

STAMPEDE

A COLLABORATIVE OF



The STAMPEDE program is a collaboration between Welsh Mountain Health Centers, the Pennsylvania Association of Community Health Centers (PACHC), the Central Pennsylvania Food Bank, Aetna Better Health, and the Penn State REACH Program, serving WMHC medical and dental patients who have diabetes and are experiencing food insecurity. The acronym STAMPEDE stands for “**Stick Together And Make Progress Eliminating Diabetes Everywhere!” – in Lebanon for now, but pending the outcome of this project, perhaps for many communities!**

Healthcare professionals at PACHC came up with the idea then asked WMHC to be the pilot site for all of Pennsylvania. Appreciating this opportunity to serve our patients’ social as well as medical determinants of health, WMHC designed the STAMPEDE program.

Aligned with a *race, ethnicity, and community health* research project by the Penn State University, participants over the age of 18 were selected for STAMPEDE based on the following criteria:

- A diagnosis of Type 2 Diabetes with a glycolated hemoglobin (Hgb A1C) of ≥ 6.5 ; and
- Documented food insecurity, as evidenced by participant answers to scripted questions regarding potential lack of food, or lack of money to buy food, at the end of the month. Designation of food insecurity status was also supported by a Medicaid payer status.

Based on a one-year monthly commitment by participants and partners alike, each STAMPEDE participant will attend a monthly two-hour group visit. There are four (4) teams of up to 25 participants each, to serve a cohort of up to one hundred (100) people.

The monthly gatherings start with sign-in and data folder distribution, then a 30-minute classroom lecture or group activity.

- Lecture topics include but are not limited to “Diabetes 101: What is Diabetes and How Does it Affect Me?”, “The Social Aspects of Diabetes”, “The Financial Aspects of Diabetes”, “The Psychological Aspects of Diabetes”, “Oral Care and Diabetes”, and more about “Diabetes and How Does it Affect Me?”.
- Group activities include cooking demonstrations, also exercise classes like “Pound” and “Zumba”.

All lectures, activities, and learning sessions are provided in both English and Spanish.

After the first 30 minutes, groups within each team proceed to four (4) different stations, comprised of 10 to 15 minute sessions such as guided conversations about the lecture/activity topic; foot exams; point-of-care A1C tests; detailed, short lessons on topics like glucose metabolism, eye care and exams, oral care; and a monthly individual face-to-face clinical visit.

Following these four stations, “STAMPEDERS” gather again for a quick “Wrap Up” session in the conference/lecture room then proceed to the final station (Station 5). At Station 5, each participant returns their data folder, keeps their handout information, and receives a twenty-five (25) pound box of food and fresh produce from the Central Pennsylvania Food Bank. Each STAMPEDE participant also receives recipes for preparing meals from this healthy, nutritious food.

With food assistance for physical sustenance, and “food for thought” for mentally, personally, psychologically, and socially learning to live well and manage diabetes, the STAMPEDE program can address social and physical determinants of health; and indeed, “**Stick Together And Make Progress Eliminating Diabetes Everywhere!”**

We are hopeful and enthused about this evidence-based yet innovative initiative.

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