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**American Academy of Family Physicians Foundation Announces Winners of
Cities for Life Collaboration Awards**

Birmingham Organizations to Provide Expanded Programs and Services for the Community

BIRMINGHAM, Ala. — Today, the American Academy of Family Physicians Foundation announced that 24 local organizations have been selected as recipients of 8 *Cities for Life* Collaboration Awards. The awards were created to expand resources for people living with diabetes in Birmingham.

Cities for Life is a diabetes management program in Birmingham, Ala. led by the American Academy of Family Physicians Foundation with support from Sanofi US. The Collaboration Awards will provide enhanced programs and services for the city of Birmingham ensuring that people living with diabetes or at risk for diabetes are aware of and have access to the programs they need to effectively manage their condition.

Members of the *Cities for Life* Community Action Team were eligible to apply for the awards. The Community Action Team, comprised of more than 80 local organizations, is led by a Steering Committee who coordinates the day-to-day and collaborative work of *Cities for Life*.

Collaboration Awards were awarded to:

- **Jefferson County Library Cooperative, Inc., Health InfoNet of Alabama-UAB Lister Hill Library and Birmingham Public Library System:** Will provide materials on diabetes for the community and house informative displays in each library; host an estimated 35 programs at area libraries on diabetes education involving experts from local universities and health organizations; purchase approximately 100 additional diabetes education titles that will circulate between the 40 public libraries; distribute diabetes education materials via library staff to other community venues (e.g., senior centers).
- **The Bethesda Life Center, Faith Chapel Christian Center, West End Community Garden and AARP:** Will provide the *Eat, Move, Rejoice* program to educate the community about lifestyle modification and nutrition; provide cooking classes and access to physical fitness activities and equipment.
- **Black People Run Bike Swim, Thirgood Memorial CME Church and 5th Episcopal District of the CME Church:** Will target 80 individuals for a 12 Weeks-of-Change program that will feature a combination of fitness, healthy eating and health education sessions; encourage 21 churches to grow and share vegetables in their community; host healthy cooking sessions that will incorporate vegetables grown in local gardens.

- **American Diabetes Association and YMCA of Greater Birmingham:** Will deliver the Live Empowered program, which develops culturally appropriate materials and community-based activities that empower, educate and aim to create measurable differences in the prevalence of diabetes and its complications among African Americans, in the YMCA's Downtown, Western and Northeast branches.
- **Equal Access Birmingham's Diabetes Education Initiative, Pathways of Birmingham and UAB Diabetes Research and Training Center:** After understanding the barriers to healthy nutrition in transitional populations, the partners will develop and compile nutritional resources and implement an educational intervention focused on the dietary content of meals in Pathways' population.
- **Congregational Health Program, Ida V. Moffett's School of Nursing-Samford University, Baptist Health System and the Birmingham area of the 9th District African Methodist Episcopal Church:** Will engage congregation members to attend classes on diabetes education based on New Hope: New Life, a six week program focusing on understanding diabetes, nutrition, medication management, physical activity and weight control as well as smoking cessation. At the conclusion of the program, the partners will host a New Hope Celebration to encourage continued compliance of program lessons.
- **Friends of the West End, Jefferson County Department of Health, Birmingham Citizens' Advisory Board and Jefferson County Health Workers Association:** Build a comprehensive calendar of already-scheduled diabetes management events; distribute diabetes management information at events and provide speakers and cooking demonstrations; provide seven nurses to lead a Chronic Disease Self-Management Course to help participants make weekly action plans, share experiences and provide peer support; train additional trainers to lead these courses throughout the community.
- **Birmingham-Jefferson County Transit Authority and UAB School of Medicine, Department of Family and Community Medicine:** Will host interactive seminars for the transit authority's 270 employees and patrons about type 2 diabetes and making healthy eating choices and engaging in physical activity. The partners will also distribute educational information and encourage the formation of peer support groups and walking groups.

Birmingham residents can easily find these enhanced programs and services by visiting the recently launched website, mydiabetesconnect.com, a free searchable database that alerts people to the availability of local programs and services in Birmingham.

"The Collaboration Awards are another way that *Cities for Life* is encouraging Birmingham to support its residents as they seek to live healthier lives," said Mary Jo Welker, MD, president, AAFP Foundation. "We have been thrilled by the response to the program and to the awards from the local community and hope that through these collaborations amongst health, civic, business, faith and community organizations we can continue to help those living with diabetes and the community at large."

Visit www.aafpfoundation.org/citiesforlife for more information about the *Cities for Life* program.

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About the American Academy of Family Physicians Foundation

The AAFP Foundation serves as the philanthropic arm of the American Academy of Family Physicians. Its mission is to advance the values of Family Medicine by promoting humanitarian, educational and scientific initiatives that improve the health of all people. For more information, please visit www.aafpfoundation.org.