

# Setting the Stage: Part 1

Society of Behavioral Medicine

April 27, 2011



Peers for Progress

Peer Support Around the World | DIABETES

# 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

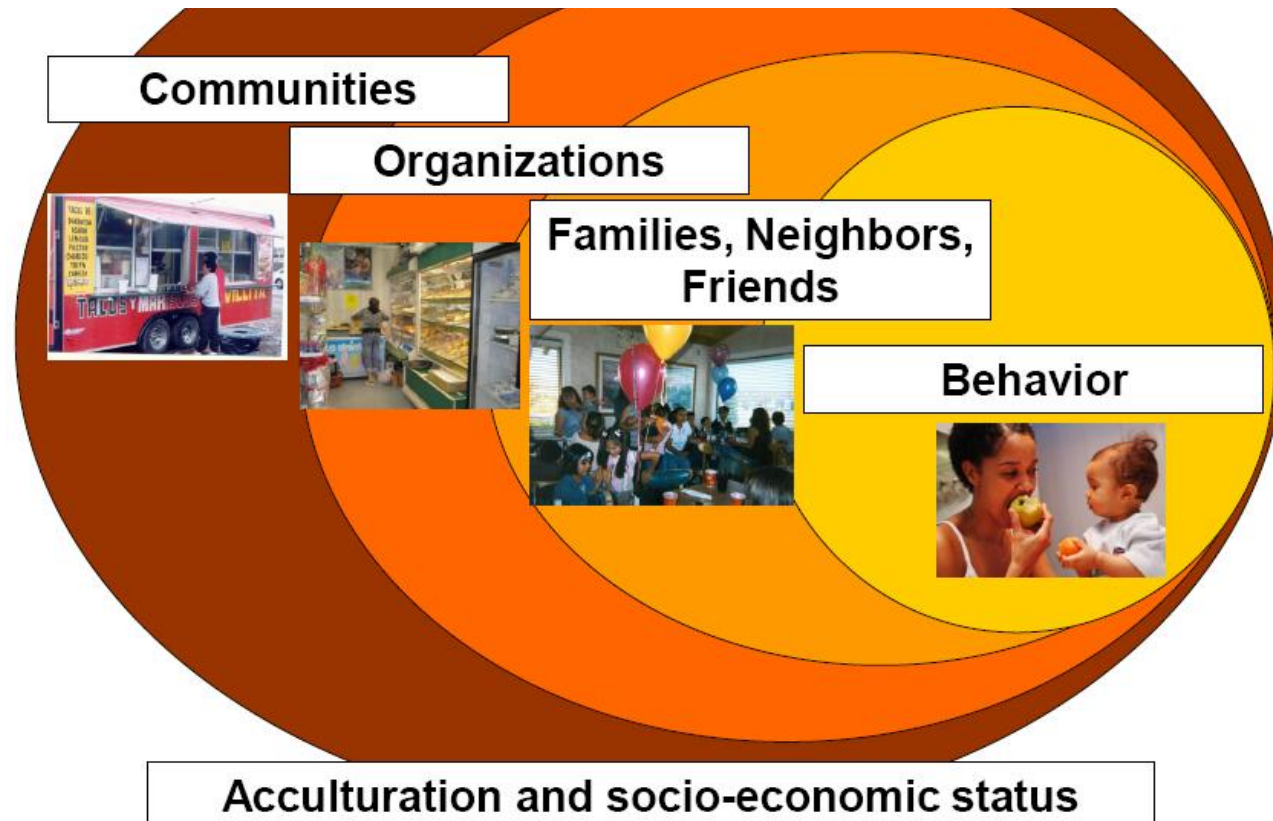
- Identifying and selecting peer supporters
- Training peer supporters
- Evaluating training outcomes

# 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



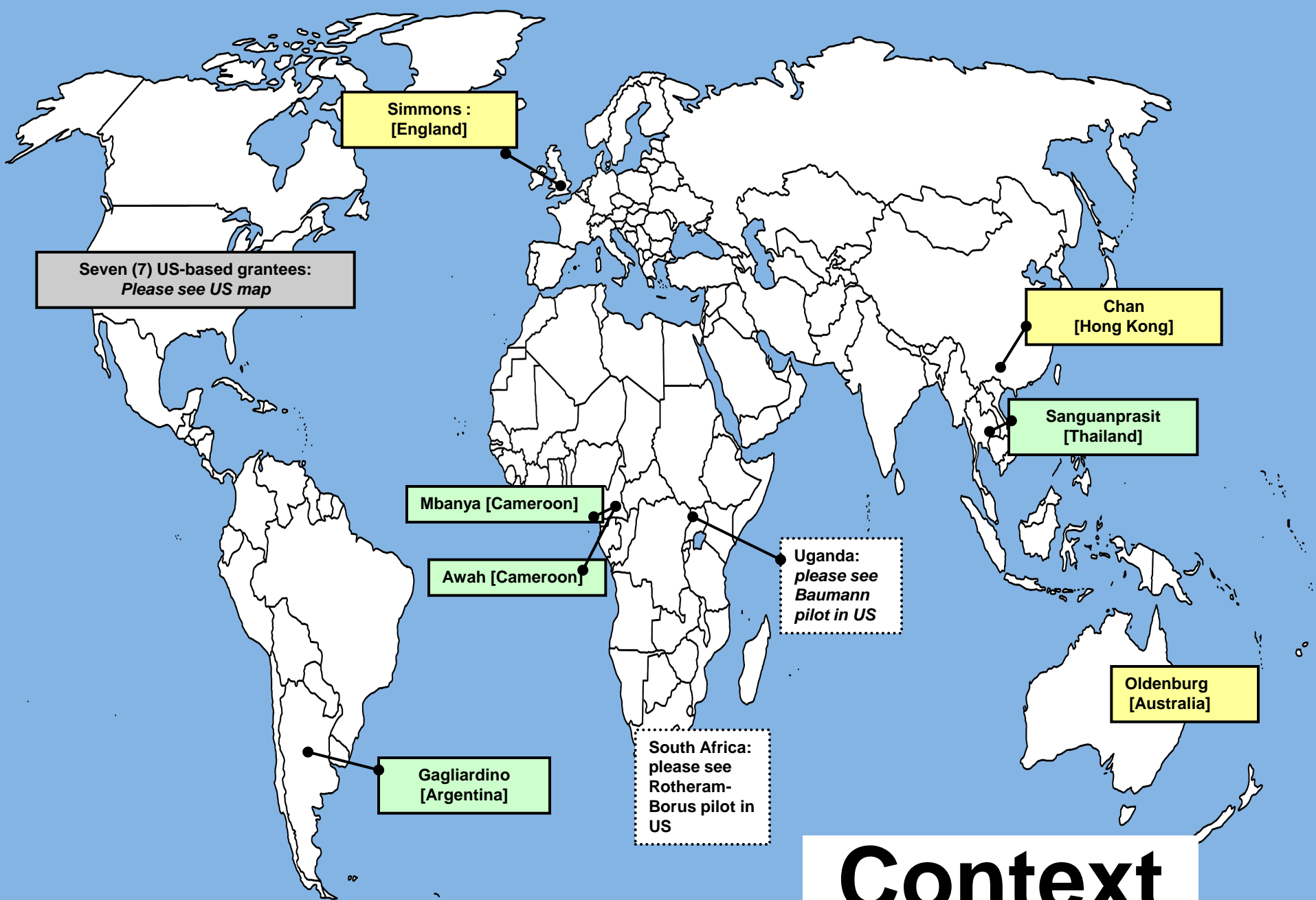
# Conceptual Issues - 2

- Standardization by function not content<sup>1</sup>
  - Assistance and consultation in applying management plan in daily life
  - Social and emotional support
  - Linkage to clinical care
  - Ongoing support, extended over time
- Volunteerism<sup>2</sup>
  - Volunteers motivated for personal gain, are equally or more satisfied with their volunteer experience

<sup>1</sup>Boothroyd & Fisher, *Family Practice* 2010

<sup>2</sup>Clary et al. *J Pers Soc Psychol* 1998

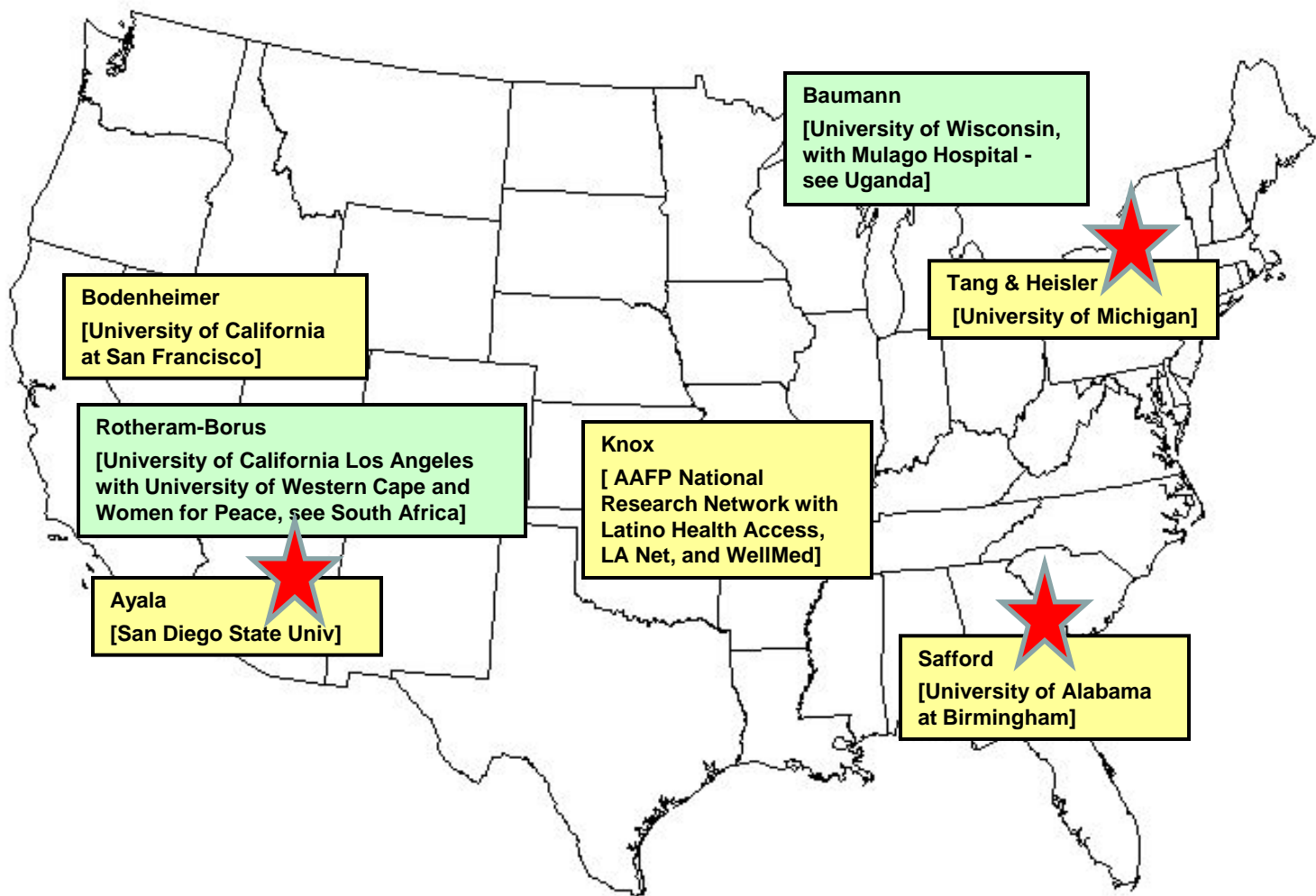




**YELLOW = Evaluation Grants (N=8)**

**AQUA = Pilot Evaluation Grants (N=6)**

# See Appendix A for a detailed description of each project.



**YELLOW = Evaluation Grants (N=8)**

**AQUA = Demonstration Grants (N=6)**

# Imperial County, California

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

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

# Ypsilanti, Michigan

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

<b>Lideres</b>	<b>N=8</b>
Average age	63 (SD = 7.2)
Female	75% (6)
Average years since diagnosis	14.3
College degree	75% (6)
African American race	100% (8)

# 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

<b>Peer Advisors</b>	<b>N=35</b>
Average age	42 (SD = 15.0)
Female	91% (32)
African American race	80% (28)
Married	46% (16)
Employed full or part-time	37% (13)
College Degree	46% (16)
Good to excellent health	83% (29)

# Share your experiences with peer support programs



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