

A Delicious and Healthy Alternative to the Traditional “Green Bean Casserole” for the Holidays

Green Bean and Tomato Salad - Serves 6

Ingredients:

- 2 cups green beans, trimmed
- 4 cups coarsely chopped tomatoes
- 1 medium red onion, thinly sliced
- 2 tablespoon fresh (or 2 teaspoons dried) herbs (basil, mint, or oregano)
- 2 tablespoon red wine vinegar
- 4 teaspoons canola or olive oil
- 1/4 teaspoon salt (optional)
- Pinch of pepper
- 1/2 cup shredded Parmesan cheese (opt.)



1. **Trim the green beans. Place the beans in a large saucepan of boiling water, and cook 3 minutes or until just tender. Drain and plunge the beans into ice water. Drain again. Frozen beans also work well.**
2. **Combine green beans, tomatoes, red onion, and herbs in a large bowl.**
3. **In a separate bowl, whisk together the vinegar, oil, salt, and pepper.**
4. **Pour the dressing over the main ingredients.**
5. **Mix gently.**
6. **Garnish with shredded cheese if desired.**
7. **Store in the refrigerator until you are ready to serve.**

Upcoming Events and Announcements

- **1-11-07:** REACH Operations/Sustainability Committees meeting. 2-5 p.m. Place to be announced.
- **1-16-07:** REACH Evaluation Committee meeting. 10 a.m. at ICHS.
- **1-25-07:** REACH Coalition Meeting. 3-5 p.m. Place to be announced.

For more detailed information on these and other events, please contact Blishda Lacet, REACH Program Manager at (206) 296-7621.

FOR NEWSLETTER HARDCOPY, PLEASE CONTACT:

Blishda Lacet—REACH Program Manager
 Phone: 206-296-7621
 E-mail: blishda.lacet@metrokc.gov

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www.metrokc.gov/health/REACH

If you have suggestions or want to submit articles for the newsletter, please contact Javier Amaya at javier.amaya@metrokc.gov or (206) 205-3921 by the 10th of April, June, August, October and December.

REACH for Health

Attn: Blishda Lacet
 Public Health –Seattle & King County
 999 Third Avenue, Suite 500
 Seattle, WA 98104

The mission of the REACH Coalition is to reduce diabetes health disparities experienced by communities of color. Through strong partnerships, REACH will support the empowerment of individuals, families, and communities, and create sustainable long-term approaches to prevention and control of diabetes utilizing all appropriate community resources in King County.

REACH FOR HEALTH

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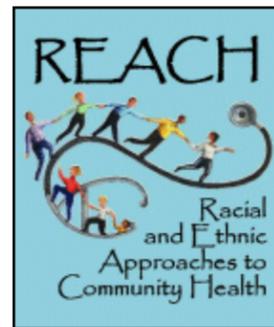
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 HEALTHY PEOPLE. HEALTHY COMMUNITIES.

“My experience working with Latinos”
Thoughts on how REACH helps the community

By Jackie Vásquez.



I have been an evaluator for the REACH Program at Sea Mar Community Health Centers in Seattle for almost five

years. I am very pleased to see how our educational classes have changed and continue to improve the attitude of our participants towards their quality of life.

Oftentimes our participants arrive at the first week of classes with very little hope. They are overwhelmed trying to make a life here in the United States, and diabetes self-care adds another burden to their already busy schedule.

Over the course of the class, participants develop confidence that they can manage their disease because of the information and skills they receive, and by the end of the course we can tell they have

experienced some success in managing their diabetes.

It has been a journey to accomplish our goal of creating an intervention that resonates with the population we serve. Every cycle of the intervention is unique and has its own flavor. Everything starts with choosing the sites to teach the classes.

We work with churches, community centers, and other community health clinics. Sometimes these locations provide their own group of people ready to learn, and at other times we have to reach out to the local community using different approaches.

At the first week of classes, things really begin to happen. First of all, the Peer Educator is a role model who transmits a positive message and who is very familiar with Latino customs and culture. Our focus is very personal.

We try to offer a welcoming environment that makes everyone feel comfortable. We greet people as they come to the door. There is a table with healthy Latino snacks, and as the classes proceed there is time for joking, sharing, and of course, the basics and practical

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Cheza's Chat Corner



After a busy 2006, new challenges in 2007!

Well, another year is almost over and the Seattle – King County REACH Coalition has added another successful year to its credits. In 2006, we have diligently pursued, not only our individual behavioral interventions, but a greater emphasis on systems change.

This allows us to look at the bigger picture, at the larger determinants of health disparities and how we might work more systematically to eliminate them. Our Coalition partners have identified ways in which their organizations are evolving as a result of participation in REACH.

Elected officials are asking “what about the REACH program?” when they discuss eliminating disparities and how to budget for this huge task. We are getting more and more requests to provide

technical assistance and training as organizations and agencies realize the importance of culturally competent diabetes care.

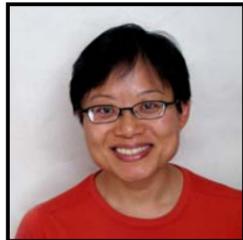
I would like to take this opportunity to thank all of you who work on the REACH program, or who are supporters or advocates of the work we do in REACH. As we enter 2007, please be mindful of how we can continue to improve and expand the important work of this Coalition to benefit our communities.

As you join your families and friends, according to your culture, whether for holiday celebrations, or to welcome in the new year, or for quiet dinners together, please consider that diabetes and other chronic diseases are at epidemic proportions and the work we do together can benefit those we love and the broader communities in which we live.

Happy Holidays everyone and Best Wishes for 2007.

Cheza Garvin, PhD, MPH, MSW is the director of the Chronic Disease Prevention and Healthy Aging Program for Public Health, Seattle & King County.

Rox's Review: Evaluation Update



We are at a critical junction in the program, as we enter the end of Phase II activities, ramp up our outcome evaluation, while envisioning the future incarnation of the REACH program and Coalition. At last count, we have collected 880 matched pre/posttest surveys from our diabetes groups and classes.

Results continue to show modest gains in participants' confidence in managing their diabetes, increased knowledge of certain aspects about diabetes, and positive changes in their dietary habits and physical activity. At the past two Coalition meetings, we discussed key findings from our Coalition member interviews, including trust, power-sharing and Coalition priorities. These discussions reflect how the Coalition has matured over the past several years and raise important issues for us to grapple with as we imagine the future of REACH.

As part of our outcome evaluation plans, we are preparing to interview past participants to hear out what impact REACH has had on their lives, how they manage diabetes, how they find and receive support, and to elicit suggestions for improvements to our diabetes activities.

We are working on two papers: one about the Coalition and its development, the other about REACH and its

impact on systems change. We have had two abstracts accepted for presentation at the Campus-Community Partnerships for Health Conference in April and the CDC's Division of Diabetes Translation Conference in May, respectively.

Though diabetes activities will continue through the year, we plan to end survey collection in March to allow the Evaluation Team time to analyze the data. In addition, we are planning to conduct a small pilot study at Sea Mar community Health Centers, in which we will track REACH participants to see what impact the program has on specific health indicators (e.g., HbA1c, blood pressure).

This new year will be a busy one, but it will be an important time of taking a step back to clarify what we have learned, to share these lessons with others, and to use our findings to shape our and others' ongoing work to eliminate diabetes disparities.

Best wish to you all for a most happy holidays and New Year.

You can contact Roxana Chen MPH, Evaluation Manager for REACH at Public Health - Seattle & King County at: roxana.chen@metrokc.gov or by phone (206) 205-4162.

REACH at Sea Mar brings a powerful message to the community

The REACH program at Sea Mar has been showing an innovative play “**Tres historias de la vida**” to discuss the impact of diabetes in the Latino community. Written by Lupita Patterson and using the “Liberation Theatre” concept, the play involves volunteer actors and invite attendees to get involved.

The images below, show a moment of “Tres historias de la vida” and the audience on November 18th, at the Rainier Valley Cultural Center in Seattle.

For more information on REACH activities at Sea Mar, you may contact Jackie Vásquez at (206) 764-4700 x. 6324



“My experience working with Latinos”

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teaching are all delivered in Spanish.

Everything we do opens the door to breaking down fears and misconceptions that people hold about diabetes.

The evaluation component is very interesting. Participants hesitate when they are asked to do the survey. They are intimidated by the concept of taking a test. They feel they are exposing themselves when we ask them about their knowledge on diabetes.

Most often, I explain that the results of the survey will help our community to fight against that disease and encourage them to participate, and they believe it.

It is a matter of believing, when they come to realize that they can make changes in their lives, and they are able to stand up and do it. That is when everything changes.

I can see their energy is better, and their hope that they can control their diabetes and have a better life..

Jackie Vásquez is an Interviewer/Evaluator for the REACH Program at Sea Mar Community Health Centers. You may contact Jackie at (206) 764-4700 extension 6324 or by e-mail at: JackieVasquez@seamarchc.org