

**Trainings available  
through  
CEED@CHICAGO**

HEALTH
Diabetes Empowerment Education Program
Cardiovascular Health
Nutrition training
Healthy cooking alternatives
Smoking Cessation
Diabetes Today
Health Ministry
SYSTEMS CHANGE
Coalition -Partnership building (Collaborative leadership)
Systems' change for healthy eating
Systems' change for physical activity
Nutrition education for food industry
Advocacy and community mobilization
Strategic planning & Sustainability
EVALUATION
Logic Model training
CLAM Training
Evaluation Training
CBPR training for community leaders
CULTURAL COMPETENCE
Clinical cultural competence for health care providers
Organizational cultural competence

**CEED @ Chicago invites coalitions and other organizations to share lessons learned and their best and promising practices.**

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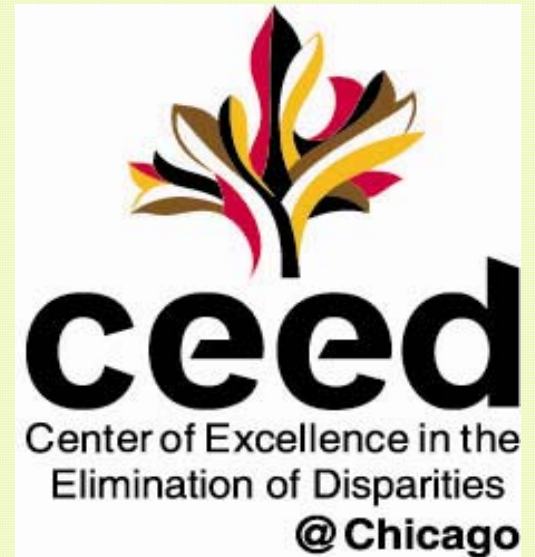
[www.CeedChicago.org](http://www.CeedChicago.org)



Midwest Latino Health Research, Training and Policy Center  
Healthy Cities Collaborative/Great Cities Institute

**Chicago Department of Public Health**

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**MAKING A  
DIFFERENCE IN  
COMMUNITY  
HEALTH**

**Impacting diabetes and cardiovascular disease among Hispanics/Latinos and African Americans**

## The Role of CEED

CEED@Chicago is working to organize a broad network of coalitions and organizations that will come together, leverage resources and implement projects that improve the social factors influencing the health of Hispanic/Latino and African American communities in the Chicago metropolitan area. CEED will work to make changes in the systems that shape the living conditions, and the food and physical activity resources in these communities. Ultimately, CEED's goal is to reduce the burden of type 2 diabetes and cardiovascular disease (CVD) among African Americans and Hispanics/Latinos.

CEED@Chicago recognizes that the involvement of community organizations and institutions is critical to the elimination of disparities that impact health. By sharing and disseminating best and promising practices and supporting new initiatives, CEED will work toward its goal to eliminate health disparities.

The information in this brochure briefly describes the work and promising interventions developed by Chicago community coalitions from 2000 to 2007 as part of REACH 2010. It also provides a preliminary list of training available through CEED@Chicago.

CEED@Chicago is the outgrowth of the Racial and Ethnic Approaches to Community Health 2010 (REACH 2010) Initiative unveiled by Centers for Disease Control and Prevention in 1999. It is funded by a 2007 grant to UIC. CEED @ Chicago is one of 18 grantees addressing health disparities nationwide.



## What are **BEST PRACTICES**?

Best practices are programs and activities that have been shown to have positive outcomes or results, based on evaluation and research. Promising practices are those activities that show the potential to effectively impact the selected issue.

They are:

- effective
- innovative
- sustainable
- replicable

Under REACH 2010, these programs are especially noteworthy:

- Diabetes Empowerment Education Program (DEEP)
- Lawndale Health Promotion Program

## Diabetes Empowerment Education Program (DEEP)

The Diabetes Empowerment Education Program (DEEP) increases the knowledge and self-care skills of people with or at risk of diabetes, and improves their quality of life.

Master trainers train Community Health Workers (CHWs) who in turn deliver a 10 hour program conducted over eight weeks to people with or at risk of type 2 diabetes.

As a result of hundreds of community leaders, CHWs and health care providers receiving DEEP Training, communities have been changed.

DEEP curriculum, implementation guide, evaluation tools, flipcharts and other educational materials are available as part of the DEEP and the Training of Trainers program.

## Lawndale Health Promotion Program (LHPP)

LHPP's mission was to eliminate health disparities related to type 2 diabetes and cardiovascular disease among Hispanics/Latinos and African Americans on Chicago's Westside. Using a case management model as its primary practice, LHPP also did extensive community outreach, diabetes and CVD screenings, physician and information referrals, and nutrition, cooking, and health education classes. LHPP worked to build sustainable coalitions.

Impacts ranged from increased daily fruit and vegetable consumption and rate of physical activity, reduced obesity, and increased annual rate of cholesterol checks among African Americans to reduced smoking, and increased annual cholesterol checks among Hispanics/Latinos.