabetes to low-income, minority seniors and their caregivers in the Bayshore (Keyport/Keansburg), Freehold Borough, Asbury Park, and Toms River, communities found within Monmouth and Ocean Counties. Through the DSMP, Type-2 Diabetics will choose healthy behaviors they would like to follow (or their caregivers will be able to choose for them) and learn strategies for incorporating these behaviors into their daily lives.

DCHS20HDP006 - CentraState Medical Center

Purpose and Description of Service

CentraState Medical Center will implement the Diabetes Prevention Program (DPP), a CDC recognized, research-based lifestyle change program specifically developed to reduce the risk for developing Type II diabetes. It is designed for people who have prediabetes or are at risk for developing diabetes, but have not yet developed the disease. The project will address the health disparity priority area of diabetes. CentraState will deliver the DPP Prevent T2 curriculum, a year-long structured program that is comprised of three phases: the intensive phase, in which 16 sessions will be delivered weekly (16 weeks total); a continuation phase in which sessions are delivered monthly for three months; and the culmination phase, in which 3 sessions are delivered over the course of 5 months. Each participant will receive an electronic activity tracker, to motivate them to increase physical activity, and for outcome reporting purposes.

DCHS20HDP009 - Jewish Family Services of Atlantic and Cape May Counties

Purpose and Description of Service

The Jewish Family Services (JFS) of Atlantic & Cape May Counties (JFS) will implement a new program, *On the Move*, based on the Active Living Every Day curriculum. Active Living is an evidence-based program that promotes health and prevents and controls obesity, chronic disease, related risk factors and other illnesses that disproportionately impact minority populations. Active Living is an obesity prevention program that uses facilitated group-based problem-solving methods to integrate physical activity into everyday living. Developed by behavioral scientists at the Cooper Institute in Dallas, TX, and offered through a partnership with Human

Kinetics, this comprehensive program utilizes the Active Living Every Day book and offers online support resources for participants and facilitators.

DCHS20HDP015 - DH Perfil Latino TV, Inc.

Purpose and Description of Service

Perfil Latino will use the “Your Heart, Your Life” lay educator heart health program, which was created especially for diverse communities including Hispanic communities by the National Heart, Lung, and Blood Institute (NHLBI) at the National Institutes of Health (NIH), U.S. Department of Health and Human Services (DHHS). The “Your Heart, Your Life” curriculum is very comprehensive and provides the right tools to educate “*promotores de salud*” about heart health, so they can in turn educate other community members. The program focuses on helping people build skills to make practical, lasting changes to help fight heart disease and to improve their health. This intervention will address the Health Disparity Priority Area of cardiovascular disease in Hispanics. Reducing risk factors by increasing physical activity and eating a healthy diet will reduce obesity, diabetes and many other chronic conditions that are impacting Hispanics and leading to heart disease.

DCHS20HDP020 - Rutgers, The State University of NJ

Purpose and Description of Service

The African-American Brain Health Initiative (AABHI) at Rutgers University-Newark is a unique university-community partnership combining community engagement, education and training, and brain health research. Partnering with community-based organizations, they promote brain health literacy, Alzheimer's awareness, brain-healthy lifestyle choices, and participation in brain research for older African Americans in Greater Newark, New Jersey. Improving African-American health will help promote resilience and longevity, with a greater overall quality of life. They aim to implement this intervention for older (+55) African Americans living in lower-income urban neighborhoods of Greater Newark to reduce obesity. They will run a series of community-based education and outreach workshops focused on obesity reduction and prevention in older African Americans. From these workshops, they will enroll individuals in an intensive education and exercise program that promotes diet and exercise-based lifestyle changes to encourage healthy eating, weight loss, and reduced rates of obesity.

DCHS20HDP021 – Christ Church of Howell

Purpose and Description of Service

Christ Church of Howell will utilize the Faithful Families Eating Smart and Moving More (FFESMM) intervention. Faithful Families has been accepted as a "Practice-Tested Intervention" by the Center of Excellence for Training and Research Translation (Center TRT) at UNC Chapel Hill. This program consists of obesity prevention interventions that have been tested through research studies or have been developed and evaluated in practice. The FFESMM program at Christ Church will outreach to African-American and low-income families in the Monmouth

County area, who are obese or at risk for obesity and diabetes. The overarching goal of FFESMM is to increase access to opportunities for nutrition education, physical activity, healthy food, and social service resources so that participants are more empowered to make healthy lifestyle choices. Program workshops presented in English to target the Office of Minority and Multicultural Health Disparity Priority Areas of Obesity, Diabetes, and Heart Disease, in ethnic/racial populations with health disparities.

DCHS20HDP005 - Kennedy Health Care Foundation Inc

Purpose and Description of Service

To address the Health Disparity Priority Area of Obesity the Jefferson Health New Jersey's Stratford Hospital (in Camden County), in collaboration with the Food Bank of South Jersey, will deliver the "Eat Healthy, Be Active" intervention. This series of community workshops was developed by the U.S. Department of Health and Human Services' Office of Disease Prevention and Health Promotion to help adults meet the Dietary Guidelines for Americans and Physical Activity Guidelines for Americans. The target population will be overweight African Americans residing in Camden County, who are disproportionately affected by obesity, heart disease, hypertension and diabetes relative to other racial/ethnic groups and people living in other counties in our service area. This intervention was selected because it addresses the OMMH's Health Disparity Priority Area of obesity.

DCHS20HDP012 -The Sickle Cell Association of New Jersey, Inc

Purpose and Description of Service

To conduct the Chronic Disease Self-Management Program and Diabetes Self-Management Program to addresses asthma, heart disease, cancer, diabetes, obesity HIV-aids and improve the overall health of participants. Both the CDSMP and the DSMP are scripted, evidence based programs with over 20 years of research supporting the findings. Their target population is people suffering from sickle cell disease, African Americans with asthma cancer, cardiovascular disease diabetes, obesity, HIV-Aids, seniors and their families and caregivers.

DCHS20HDP013 - Central Jersey Family Health Consortium

Purpose and Description of Service

Deliver and implement the Preconception Peer Educator (PPE) Program targeting African American high school and college age students to train them as peer educators and qualified health ambassadors that will help disseminate essential preconception health messages aimed at reducing infant mortality in African Americans and minorities in Middlesex County.

DCHS19HDP014 - La Casa de Don Pedro, Inc., Newark

Purpose and Description of Service

Deliver and implement the Check.Change.Control Program for Latinos in Essex County that is a community-based hypertension management program from the American Heart Association

(AHA) that consists of developing an integrated quality improvement intervention to lower blood pressure (BP) through remote BP monitoring, web-based health monitoring (Heart 360), disease management with advanced practice providers (APP), and community health coaches.

DCHS20HDP016 - NJ GASP (Group Against Smoking Pollution)

Purpose and Description of Service

Engage community stakeholders of Bergen, Essex, Hudson and/or Passaic Counties, or other NJ Counties in need of technical assistance to raise awareness and serve as an educational technical assistance resource provider on tobacco-free initiatives such as (1) the health concerns with the use of and exposure to electronic smoking devices and hookah smoking, and the benefits from raising the age of sale to 21 to be sold tobacco products and electronic smoking devices (ESDs) or from licensing retailers who sell ESDs, or (2) the benefits of outdoor smokefree policies for public parks and recreational areas, near entrances and exits of smokefree public places and workplaces, or smokefree college campus policies, or (3) smokefree policies for public and affordable multi-unit housing that share how financial incentives can encourage smoke-free housing. These environmental and policy changes support healthy environments that promote smokefree and tobacco-free living, which can reduce and prevent chronic disease and reduce health disparities amongst racial and ethnic minorities of all ages.