Setting the Stage: Part 1

Society of Behavioral Medicine
April 27, 2011
Peers for Progress

• A program of the American Academy of Family Physicians Foundation

• 14 research projects were funded to document the contributions of peer support to diabetes management and demonstrate models for peer support programs around the world.
Presenters

• **Guadalupe X. “Suchi” Ayala**, PhD, MPH, Associate Professor, Graduate School of Public Health, San Diego State University

• **Tricia Tang**, PhD, Associate Professor, University of British Columbia School of Medicine; Adjunct Professor, University of Michigan Medical School

• **Andrea Cherrington**, MD, MPH Assistant Professor, School of Medicine University of Alabama at Birmingham
Participant Introductions

- Name
- Affiliation
- One thing you want to get out of the seminar
Organization of Seminar

• Identifying and selecting peer supporters
• Training peer supporters
• Evaluating training outcomes
Learning Objectives

• Describe effective strategies for identifying, recruiting and training peer supporters

• Demonstrate various methods for evaluating training outcomes

• Identify design features that may differ across peer support programs based on culture and context.
Conceptual Issues - 1

• Socio-ecologic perspective

Elder et al., Annual Review of Public Health, 2009
Conceptual Issues - 2

• Standardization by function not content\(^1\)
  – Assistance and consultation in applying management plan in daily life
  – Social and emotional support
  – Linkage to clinical care
  – Ongoing support, extended over time

• Volunteerism\(^2\)
  – Volunteers motivated for personal gain, are equally or more satisfied with their volunteer experience

\(^1\)Boothroyd & Fisher, *Family Practice* 2010
See Appendix A for a description of each study.

Chan [Hong Kong]
Oldenburg [Australia]
Simmons : [England]
Awah [Cameroon]
Uganda:
please see Baumann pilot in US
Mbanya [Cameroon]
Gagliardino [Argentina]
South Africa:
please see Rotheram-Borus pilot in US
Sanguanprasit [Thailand]
Uganda:
please see Baumann pilot in US
Chan [Hong Kong]
Sanguanprasit [Thailand]
Oldenburg [Australia]

Seven (7) US-based grantees:  
Please see US map

YELLOW = Evaluation Grants (N=8)
AQUA = Pilot Evaluation Grants (N=6)
See Appendix A for a detailed description of each project.
Imperial County, California

- Residents: 160,000
- 77% are Latinos (Mexican immigrants/Mexican-American)
- 51% between 18 & 65 years old
- 57% are married
- 59% completed ≥ high school
- Avg. household income $33,576

<table>
<thead>
<tr>
<th>Peer Supporters (Líderes)</th>
<th>N=34</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average age</td>
<td>44 (SD=9)</td>
</tr>
<tr>
<td>Foreign born (in Mexico)</td>
<td>82% (28)</td>
</tr>
<tr>
<td>Married or living as married</td>
<td>79% (27)</td>
</tr>
<tr>
<td>Employed full or part-time</td>
<td>53% (18)</td>
</tr>
<tr>
<td>High school educated</td>
<td>59% (20)</td>
</tr>
<tr>
<td>Good to excellent health</td>
<td>76% (26)</td>
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<tr>
<td>Other volunteer activities</td>
<td>38% (13)</td>
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Ypsilanti, Michigan

- Residents: 22,362
- 52% female
- 31% are African American
- 64% 21 years and older
- 23% are married
- Avg. household income $31,322

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<tr>
<th>Lideres</th>
<th>N=8</th>
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<tr>
<td>Average age</td>
<td>63 (SD = 7.2)</td>
</tr>
<tr>
<td>Female</td>
<td>75% (6)</td>
</tr>
<tr>
<td>Average years since diagnosis</td>
<td>14.3</td>
</tr>
<tr>
<td>College degree</td>
<td>75% (6)</td>
</tr>
<tr>
<td>African American race</td>
<td>100% (8)</td>
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Alabama: Dallas, Greene, Perry, Sumter, Wilcox Counties

- Residents: 86,614
- 54% female
- 71.7% are African American
- Median household income $25,563
- 31% residents live below poverty line

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<tr>
<th>Peer Advisors</th>
<th>N=35</th>
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<tr>
<td>Average age</td>
<td>42 (SD = 15.0)</td>
</tr>
<tr>
<td>Female</td>
<td>91% (32)</td>
</tr>
<tr>
<td>African American race</td>
<td>80% (28)</td>
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<tr>
<td>Married</td>
<td>46% (16)</td>
</tr>
<tr>
<td>Employed full or part-time</td>
<td>37% (13)</td>
</tr>
<tr>
<td>College Degree</td>
<td>46% (16)</td>
</tr>
<tr>
<td>Good to excellent health</td>
<td>83% (29)</td>
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</tbody>
</table>
Share your experiences with peer support programs

- Health issue
- Target population
- Setting
- Characteristics of peer supporters