PROJECT GOALS
The fellows aimed to implement culturally-focused strategies in order to overcome identified social determinants of health for uninsured Latino patients with diabetes in the greater Charlotte area.

SERVICES PROVIDED
• Provided clinical care for uninsured Latinos in their native language through monthly free health clinic at Our Lady of Guadalupe Catholic Church
• Conducted 6-week healthy living workshop focused on diabetes self management for 7 Latino patients
• Identified shared social barriers to optimal management of diabetes through surveys and group discussion
• Addressed exercise and nutrition barriers with focused group activities

COMMUNITY PARK WALK
• Only 1/7 patients had an active gym membership, yet most patients reported living near park/green space
• Participants gathered and walked in local park
• Implemented use of Garmin VivoFit2 devices (pedometers) to encourage regular activity
• 7/7 patients reported pedometer use at project end
• Majority of patients reported increased physical activity

CROCKPOT COOKING CLASS
• The diabetic diet was discussed with patients during healthy living workshops
• Patients were provided with crock pots and recipes for diabetes friendly meals
• Fellows organized cooking class to make chicken tortilla soup with crock pots
• 7/7 patients endorse using the crockpots to cook healthy meals for themselves and their families

SUSTAINABILITY
• Formalized student recruitment process for involvement in the monthly clinics through interviews and interpreter certification
• Currently interviewing 3 third year medical students for one year commitment to the clinic
• Discussed with key Charlotte Program campus leaders the possibility of sustaining efforts through partnership with the Kenan Scholars Program

ACKNOWLEDGEMENTS
The Fellows would like to thank the following organizations for their assistance in carrying our project:

And Our Lady of Guadalupe Catholic Church