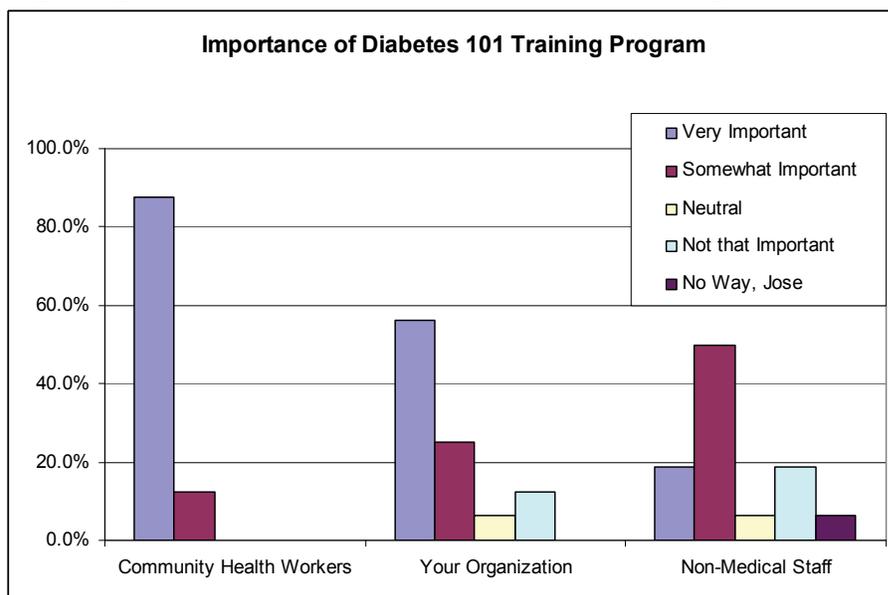


## Diabetes 101 Evaluation Report

February 15, 2008

An online survey about Diabetes 101, a community health worker training, was recently conducted with the leadership contacts at 21 Ulu Network organizations. Sixteen of the 21 contacts (76%) completed the survey. The survey investigated the importance, satisfaction, and important components of three community health worker trainings: Diabetes 101, Kidney 101, and the developing Heart 101 curriculum. Diabetes 101 has been presented nine times over the past four years and have reached 127 community health workers (CHW), outreach workers, office staff, and volunteers.

Pre and post knowledge tests of Diabetes 101 participants showed a 20.97% increase in understanding about diabetes. This change was statistically significant ( $p < 0.0001$ ). This result confirms the effectiveness of the training. The survey with the Ulu Network leadership reasserts that this training remains important to organizations and they are satisfied with the training their staff has received. Specifically, 87.5% stated that Diabetes 101 was very important for their CHW. Also, for their organizations as a whole, 81.3% said that this training was very or somewhat important. Although many Ulu Network organizations said they would send their employees to courses offered on both Oahu and their own island, due to staffing limitations the majority (62.5%) identified that they are more likely to send staff to video-conferencing at their location.



Also of high value was Kidney 101 which has been a collaborative effort with National Kidney Foundation of Hawai'i. 68.8% identified that this training is very important for CHW and 62.6% stated that Kidney 101 was very or somewhat important for their organization. When asked about which modules would be important to include in the developing Heart 101 curriculum, 93.8% said that it was very important to include a module on *'improving the health and wellness of a person with heart disease'* and 87.5% said that it was very important to add the modules *'introduction to heart disease'* and *'successful strategies for clients with heart disease.'*

Based on the information for this survey and from feedback from the CHW participants, over the next several years we will be focusing on delivering more training classes, providing training for trainers, and developing Kidney 101 and Heart 101 further. We will also work with Hawaii Primary Care Association to incorporate video-conferencing for the delivery of the Diabetes 101 training, which, hopefully will make it more accessible and enable more organizations to implement the course into their own employee orientations.

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