

Dance Out Diabetes: Results from a Community-Based Prevention & Management Program
Presented by: Theresa Garnero, APRN, BC-ADM, MSN, CDE


Objectives

- 1. Identify key elements to start a non-profit dance program**
- 2. Review dance event safety and screening guidelines.**
- 3. Analyze preliminary data on participants' health metrics.**
- 4. Try out a little dance!**

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Why Dance Out Diabetes?

 **Concept**

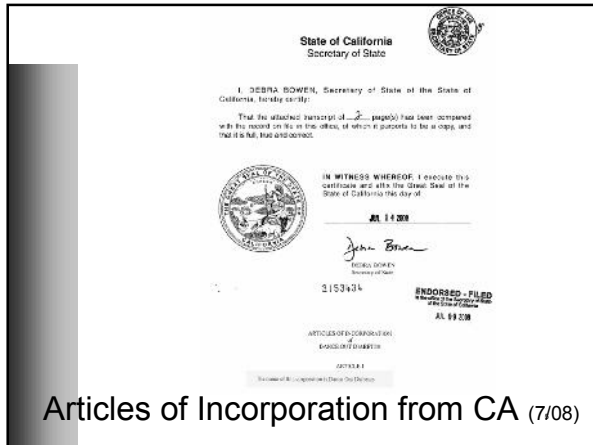
 **Diagnose and manage; what about prevention and ongoing support?**

Lack of structured exercise programs for PWD; fewer that include family and friends; none that are free that fit all of the above.

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The Non-Profit Road

- **Non-profit attorney at “The Foundation” (only in SF, NYC)**
- **10-paged questionnaire: basic info, articles of incorporation (purpose, why it is a charitable organization), bylaws, BOD, membership, paid staff, fiscal year ending, facilities, leases, goods vs services, trademark, gaming activities, foreign country, funding and fundraising, scholarships. (6/08)**



Articles of Incorporation from CA (7/08)

Non-Profit Road part 3

- Action of Sole Incorporator (7/08)
- Franchise Tax Board, Notice of Withholding (8/08)
- Application for EIN # (8/08)
- Power of Attorney & Declaration of Representative (9/09)
- Application for Recognition of Exemption under section 501(c)(3) of the Internal Revenue Code (9/09)

Department of the Treasury (12/09)

INTERNAL REVENUE SERVICE
P. O. BOX 24808
WASHINGTON, DC 20524

Date: **DEC 06 2009**

EMPLOYER IDENTIFICATION NUMBER
C/O BRUCE W. BORGES LLP
C/O BRUCE W. BORGES LLP
410 PINE AVE 16TH FL
SAN FRANCISCO, CA 94111

Employer Identification Number:
22-1332767
EIN
100-10410544
Contact Person:
ADDRESS ENTERED BY
FORWARD TELEPHONE NUMBER: 374-0152
DROPS ADDRESS
OFFICIAL USE ONLY
EFFECTIVE DATE:
DEPT OF TREASURY SERVICE
15050-1114, 011
DEPT OF TREASURY
FORM 990
EFFECTIVE DATE OF OPERATION
only a user
contribution selectivity
and
Automatic Updates
NA

Dear Applicant:

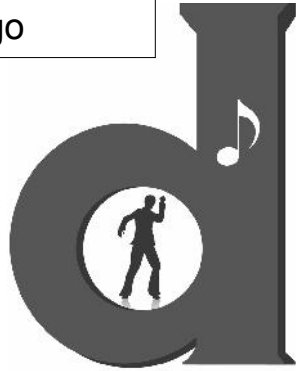
We are pleased to inform you that upon review of your application for the 2009 status we have determined that you are eligible for status. Status can be obtained under section 501(c)(3) of the Internal Revenue Code. Contributions to you are deductible under section 170 of the Code. You are also qualified to receive tax deductible income, services, transfers of gifts under sections 171, 172 or 173 of the Code. Because this letter could help resolve any questions

Then, CA Tax Exemption status (3/10) ⁷

Challenges

- 1. All volunteer staff
- 2. Deciding on metrics to research effects of program
- 3. Admission fee vs. Membership
- 4. Finding space, insurance
- 5. Finding and orienting instructors, CDEs
- 6. Funding (limited industry partners), equipment, playlists
- 7. Logo, website, kick-off event
- 8. Monthly dance programs

Logo



dance out diabetes

Dance Out Diabetes debuted 11/14/10



Dance Out Diabetes volunteers



Onto monthly dances

- **Securing a location was difficult**
- **Dance venues: zumba, swing, Bollywood, hip hop, Tahitian, Afro rhythm, soul line dancing, salsa...**
- **Lugging equipment, DJ sound system**
- **Online patient portal**
- **Nutrition in Motion series**
- **Ongoing staffing**

Safety

- Dance instructor
- Check-in procedure (consent, safety posters, metrics, meet with a CDE, educational materials)
- Hypo prevention; rescue area
- Warm-up
- CDE on dance floor
- Post dance glucose

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Metrics

- Consent to use data for research
- Demographics (LGBT-friendly)
- Treatments (if any)
- QOL
- Exercise intensity and frequency
- BG, BP, BMI, A1C

The fun and results make all this effort WORTH IT!

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DOD in action



<http://www.youtube.com/watch?v=7xi6zFyI3TE>

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From the dance floor



The DOD - CDE team



From the CDE station



From DJ Rosie



Preliminary data

From 9 monthly dances:
Total participants: 70 subset
Average initial A1C: 5.7
Average glucose drop: 10
Average BP: 126/80
Other insights

Non-Profit Road part 4

Ongoing staffing, finding in-kind donations, Grant proposals, Web updates, Tracking donations, sending letters to donors, tracking expenses
TAXES, **Fundraising**, marketing, BOD rotation, music, supplies, communication strategy, referral process to local providers. . .

Long-term goals

- **Remove barriers to accessing care, improve pt outcomes**
- **Early detection of glycemic issues, identify those at risk, prevent progression**
- **Provide ongoing support for those who have it**
- **Virtual platform**
- **Have fun!**

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You Should Be Dancin'

Time for a little warm-up and demo!

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Discussion



"Everything in the universe has rhythm. Everything dances." – Maya Angelou ²⁴
