

## **Creative Community Building while implementing Diabetes awareness programs with Latino populations in Greenville, North Carolina**

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Creative Community Building helps individuals and communities look within at their strengths, assets and resources; and provides tools for deliberately collaborating to shape and create the kind of community in which people want to live, work, and play. Healthcare is tantamount in creating a vibrant and successful community. Health programs related to diabetes in the Latino population are crucial to promote awareness and management of the disease. A fairly recent population of Latinos in Greenville has prompted community organizers to implement outreach programs to disseminate information on healthy living practices. Through focus groups and preliminary interviews information was gathered which will be used to enhance and further support healthy living programs in the United States. By understanding the ways in which lifestyle practices are altered through migration researchers can have a better understanding of the needs associated with regulating the disease. One goal of the research is to design diet and exercise programs that are simple to follow and that are culturally appropriate. Community projects that are designed with participant are more readily adopted and successful overall. Knowledge of a condition is the first step in treating diabetes, but the second step which proves difficult to maintain with consistency are the changes in lifestyle. Through collaborations with participants diet and exercise programs will be created that fit into a particular lifestyle, making it familiar and enjoyable.