

Health Centers Reimagine Diabetes Care and Prevention with an Exciting Pilot for Lifestyle Change Program

[Clinic Name] was chosen as one of just several, select national pilot sites in a few states

A large population of high-risk patients who are more likely to suffer from a disproportionate array of chronic conditions are cared for by community health centers. Approximately 35.6% of all Community Health Center patients struggle with diabetes and many more are at risk for developing diabetes. The National Association of Community Health Centers (NACHC) developed a cutting-edge pilot project with several select health centers in a lifestyle change program called *Healthy Together*.

Healthy Together is designed to improve the impact of diabetes prevention and control efforts using the Centers for Disease Control and Prevention's (CDC) lifestyle curriculum, combined with patient self-care tools and supportive coaching by trained health center lifestyle coaches. The program is open to health center patients at-risk for diabetes as well as those with diabetes and will offer training, education, and support in healthy eating, physical activity, and stress management. Health center family members are encouraged to participate and offer support!

"[Health center name] is excited and extremely honored to be chosen for this timely initiative," says XX, [title] of [health center name]. "The care team support, self-care tools, and whole-person focus will provide patients with the support and information they need to make healthy changes in their lifestyle and will make a tremendous difference in their lives."

The pilot is funded by Health Resources and Services Administration. It officially began this week.

NACHC's Quality Center is excited to launch this initiative. *"This pandemic has shown us how community health center partners continue to step-up and transform our local healthcare systems and lead us into the future with new blended care delivery models that include at-home self-care integrated with virtual care. These steps have the potential to critically improve the way diabetes is managed and prevented."*