

FIFTH DIABETES IN THE LIMELIGHT JAMBOREE

Evaluation Summary Report 2013

In order to determine whether our Diabetes in the Limelight Jamboree met its objectives and to keep pace with our participants' needs, interests and satisfaction, each participant was asked to fill an evaluation form at the end of our Jamboree on 8th November, 2013. We are extremely grateful to all those who responded - your answers and comments will help improve our future Jamborees, and help BCDF to better serve you.

The response was not where we expected it to be – less participants than expected filled the evaluation form. Overall the feedback was positive, an indication of participants' willingness to receive diabetes education and prevention information. The Bovell Cancer Diabetes Foundation would like to thank all those who took the time to complete the evaluation form and share their views with us. Your feedback was very useful and greatly appreciated.

BACKGROUND

The Bovell Cancer-Diabetes Foundation (BCDF) was created in honor of our late parents Mildred and Theophilus Bovell, for their extraordinary commitment to enriching lives. Their passion for helping others and enhancing the community in which they lived impacted many individuals. They inspired young people to pursue their education, and older adults to enhance their skills in adult education classes. Their children are pleased to present this Foundation in their honor.

- Formed in December, 2008
- Current membership of 35
- Board of 12 Directors
- Quarterly dues of TT\$120
- Voluntary, incorporated, non-profit

Our Vision

- ◆ Enriching lives, one person at a time

Our Mission

- ◆ To enrich the lives of people living with cancer and diabetes by providing financial resources, support, preventive and management education.

Goal

- ◆ To have residents of Tobago and ultimately Trinidad routinely fit cancer and diabetes prevention, control and self-management strategies in their everyday lifestyles to improve their quality of life (QoL).

Rationale

- ◆ The Bovell Cancer Diabetes Foundation's database indicates a need for cancer and diabetes education on the island. Diabetes and cancer education information will be disseminated to community leaders and the general public.

Objectives

- ◆ Provide grants to individuals living with cancer and diabetes to enrich their lives;
- ◆ Make available diabetes and cancer prevention and management educational programmes with emphasis on nutrition, foot care and physical activity;
- ◆ Encourage the formation and continuation of cancer and diabetes support groups within the villages in Tobago first then later on in Trinidad;
- ◆ Write proposals and solicit funds from local, regional and international organizations;
- ◆ Create messaging that communicates the seriousness and risk of cancer and diabetes and the need for appropriate screening;
- ◆ Provide consistent, accurate, relevant, accessible and timely information through training workshops and an annual screening diabetes jamboree; and
- ◆ Disseminate educational information, news and events through the Foundation's website
- ◆ Provide resources and opportunities that focus on healthful food choices, weight management, blood glucose, blood pressure and cholesterol control, regular breast self-examination (BSE), mammograms, foot, eye and dental exams.

Activities

BCDF Activities Include:

- ◆ Making modest grants to individuals/families affected by cancer or diabetes to enhance their quality of life;

- ◆ Making available to individuals/families affected by cancer and diabetes, prevention and management educational programs with emphasis on foot care, diet, nutrition and physical activity;
- ◆ Conducting small-group workshops to create awareness and educate individuals about diabetes prevention, management and control;
- ◆ Participating in the World Diabetes Day campaign with our annual “Diabetes in the Limelight Jamboree”;
- ◆ Writing proposals and seeking funds from local, regional and international organizations to conduct our work; and
- ◆ Advocacy for diabetes and related issues in the healthcare system.

Evaluation Report

Fifth Diabetes in the Limelight Jamboree 2013

INTRODUCTION

Founded in 2008, the Bovell Cancer Diabetes Foundation (BCDF) is an incorporated, non-profit, charitable Foundation based in Trinidad and Tobago. BCDF's mission is enriching lives of people living with cancer and diabetes by providing financial resources, support, preventive and management education. The vision is enriching lives one person at a time.

BCDF serves people living with cancer and diabetes by:

- Making modest grants to individuals/families affected by cancer or diabetes to enhance their quality of life;
- Making available to individuals/families affected by cancer and diabetes, prevention and management educational programs with emphasis on foot care, diet, nutrition and physical activity;
- Conducting small-group workshops to create awareness and educate individuals about diabetes prevention, management and control;
- Producing and distributing a quarterly newsletter "*Diabetes Discourse*";
- Participating in the World Diabetes Day campaign with our annual "*Diabetes in the Limelight Jamboree*";
- Advocating through the healthcare system for persons with diabetes-related matters; and
- Writing proposals and seeking funds from local, regional and international organizations to conduct our work

Description of the Jamboree

The 5th Annual Diabetes in the Limelight Jamboree was a voluntary, community-based diabetes education and prevention event conducted at the Cyd Gray Sporting Complex, Roxborough, Tobago on 8th November, 2013. The Bovell Cancer Diabetes

Foundation (BCDF) hosted the Jamboree in celebration of World Diabetes Day (November 14, 2013). The all-day event included:

- Children's booth with diabetes prevention activities (story-telling, drawings, paintings, Zumba dancing, drama etc.)
- Primary school children's poster competition display and challenge trophy
- On-site health screenings (blood glucose, cholesterol, blood pressure, weight, percent body fat, heights, waist circumference and body mass index (BMI)
- On-site foot care nurse, vision screening, dentist and other doctors, nurses
- Nutrition and diabetes education presentations and demonstrations
- Stroke booth
- Diabetes, diabetes-related and cancer education brochures
- Lunches, sale items
- Free giveaway prizes

The objectives of the Diabetes in the Limelight Jamboree were to:

- Increase diabetes awareness by providing health screenings, activities, materials, demonstrations, and information;
- Provide diabetes education sessions for primary school children in Tobago through storytelling, activities and materials;
- Motivate participants to make positive diabetes and diabetes-related health behavior changes;
- Teach and demonstrate healthy foot care practices;
- Identify topics and participants for future small-group workshops held by the Bovell Cancer Diabetes Foundation; and
- Establish the Foundation as a source for diabetes and cancer education and prevention information in the country.

METHODOLOGY

All attendees more than 18 years were expected to fill a simple questionnaire after visiting all the booths at the Jamboree. The school children did not fill questionnaires. The questionnaires were available at the Evaluation booth. The 8-item

questionnaire consisted of a mixture of closed and open-ended questions. Descriptive statistics (frequency counts, percentages, means etc.) were used to analyze the data.

RESULTS /FINDINGS

Participants' Characteristics

Roughly 135 adults and 200 school children participated in the Jamboree. Of the participants, 21 (15.6%) and 105 (77.8%) were males and females, respectively; the gender of nine (6.7%) participants was not indicated. Adult participants' ages ranged from 21 to 90 years. Most of the participants (44%) were between 51 and 66 years; 14% were between 26 and 35 years; 10% were between 66 and 77 years; 9% were between 36 and 46 years; 9% were between 47 and 50 years; 5% between 15 and 25 years; and 4% were more than 77 years. The highest level of education gained for the majority of participants was primary school. Complete evaluation forms were received from 53 or 39% of the participants.

Participant's feedback

Completed questionnaires were received from 39% of the attendees. When asked to rate their overall experience of the Jamboree, 57 and 40% rated it as excellent and good, respectively. Attendees were asked to list their favorite booths; the foot care booth was rated as the favorite and 17% liked all the booths equally well (Figure 1).

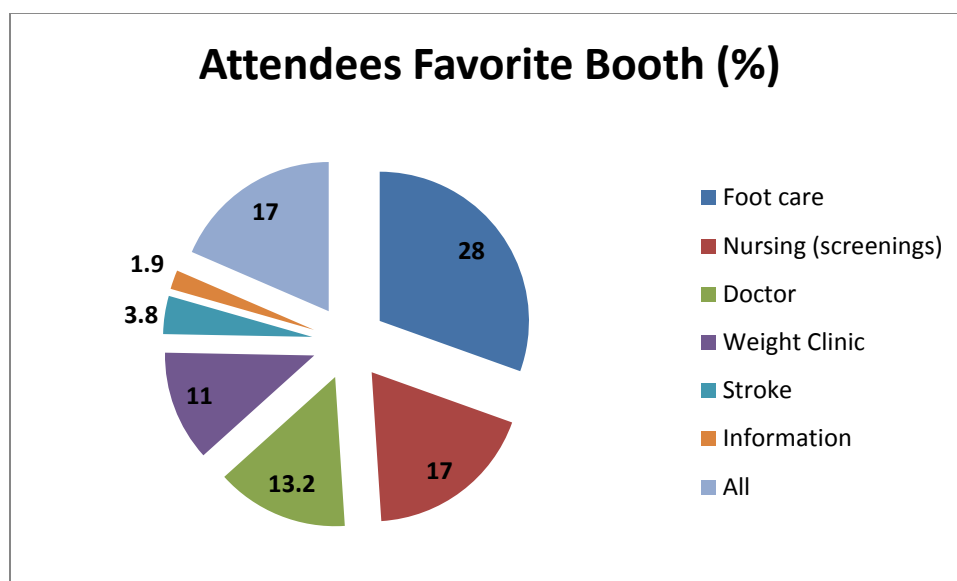


Figure 1. Attendees ranking of booths

Attendees (84.9%) indicated that they intended to make changes to their health as a result of participating in the Jamboree. Most attendees (15%) indicated that they intended to increase on exercise. The intended changes are shown in Table 1. The majority (88.7%) of the attendees indicated that they would attend the next Jamboree. When asked how they heard about the Jamboree, 43.4% of the attendees reported “*word of mouth*”, while 20 and 17% said loudspeaker and radio, respectively. Others said newspaper, school and television. The responses to the question “*why did you attend the Jamboree?*” are shown in Figure 2. Most of the attendees (69.8) said they planned to read the information received at the Jamboree and use it for their own health (Figure 3). Attendees were asked to give suggestions for future Jamborees. The suggestions are shown in Table 2.

Table 1. Planned changes to health as a result of participating in the Jamboree

Intended Changes	Number and Percent Attendees
Increase on exercise	8 (15.1)
Plan to eat more fruits and vegetables	7 (13.2)
Eat healthier / Stick to good diet	6 (11.3)
Decrease weight /change my weight	5 (9.4)
Decrease on grease	4 (7.5)
Reduce cholesterol	1 (1.9)
Reduce salt intake	1 (1.9)
Change eating habit	1 (1.9)
Eat less sugar	1 (1.9)
My blood sugar is high so I have to exercise	1 (1.9)
Eat less	1 (1.9)
Test my eyes more often	1 (1.9)
Take greater care of my feet	1 (1.9)

Why did you attend the Jamboree? Number, Percent Participants

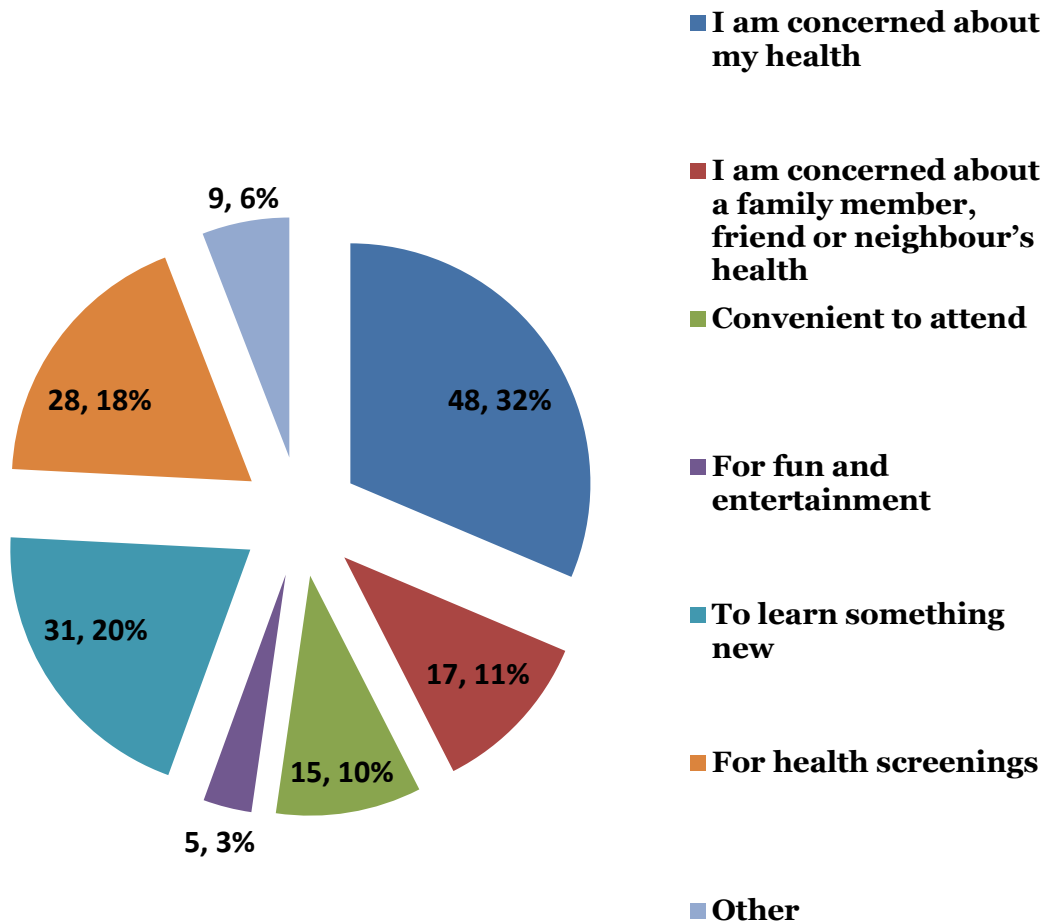


Figure 2. Responses to 'why did you attend the Jamboree?'

What Will You Do With The Information You Received Today?

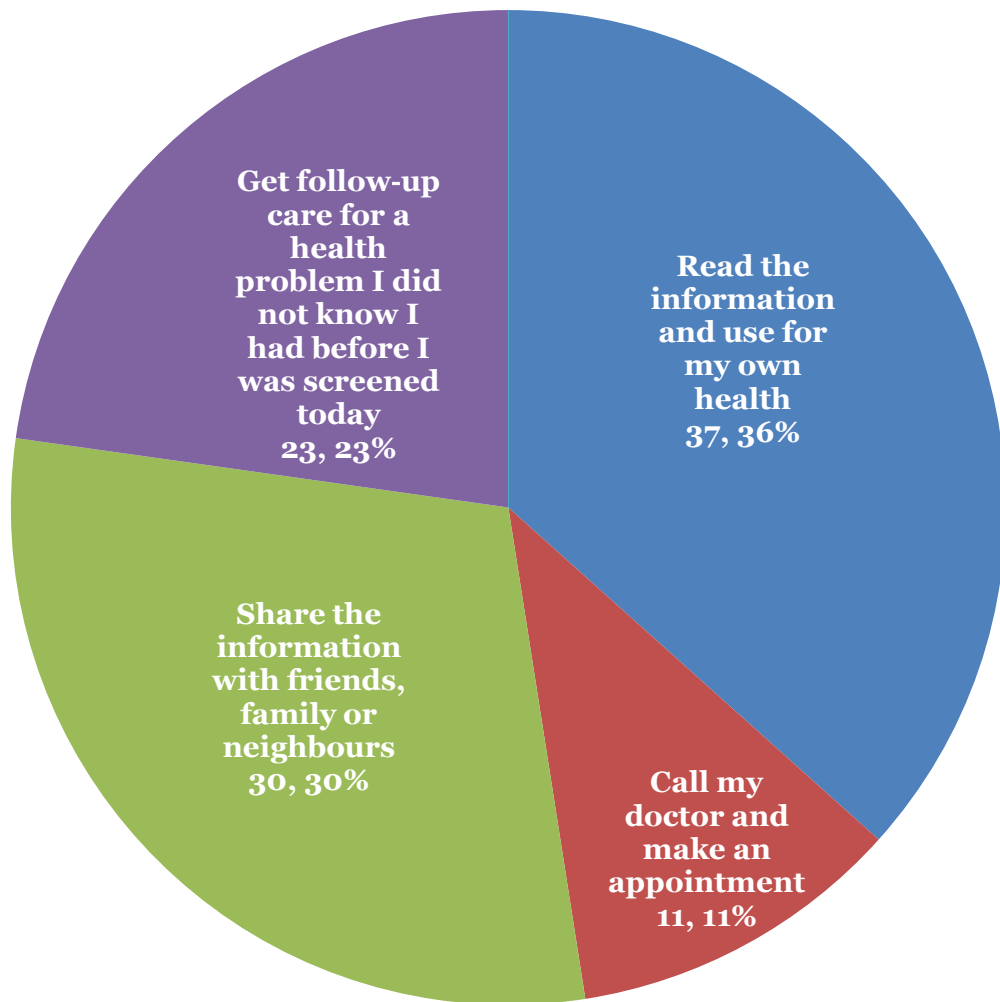


Figure 3. Attendees responses as to what they will do with the information received at the Jamboree?

Table 2. Suggestions for future Jamborees

Suggestions
More visual information / Audiovisual sessions
Each one should bring their family, good for all
More nursing staff to assist
More doctor - foot and eyes
Prostate testing
Bring medication
Have it more often / One day is too short / should be held twice per year
Keep up the good work / Please continue
Inform the public
Explain to the people what they are supposed to do
Transport for senior citizens
Larger number of schools

DISCUSSION, CONCLUSION, RECOMMENDATIONS

Evaluations were not conducted among the school children attending the Jamboree. The evaluation response was low, a mere 39% of those who attended the Jamboree turned in responses. One speculation for the poor response is that because the questionnaire was self-administered, most of our adult attendees were unable to complete it possibly because of their educational level. However, the questionnaire was simple with mostly close-ended questions. The Jamboree objectives were achieved based on the evaluation responses given. For example, one of the objectives was to teach and demonstrate healthy foot care practices, which attendees responded to very well as shown in Figure 1. From the Jamboree outcomes at the weight clinic, BCDF was able to come up with the topic regarding weight (Aim for Healthy Weight) for the small-group workshop held in April, 2014. The intended changes and use of information received are good indicators that the attendees comprehended the messages given. Many suggestions were received for future Jamborees, which will be useful for the Foundation in its planning.

Recommendations based on evaluation responses include:

1. Have interviewer-administered questionnaire

2. Ensure that all attendees are directed by runners to the Evaluation booth to complete questionnaire.
3. Offer incentives for filling evaluation forms
4. Utilize the most popular methods listed to inform the public about the Jamboree
5. Follow-up the attendees about the intended changes and use of the information received.