Diabetes Intervention and Prevention in Faith and Empowerment Communities: Introducing The SHIELD Program (*Spiritual Health Initiative for Eliminating and Lowering Diabetes*)

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diabetesfreeSC

South Carolina FOUNDATION

SHIELD PROGRAM
Spiritual Health Initiative for Eliminating and Lowering Diabetes

What is the SHIELD Program?

A diabetes prevention and management education intervention program designed for adults aged 18 and older. The SHIELD Program includes the following key elements:

- ❑ •Duration and Format: 12-Week, cohort-based health intervention including clinical pre- and post- lab assessments and pre- and post- diabetes knowledge evaluations.
- ❑ •Target Population: Communities of color, focusing on diabetes prevention and management. All adults are welcome; classes offered in English and Spanish.
- ❑ •Core Approach: Integration of spiritual wellness, health education, lifestyle strategies. Use experts in the field such as diabetes educators, community health workers to deliver health education.
- ❑ •Participant Empowerment: Equips participants with practical tools for sustainable health improvements.
- ❑ •Cultural and Spiritual Sensitivity: Honors cultural, social and spiritual needs of participants.

Primary Goal
Main Objective, Long-Term Vision and Expected Outcomes

- **Main Objective**: To prevent and manage diabetes in communities of color by integrating spiritual wellness, health education, and practical lifestyle strategies in a 12-week, cohort-based intervention that empowers participants to improve their long-term health.

- **Long-Term Vision and Expected Outcomes**: The SHIELD Program aims to achieve lasting health improvement for participants, their families and communities. Through sustainable behavior change, strengthened peer and faith-based support, and enhanced cultural and spiritual resilience, it seeks to reduce diabetes risk, improve disease management and provide a scalable model for faith-based health interventions.

Community Partners

Our Lady of the Hills
Diocese of Charleston

CLEMSON
RURAL HEALTH

PRISMA HEALTH SM

BROOKLAND
BAPTIST CHURCH

AnMed Health

FOODSHARESC
CELEBRATING
10 YEARS
2015-2025

Faith-based Entities and Community Centers

Our Lady of the Hills
Diocese of Charleston

Brookland Baptist Church

Brookland-Lakeview
Empowerment Center
Empowerment is the key.

Generation4

2176 Bolt Drive
Belton, SC 29627
Telephone: 864-226-8896
Fax: 864-332-1715

Welfare Baptist Church

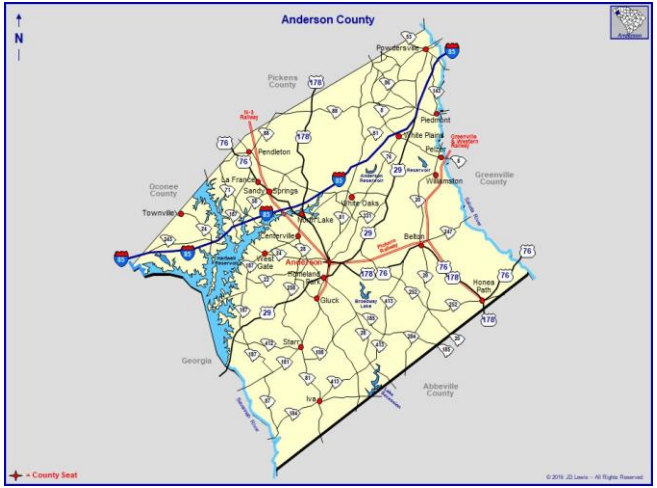
Trusted Community Partnerships

•Faith-based organizations and community centers act as **trusted messengers**, bridging healthcare professionals and local residents.

•Their established credibility allows them to effectively **reach underserved populations** and foster open dialogue around diabetes prevention.

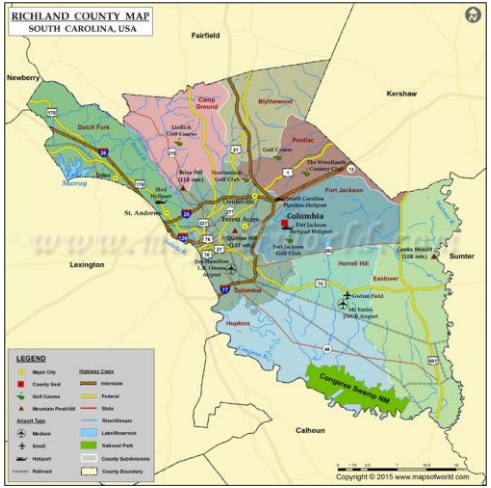
Program Sites

Anderson County



Lexington County

Richland County



Project Structure: Framework & Methodology

Weekly Cohort Sessions: Participants engage in 12 weeks of structured sessions integrating clinical data monitoring, interactive workshops, and peer support.

Holistic Health Approach: Program addresses physical, mental, and spiritual wellness to promote sustainable lifestyle change.

Core Components: Sessions include healthy cooking demonstrations, guided physical activity, diabetes education, stress management, eye and foot care, and spiritual practices that build resilience and motivation.

Supportive Network: Group-based learning fosters accountability, peer encouragement, and shared cultural and faith-based experiences.

The SHIELD Program Schedule (12 Weeks)

Week 1 |Welcome and Program Orientation
Week 2a|Clinical Assessment
Week 2b|Clinical Assessment
Week 3 | Diabetes Overview
Week 4 | Move to Improve: Physical Activity and Diabetes Management (Incentive)
Week 5 | Fuel for Life: Nutrition and Diabetes Management
Week 6 | Preparing Healthy, Culturally Inspired Meals
Week 7 | Peace in the Storm: Managing Stress and Diabetes
Week 8 | Understanding the Numbers: Blood Glucose Monitoring and Diabetes Management (Incentive)
Week 9 | Healthy Mouth, Healthy Body: Oral Health and Diabetes
Week 10| Seeing the Bigger Picture: Eye Care and Diabetes Management
Week 11| Managing Your Meds: Medication Management
Week 12| The Dangers of Uncontrolled Diabetes: Amputation Awareness and Foot Preventative Care
Week 13| Becoming Health Ambassadors and Graduation! (Incentive)

Incentives: At least monthly, every 30 days and at graduation.

Pre and Post Lab Assessment

- ❑ Body Mass Index (BMI)
- ❑ Lipid Panels
  - ○ Triglyceride
  - ○ Good Cholesterol (HDL)
  - ○ Bad Cholesterol (LDL)
  - ○ Total Cholesterol
- ❑ Weight/Height
- ❑ Hemoglobin A1c
- ❑ Blood Pressure
- ❑ Proteins (Early sign of kidney damage)

Participant Profile and Baseline Results

Race	BLEC	Gen 4	All
N	62	45	107
Black	29%	98%	58%
White	10%	2%	7%
Hispanic	58%	0%	34%
Others	3%	0%	2%

HbA1c	BLEC	Gen 4	All
N	62	45	107
< 5.7	32%	29%	31%
5.7-6.4	42%	36%	**39%**
6.5-8.9	18%	27%	**21%**
>9.0	8%	9%	**8%**

Age	BLEC	Gen 4	All
N <20	61	43	104
20–39	0%	0%	0%
40–64	11%	12%	12%
65–79	54%	44%	50%
>79	30%	40%	34%
	5%	5%	5%

Areas Interested in Learning	BLEC	Gen 4	All
N	61	42	103
Being Active	74%	81%	77%
Healthy Coping	61%	55%	58%
Healthy Eating	95%	74%	86%
Monitoring	41%	38%	40%
Problem Solving	48%	40%	45%
Reducing Risk	70%	71%	71%
Taking Medication	30%	38%	33%
What is Diabetes	61%	50%	56%
Other	3%	0%	2%

BMI	BLEC	Gen 4	All
N	62	45	107
Underweight	0%	4%	2%
Normal	16%	18%	17%
Overweight	24%	22%	23%
Obesity	60%	56%	58%

Participant Profile and Baseline Results

Cohort	Insurance	Center		
		Brookland	Welfare	Grand Total
English	Null	1	1	2
	Medicaid		2	2
	Medicare	15	21	36
	No insurance	1	3	4
	Other	1	2	3
	Private Insurance	8	17	25
	Total	26	45	71
Spanish	Medicare	5		5
	No insurance	28		28
	Private Insurance	3		3
	Total	36		36
Grand Total		62	45	107

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Any Questions? Thank You for Your Attention!