Introduction and Motivation

- The DISCO program was introduced to provide a multidisciplinary program to those navigating diabetes (DM) within the Homewood community.
- The DISCO program provides a free resource to an underserved community with high poverty rates and is considered a food apartheid¹.
- When DM is inadequately controlled, comorbidities such as diabetic foot ulcers, eye deterioration, kidney diseases, poor heart health, and neuropathy can occur.
- The community expressed the concern of poor access to healthcare, as it is expensive, requires traveling, and they often do not feel comfortable talking to their healthcare providers².



Project Description

- Six 90-minute classes
- Pharmacy Content:
 - Delivered personalized medication education
 - Education topics:
 - Goals of DM pharmacotherapy
 - Blood-glucose monitoring
 - Identify common myths
- Nutrition Content:
 - Provided weekly food demos and tastings
 - Education topics:
 - DM myth busting
 - DM myth basting
 DM plate method
 - Carbohydrate counting
 - Label Reading
 - Added Sugars
 - Hypoglycemia

Physical Therapy Content:

- Conducted a weekly warm up (Disco dance!)
- Education topics:
- Critical role of exercise in DM management
- Examples of safe exercises
- Signs of exercise intolerance
- Ways to monitor exertion during exercise
- How to conduct a foot screen



DISCO Program:

Diabetes Intervention and Self-Care Opportunities

Wilkinson M., Walter E., Wiker A., Lynch M., Busco A., Hornyak V. Venenzia K., Passerello C., Rebitch C., Virag B., Thomas E., Dyne S., Sutherland V., Ganjoo U.

Physical Therapy

Educate participants on the importance of regular exercise and foot screenings

Nutrition

Discuss useful tools to managing disease through food by carbohydrate counting, label reading, and meal planning

Reduce diabetes related comorbidities



Dietitian Nutritionist students preparing for a myth versus fact game with participants

Pharmacy

Discuss

medication

adherence,

monitoring, and

health

maintenance

Physical Therapy students leading the participants in the warm-up disco dance

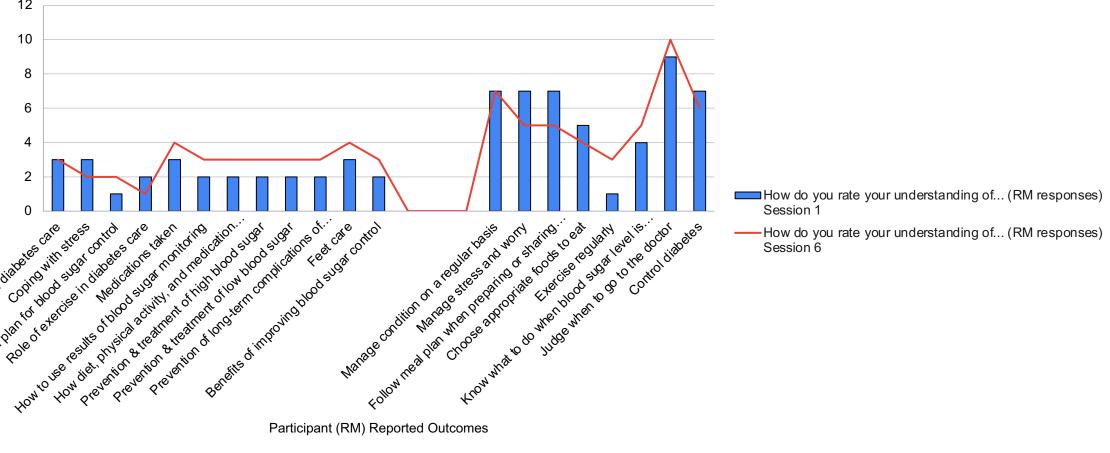
Project Funding

- The DISCO program is funded by the University of Pittsburgh (Pitt) Seed Grant.
- The Pitt Seed Grant helps improve the University's mission and promotes student experience, transdisciplinary and inclusive collaboration, and sustainable processes.
- This grant funds many different programs offered through the CEC Wellness Pavilion and covers the cost of equipment, supplies, and training needs for program implementation and success.

Data and Results

- Two participants, 3-4 sessions completed
- Women aged 65-74, Black/African American
- Both pre- and post- survey data available for
- one participant only, seen below
 Areas of improvement included monitoring blood sugar levels, medication management,
- and knowing how to manage blood sugar
 Areas where no improvement was seen were relating to meal planning and coping with stress

Pre- and Post-DISCO Program Knowledge and Confidence (Fall 2021)



Moving Forward

- Improve pre and post surveys
- Develop partnerships with Oasis Farm & Fishery, Black Urban Gardens, Sankofa Village Community Garden, and the Greater Pittsburgh Community Food Bank for local, fresh food
- Incorporate counseling as a discipline
- Expand to the Hill District CEC

References & Acknowledgements

- 1. Program in Urban and Regional Analysis. Project in support of the Homewood Children's Village Report: State of the Village, 2011. University Center for Social and Urban Research- University of Pittsburgh;
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 011/Homewood%20Neighborhood%20Report_UCSU
 R March%202011.pdf
- Partners for a Healthy Community: Connecting, Listening, Understanding. Strategic Report. University of Pittsburgh; 2019. https://www.phc.pitt.edu/
- Thank you to the SHRS Wellness pavilion staff and student volunteers for supporting the running of this program, and for applying/providing funding through the Seed Grant.
- Thank you to the Homewood CEC for providing the space to bring this project to life