**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 apartheid.
- 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 providers.

**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 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**


**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

**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**

- Incorporate counseling as a discipline
- Expand to the Hill District CEC

- 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.