

ABSTRACT

UTILIZING COMMUNITY HEALTH OUTREACH WORKERS TO IMPROVE DIABETES OUTCOMES IN FRESNO, CALIFORNIA

The purpose of this project was to utilize Community Health Outreach Workers to improve outcomes in patients with Type 2 diabetes. Patients from Sequoia Community Health Centers and Community Medical Center's Ambulatory Care Clinics were eligible to receive home visits. Patients' hemoglobin A1c levels were used to track improvement in glycemic control.

Patients who received at least one home visit served as the experimental group and patients who received zero home visits served as the control group. Both the experimental and control group had significant improvements in hemoglobin A1c levels, but the difference was greater within the experimental group. This study suggests that individuals with Type 2 diabetes receiving home visits by a Community Health Outreach Worker will have a greater improvement in hemoglobin A1c levels than individuals who do not receive home visits, resulting in a decreased risk of developing diabetes-related complications.

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