

LUNCH & LEARN

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06.18.2025



Diabetes  
Prevention

# Welcome & Introductions



1. Using the chat, take a moment to share your reason(s) for joining today's lunch & learn.
2. Answer the poll questions to help us all get a sense of who is in the Zoom room.

# Goals & Purpose

## What we will do:

- Provide preview of the CHCI 2025-26 cohort experience
- Share EHF's process and takeaways learning about our Priorities for Change
- Connect organizations, individuals, collaboratives, and coalitions working on similar issues

## What we won't do:

- Preview EHF's next grantmaking cycle; pitch ideas
- Unpack details from EHF's new strategic framework
- Announce issues, ideas, or examples of what EHF intends to fund

# Agenda

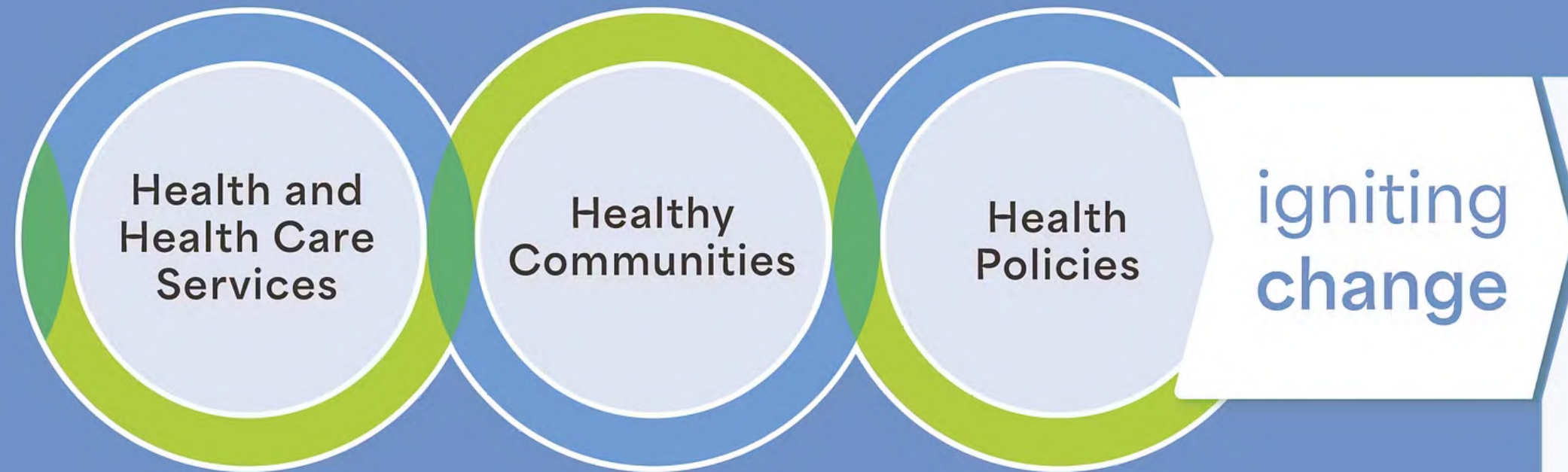
- 01 Level Setting
- 02 CHCI: FAQ
- 03 EHF + Diabetes Prevention: Takeaways from 2024
- 04 How to Apply for CHCI + Q&A
- 05 Breakout: Cohort Preview (time permitting)
- 06 What's Next?

# Level Setting

## EHF Strategic Framework 2025 – 2030

### EHF ACTION AREAS

EHF believes that whole-person well-being requires addressing non-medical drivers of health and must include integration between three action areas: accessible health services, healthy communities, and health-promoting policies at all levels.



Working in these **Action Areas**, we believe we can make the greatest strides in reducing preventable health differences by addressing **three priorities for change**:



Food and Nutrition  
Security



Maternal Health



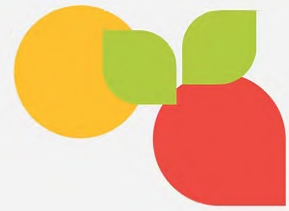
Diabetes Prevention

 Collaborating for  
Healthy Communities  
Initiative  
25 / 26

# What is CHCI?

EHF understands that complex health challenges in our communities often can't be solved by one organization alone. We need strong cross-sector collaborative efforts in order to improve health at the population and community levels. For that reason, we have launched CHCI as a **resource to strengthen the effectiveness and impact of existing health-focused collaboratives in our region.**

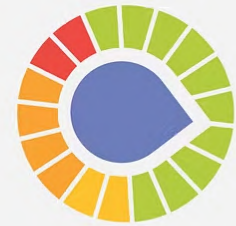
Priorities for Change



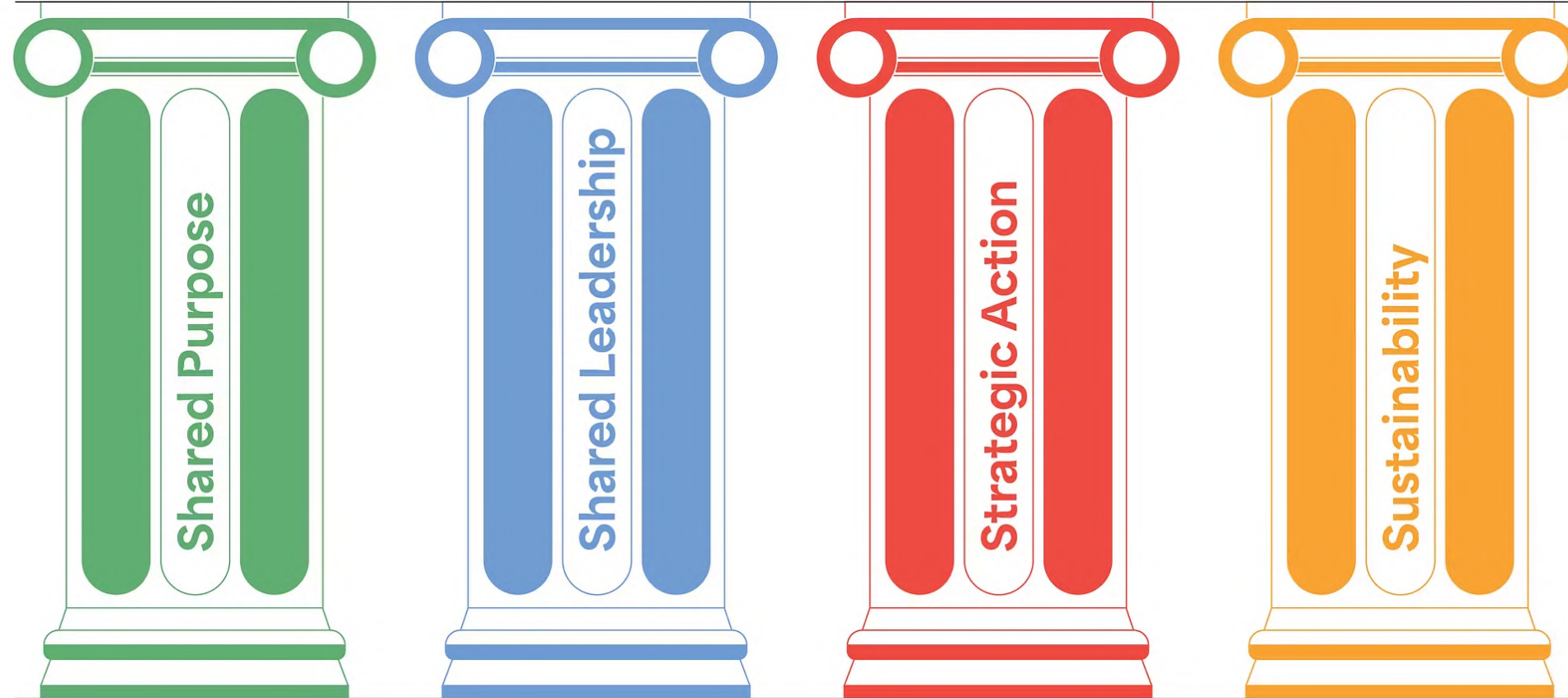
Food and Nutrition Security



Maternal Health



Diabetes Prevention



Pillars of Collaboration



ZOOM POLL






Out of these four pillars, which do you feel your collaborative is the strongest? weakest?



# Components of CHCI

- 1:1 collaborative coaching
- 12-month commitment
- In-person kickoff and reunion
- 4 topical webinars on pillars of collaboration
- Technical assistance on community engagement [NEW!]
- Consulting and networking with cohort peers
- Eligibility specific to maternal health, diabetes prevention, food & nutrition security [NEW!]
- Assigned video content and readings in between webinars
- Financial support to implement your collaborative's learning
- Practitioners, funders, and researchers as guest speakers
- Pre- and post- collaborative self-assessment

# Is CHCI right for you?

-  The collaborative is made up of at least 2 organizations that have been collaborating for at least a year.
-  The coalition's work impacts at least one of the 81-counties in EHF's service area.
-  The collaborative's work is focused on maternal health, diabetes prevention, or food & nutrition security.
-  The collaborative has a challenge the group wants to collectively address and improve.
-  The coalition has a "core team" of 5-8 collaborative members who can participate in each activity on the CHCI 2025-26 timeline (not required to apply but strongly encouraged for participating coalitions).

PRIORITY FOR CHANGE

# Diabetes Prevention

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Tanweer Kaleemullah

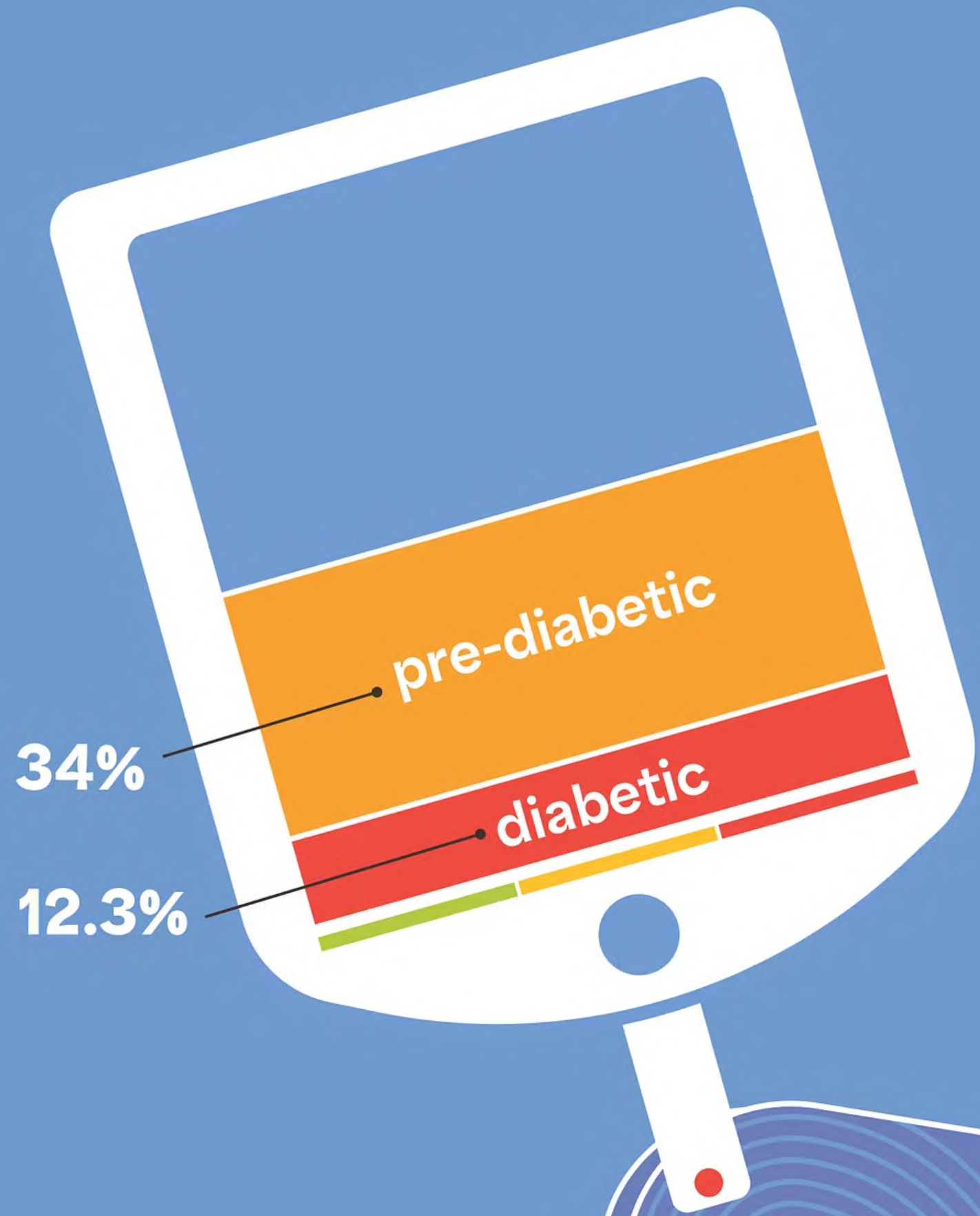
Director of Policy & Research, EHF





### Diabetes Prevention

Nearly half of all  
Texans are either  
pre-diabetic or  
diabetic.



# Diabetes Prevention (DP)

**Nutrition**

**Physical Activity**

## Socio-Environmental Factors

Family

Community

Schools

Congregations

Nonprofit

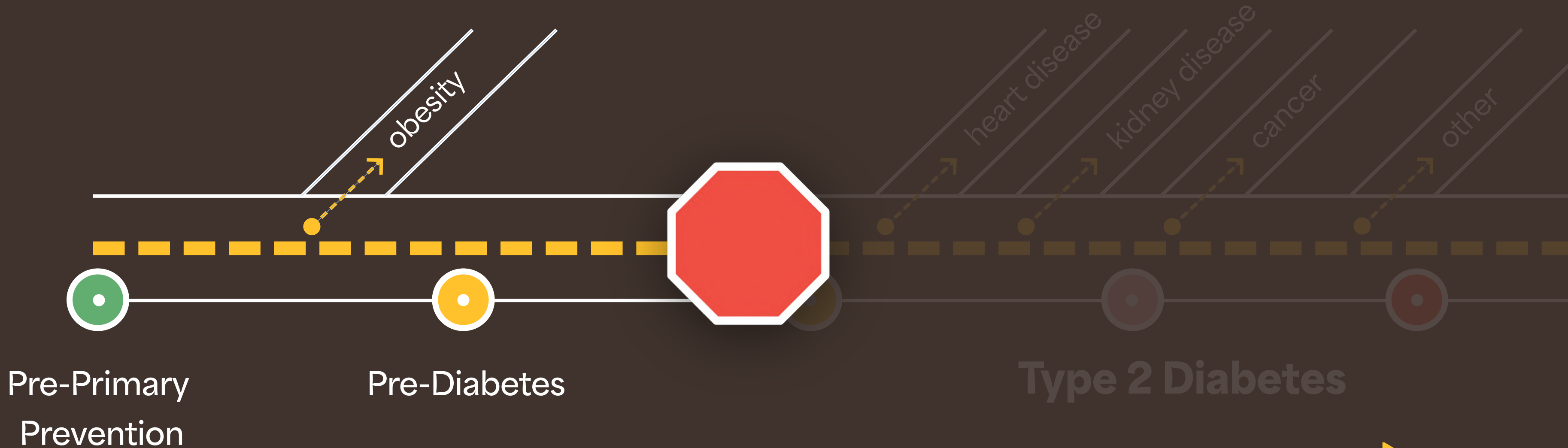
Healthcare

Business

Other

Government

# the Road to Diabetes

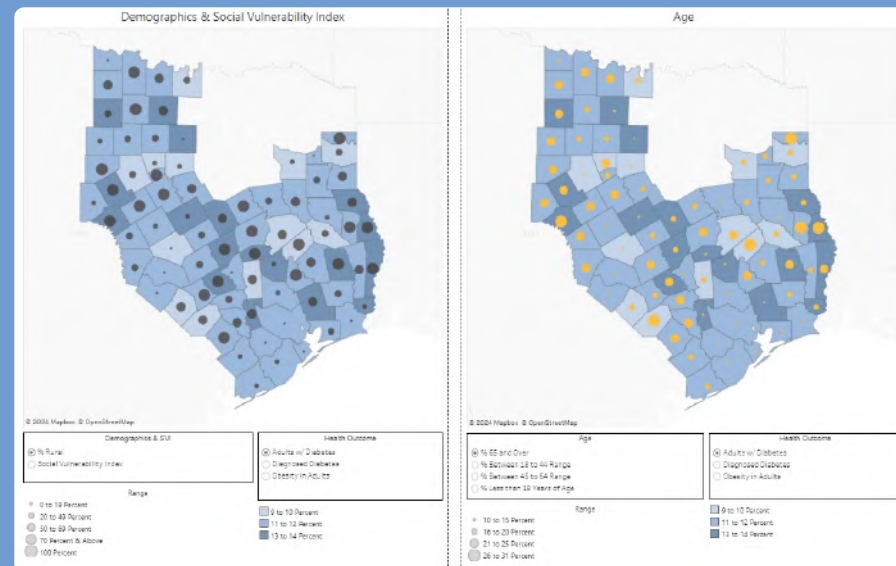


Over time, traveling down this road can cause serious health problems, such as heart disease, stroke, cancer, blindness, kidney, nerve and liver damage, leaky gut, premature aging, and depression.

**Met, engaged, and  
learned from  
stakeholders**

(local, state, national)

**Reviewed available  
data**



**Advanced Diabetes  
Prevention knowledge  
and literacy**

- Conferences
- Literature review, articles
- Podcasts, videos

**Engaged consultants  
for landscape scan +  
deeper dives**

**Lived Experience**

“I'm trying to  
change 50 years  
of behavior.”



## DIABETES PREVENTION

### The Landscape: What We've Learned

- Most organizations (govt, nonprofit, etc) are **primarily/solely focused on “living with” diabetes (and not prevention)**; diabetes prevention (DP) is a secondary priority (or absent)
  - **A1C screening limited (80% of prediabetics are unaware)**
  - DP requires **champions and leaders** to bring more attention to it
- Current federal and state interest in getting **"healthy again"** may provide opportunities to elevate and address DP and obesity
- **Influencing behavior change** (accounting for socio-economic contexts) is key – there are associated challenges and opportunities





## DIABETES PREVENTION

### What We've Learned (continued)

- Power of the **commercial and food industry** (i.e. targeting certain populations, grocery store layout)
- **High-profile technology and drugs** are creating increased interest in diabetes/DP (and emergence of **lifestyle behavior and medicine**)
- Measures of success are not only clinical ones but ones that indicate **participation, sustained interest, community cohesion** (*indicate retention and adherence*)
- **Differing population focuses (e.g. children);** cohorts tend to be **elderly and/or female**
- **Community health workers (CHW)** and others potential impact agents





Diabetes Prevention

# PRELIMINARY STRATEGIES



# Diabetes Prevention

## Preliminary Strategies



- **Health and Health Care Services:** Strengthen and improve infrastructure that prioritizes prediabetes in health care settings.
- **Healthy Communities:** Build and strengthen community collaboratives that focus on non-medical drivers of health and improve community conditions that support diabetes prevention.
- **Health Policies:** Increase awareness of prediabetes and diabetes as public health priorities and pursue policies that elevate effective diabetes prevention.

# Collaborating for Healthy Communities Initiative

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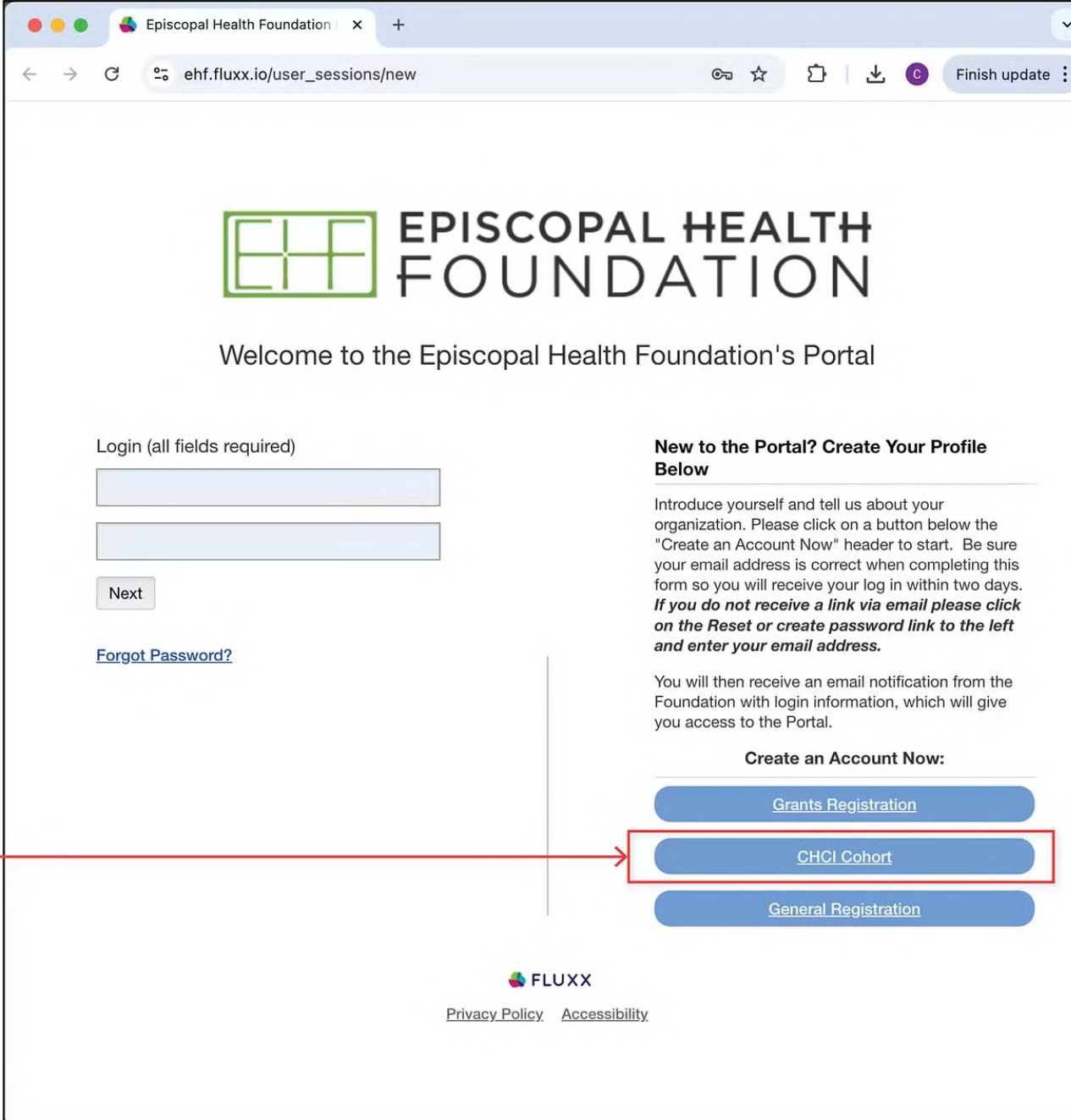
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# How to Apply to the CHCI 25/26 Cohort

1. Create a profile in Fluxx by clicking “CHCI Cohort” via the link at [episcopalhealth.org](http://episcopalhealth.org):  
For Communities > **Collaborating for Healthy Communities**

Once you submit your information, you will receive an email asking you to set your password.

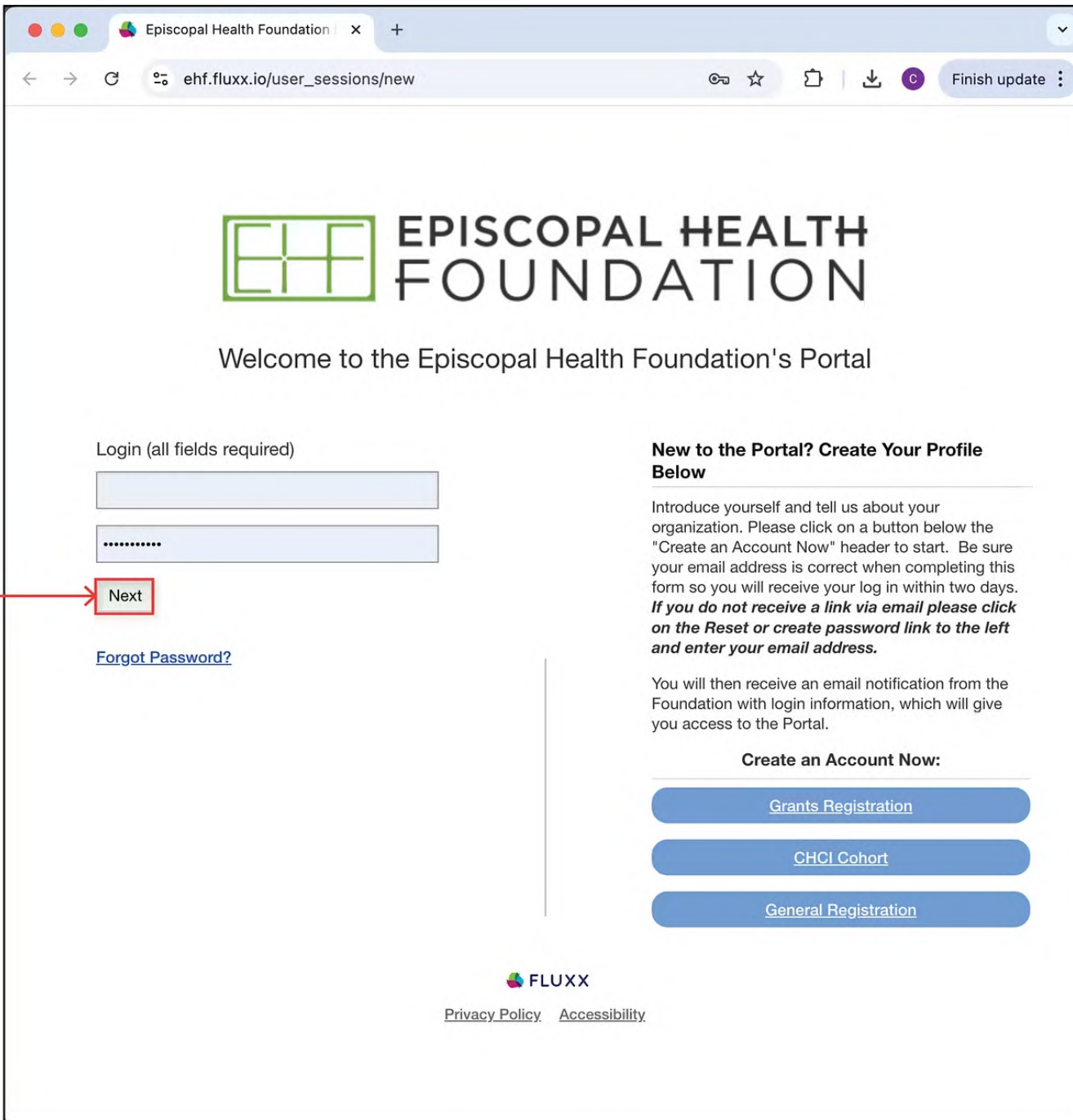
After setting your password, you will receive email confirmation.



The screenshot shows a web browser window with the URL [ehf.fluxx.io/user\\_sessions/new](http://ehf.fluxx.io/user_sessions/new). The page features the Episcopal Health Foundation logo and the text "Welcome to the Episcopal Health Foundation's Portal". On the left, there is a "Login (all fields required)" section with two input fields and a "Next" button, along with a "[Forgot Password?](#)" link. On the right, the "New to the Portal? Create Your Profile Below" section provides instructions and includes a "Create an Account Now:" section with three buttons: "Grants Registration", "CHCI Cohort" (highlighted with a red box and a red arrow), and "General Registration". At the bottom, the FLUXX logo and links for "Privacy Policy" and "Accessibility" are visible.


# How to Apply to the CHCI 25/26 Cohort

2. Return to the link and login using your credentials.



Episcopal Health Foundation | x +

ehf.fluxx.io/user\_sessions/new

 EPISCOPAL HEALTH  
FOUNDATION

Welcome to the Episcopal Health Foundation's Portal

Login (all fields required)

[Next](#)

[Forgot Password?](#)

**New to the Portal? Create Your Profile Below**

Introduce yourself and tell us about your organization. Please click on a button below the "Create an Account Now" header to start. Be sure your email address is correct when completing this form so you will receive your log in within two days. **If you do not receive a link via email please click on the Reset or create password link to the left and enter your email address.**


You will then receive an email notification from the Foundation with login information, which will give you access to the Portal.

**Create an Account Now:**

[Grants Registration](#)

[CHCI Cohort](#)

[General Registration](#)

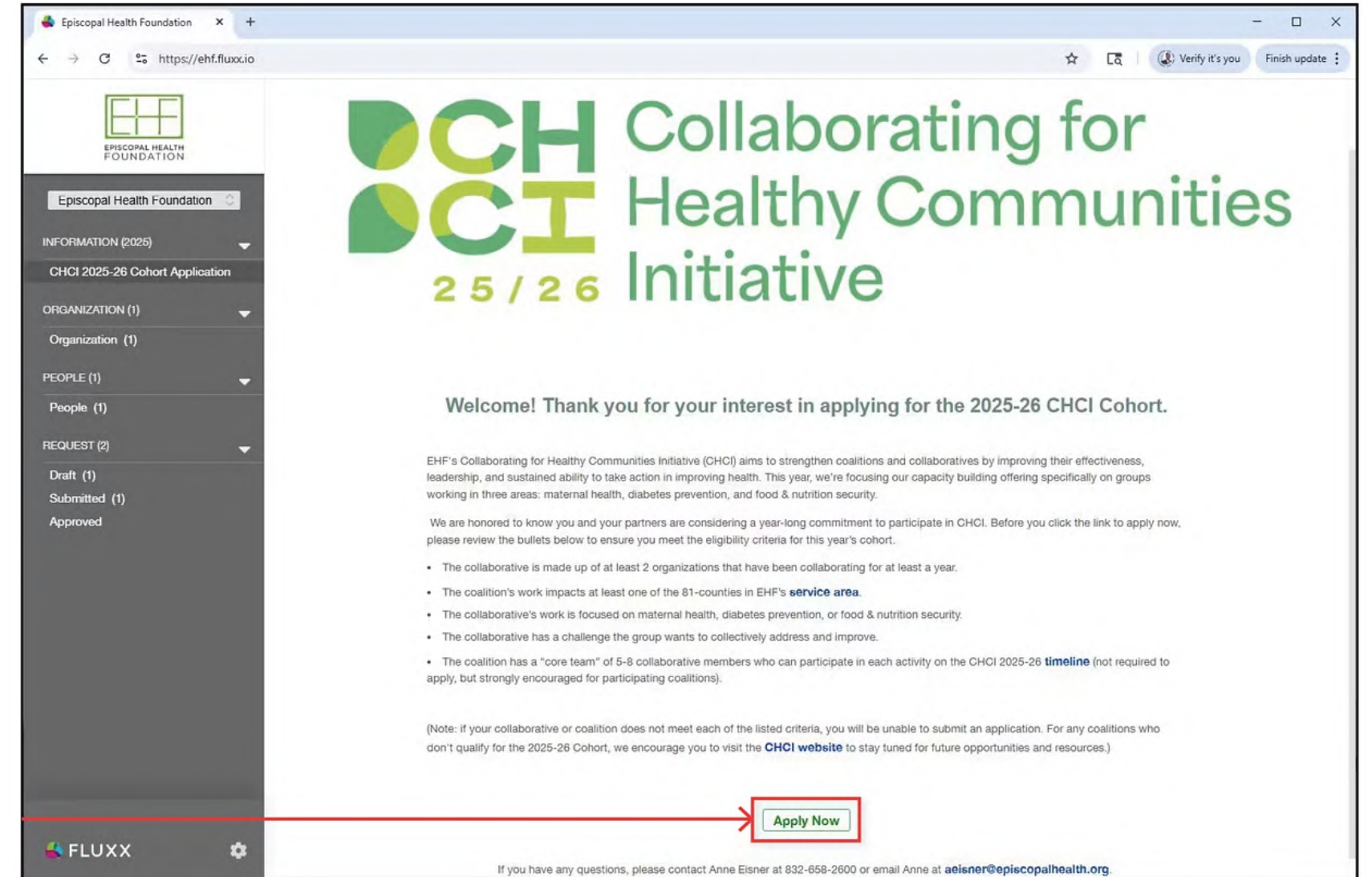
 FLUXX

[Privacy Policy](#) [Accessibility](#)

# How to Apply to the CHCI 25/26 Cohort


3. You may now begin your CHCI application.

Complete each section and click Save and Close to access the Submit button.



Episcopal Health Foundation

https://ehf.fluxio

 EPISCOPAL HEALTH FOUNDATION

Episcopal Health Foundation

INFORMATION (2025)

CHCI 2025-26 Cohort Application

ORGANIZATION (1)

Organization (1)

PEOPLE (1)


People (1)

REQUEST (2)

Draft (1)

Submitted (1)

Approved



Welcome! Thank you for your interest in applying for the 2025-26 CHCI Cohort.

EHF's Collaborating for Healthy Communities Initiative (CHCI) aims to strengthen coalitions and collaboratives by improving their effectiveness, leadership, and sustained ability to take action in improving health. This year, we're focusing our capacity building offering specifically on groups working in three areas: maternal health, diabetes prevention, and food & nutrition security.

We are honored to know you and your partners are considering a year-long commitment to participate in CHCI. Before you click the link to apply now, please review the bullets below to ensure you meet the eligibility criteria for this year's cohort.

- The collaborative is made up of at least 2 organizations that have been collaborating for at least a year.
- The coalition's work impacts at least one of the 81-counties in EHF's **service area**.
- The collaborative's work is focused on maternal health, diabetes prevention, or food & nutrition security.
- The collaborative has a challenge the group wants to collectively address and improve.
- The coalition has a "core team" of 5-8 collaborative members who can participate in each activity on the CHCI 2025-26 **timeline** (not required to apply, but strongly encouraged for participating coalitions).

(Note: if your collaborative or coalition does not meet each of the listed criteria, you will be unable to submit an application. For any coalitions who don't qualify for the 2025-26 Cohort, we encourage you to visit the [CHCI website](#) to stay tuned for future opportunities and resources.)

[Apply Now](#)

FLUXX

If you have any questions, please contact Anne Eisner at 832-658-2600 or email Anne at [aeisner@episcopalhealth.org](mailto:aeisner@episcopalhealth.org).

# How to Apply to the CHCI 25/26 Cohort

3. You may now begin your CHCI application.

Complete each section and click Save and Close to access the Submit button.

## APPLICATION OVERVIEW

- Basic Information
- About the Collaborative
- Primary Contacts
- Application Questions
  1. What is the mission of your Collaborative?
  2. What is your Collaborative's vision?
  3. What is your collaborative working to achieve over the next year?
  4. What are the challenges that your Collaborative is working to overcome?
  5. Is your collaborative better suited for coaching in person or virtually?
  6. Has your Collaborative ever been involved with a Peer Learning Network, or another capacity building program?
- Additional Collaborative Information

## How to Apply to the CHCI 25/26 Cohort

3. You may now begin your CHCI application.

Complete each section and click Save and Close to access the Submit button.

### Additional Instructions:

- **The portal does not autosave.** You must periodically click the Save and Continue button to ensure that your data will not be lost.
- **To save and finish at a later time,** click the Save and Close button at the bottom of the page.
- **To submit your application,** you must first click the Save and Close button, then the Submit button will be accessible.

# BREAKOUTS: COHORT PREVIEW

# Breakout Instructions

## INTERVIEW QUESTIONS

- What's one fun fact about you?
- What collaborative or organization do you represent?
- What is one thing you wish your collaborative could do better, more of, or differently?



# What's Next?

- **June 13, 2025** Cohort Applications Open
- **July 13, 2025** Cohort Applications Close
- **July 23, 2025 - August 1, 2025:** Follow-up Calls with Applicants
- **August 12-15, 2025:** CHCI 2025-26 Cohort Announced
- **August 22, 2025:** Online CHCI Orientation
- **September 8-30, 2025:** In-Person Collaborative Self-Assessment
- **October 17, 2025:** CHCI 2025-26 Kickoff (in-person)
- More dates at [episcopalhealth.org](https://episcopalhealth.org): For Communities > Collaborating for Healthy Communities

Tip: complete your application EARLY

 Collaborating for  
Healthy Communities  
Initiative  
25 / 26

Questions?

Email: [RNeely@episcopalhealth.org](mailto:RNeely@episcopalhealth.org)  
[AEisner@episcopalhealth.org](mailto:AEisner@episcopalhealth.org)

Anne Eisner  
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Arieonna Nettles  
*Engagement Associate*

Claire Elestwani  
*Graphic/Data Visualization Designer*

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Sheryl Barmasse  
*Administrative Specialist*

Troy Bush-DiDonato  
*Senior Community Engagement Officer*

Thank  
you  
team!