



Peers for Progress

Peer Support Around the World

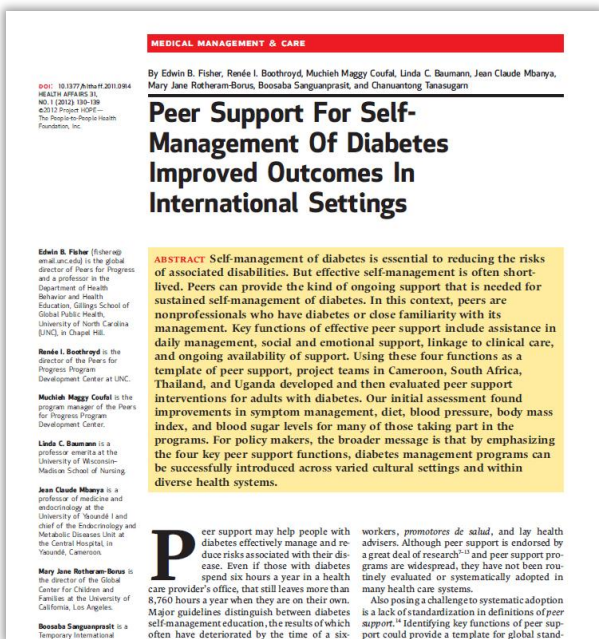
A program of the American Academy of Family Physicians Foundation

Peers for Progress 2012 Highlights

Global Outreach, Sustained Impacts

Advance Evidence Base for Peer Support

Peers for Progress and Grantees Featured in Health Affairs



Four Peers for Progress (PFP) evaluation grantees were featured in a paper describing the feasibility and effectiveness of peer support across varied cultures and health systems (Cameroon, South Africa, Uganda, and Thailand). The four key functions of peer support provides a framework for standardizing peer support programs and providing adaptability to local health systems. They are:

- Assistance in daily management
- Social and emotional support
- Linkage to clinical care and community resources
- Ongoing availability of support

Fisher, E.B., Boothroyd, R.I., Coufal, M.M., Baumann, L.C., Mbanya, J.C., Rotheram-Borus, M.J., Sanguanprasit, B., and Tanasugarn, C. (2012). Peer Support for Self-Management of Diabetes Improved Outcomes in International Settings. *Health Affairs*, 31(1):130-9.

Validated Success of Peer Support in Diabetes Management

Papers reporting on peer support interventions in diabetes management were identified through PubMed using a variety of terms for peer supporters – “community health workers,” “*promotores de salud*,” “lay health advisors,” “health coaches” etc. The search covered papers published between January, 2000 and July, 2012. Among 20 studies identified, 19 showed statistically significant evidence of benefits of peer support, either through changes within groups receiving peer support interventions (1-11, See Page 4 for references) or in comparisons with control groups (12-19). The one paper that did not provide evidence for peer support, that of Smith et al. in the *British Medical Journal* (20), was discussed by us at the time of its publication in 2011, [Caution in generalizing from null effects of a diabetes peer support intervention](#).

Fourteen of the 20 papers provided pre- and post-intervention measures of Hemoglobin A1c (HbA1c) as a measure of glucose control (1-8; 11; 13; 15; 17; 18; 20). Using the individual publication as the unit of analysis, the average HbA1c declined from 8.63% prior to intervention to 7.77% after intervention ($p = 0.001$). In diabetes circles, a reduction of HbA1c by half a percentage point, e.g., from 8.6% to 8.1%, is generally considered clinically meaningful. The average reduction across these 14 studies of 0.86 points is thus very striking and adds considerably to the evidence for the benefits of peer support in diabetes management.

>> See Page 5 for an expanded list of publications and presentations from Peers for Progress and grantees.

Provide Tools and Models for Quality Improvement

Improved Peers for Progress Website

This summer, the PFP website (www.peersforprogress.org) was overhauled to streamline content, improve user-friendliness, and increase functionality. Users can easily find reliable and up-to-date research, implementation materials, evaluation tools, and funding opportunities. Our blog is a great way to keep up with the latest issues and trends in peer support.

Here are some of the blog topics we've covered this year:

[Peer Supporters and Centers for Medicare and Medicare Services Funding](#)

Three Part Series on Peer Support and Community Health Workers

- [Community Health Worker Roles](#)
- [Community Health Worker Licensing and Training](#)
- [Community Health Workers and Cost Savings](#)

[Peer Support Community Health Workers in the Community](#)

[Mobile Phones and the Sustainability of Ongoing Peer Support](#)

Peer Supporter Training Resources Series

- [Training Peers to Deliver a Church-Based Diabetes Prevention Program](#)

Student Blog Series

- [A Summer of Peer Support in Thailand](#)
- [Support that Gives New Life](#)

[The Affordable Care Act and Peer Support](#)

Cultural Adaptation Series

- [Collaborating on Peer Support in China](#)

Looking at a Systematic Review

- [Part 1: How Much Peer Support?](#)

[Documenting Community Health Worker Activities](#)

[Integrating Peer Supporters into the Workforce](#)

[Two White House Events Highlight NCLR's Role in Making Latinos Healthier](#)

Describing the Delivery of Peer Support

- [Training and Ongoing Support for Peer Supporters](#)
- [Example Resources for Participants](#)



Facilitate Networks and Networking for Knowledge Sharing

Diabetes Initiatives and Collaborations

PfP is collaborating with Alivio Medical Center, TransformED, and the National Council of La Raza (NCLR) as part of the Bristol Myers Squibb Foundation's *Together on Diabetes* Initiative. This project will demonstrate and evaluate the ability of a comprehensive approach to diabetes management based in a primary care patient-centered medical home (PCMH) and emphasizing peer support and community outreach activities to improve health outcomes of Latinos.

>> [Learn more about this project](#)

Furthermore, the National Peer Support Collaborative Learning Network (NPSCLN) was created to enhance existing peer support networks, facilitate dialogue, and accelerate the dissemination of best practices. Co-led by PfP and NCLR, the NPSCLN will conduct a webinar series on peer support and organize work groups to collaborate on topics of interest.

>> [Learn more about the NPSCLN](#)

Advocate for Peer Support as a Strategy for Health and Healthcare around the World

Advocacy Led to Changes in the Revised National Standards for Diabetes Self-Management Education and Support

Every five years, the American Association of Diabetes Educators (AADE) and the American Diabetes Association (ADA) convenes a Task Force of diverse stakeholders and experts in the diabetes education community to review and revise the National Standards for Diabetes Self-Management Education, now the National Standards for Diabetes Self-Management Education and Support. The Task Force responsible for this edition of the Standards included Edwin Fisher, Global Director of Peers for Progress.

Upon reviewing the evidence from the past five years, the Task Force decided to change the title of the Standards to include Support. This name change was intended to codify the significance of ongoing support for people with diabetes. Ongoing support is provided by a multitude of sources that may include primary care providers, diabetes educators, and peer supporters such as community health workers.

Haas, L., Maryniuk, M., Beck, J., Cox, C.E., Duker, P. et al. (2012). National Standards for Diabetes Self-Management Education and Support. *Diabetes Care*, 35(11):2393-2401.

>> [Read our interview](#) with Donna Tomky, member of the National Standards Task Force.

Promoted Peer Support for Diabetes in China during World Diabetes Day



PfP was one of the key participants in World Diabetes Day Media Event (November 14) at the National Convention Center in Beijing, China. PfP presented on the advancement of peer support for diabetes self-management in China, along with colleagues from the Beijing Health Bureau, the Diabetes Society of the Chinese Medical Association, and several major hospitals in Beijing.

>> [Watch the PfP Video](#) for World Diabetes Day in China

Provide Consultation and Training for Program Development and Adoption

Program Development Workshop in China



Peers for Progress, in collaboration with Chinese Diabetes Society - Education and Management Group and Zhongda Hospital of Southeast University, held the first peer support workshop in Nanjing between November 16 and 17. This workshop trained 40 healthcare providers from close to 20 hospitals and community health centers in China to develop and start peer support programs. Building upon the strength of our global network, the PfP Grantee Project team in Hong Kong (JADE & PEARL), friends of Anhui CDC and Southeast University, along with the President of the Taiwanese Association of Diabetes Educators, shared their experience and models related to peer support. By emphasizing both knowledge and practice, the attendees were able to draft their initial plan for peer support programs and identify areas to start at the end of the workshop. Peers for Progress plans to continue working with our collaborators in China to provide training and consultation to these organizations and more.

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- Fisher, E. From Behavioral Change to System Change: Can We Change Patients' and Doctors' Behaviors? Asia Diabetes Foundation, Diabetes Preventing the Preventables Forum, May, 2012, Hanoi, Vietnam.
- Fisher, E. Diabetes Management and Peer Support in China and Globally. International Symposium on Diabetes Education & Management, Chinese Diabetes Society, August, 2012, Chengdu, China.
- Fisher, E. Prevention of Depression in Those With Diabetes. NIDDK International Conference on Diabetes and Depression. October, 2012, Herdon, VA, USA.
- Fisher, E. Peer Support as a Global and Regional Strategy for Diabetes Management. Invited Keynote at International Diabetes Federation Western Pacific Region Congress, November, 2012, Kyoto, Japan.