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The primary goal of the grant (Community Connections for Older Adults at Risk for Chronic Illness) was to develop The Family Diabetes Expo bringing together the members of a newly forming York Diabetes Coalition and other community organizations to help community members find and access resources related to diabetes management. For this Expo, a training trip with the National Council on Family Relations was also included. The Expo was designed to include a major research component. The Expo was held at Penn State York on March 24, 2018 and allowed easy access from residents in the city as well as outlying areas.

At the Expo, we were able to collect A1c, BMI, cholesterol, blood pressure, gait, and sway in addition to a questionnaire using social and psychological measures. Data are still being entered by the undergraduate assistant. Data entry will be complete by the end of the semester. It is estimated that about 150 older adults participated in the research, but firm numbers won’t be known until all data is entered. The Expo is planned to be an ongoing Expo that will lead to annual data collection opportunities. My research team is currently working on grants for next year to expand the reach to Spanish speaking and/or at risk populations of York. With this grant, I was able to hire one undergraduate assistant this past year. I also had 10 undergraduate research assistants for credit. Having one paid person assisting to manage the lab consistently with undergrad students coming and going was vital to the success of the event and data collection.

From the experience of developing a research project within the community, we proposed a workshop for NCFR in 2018 in which the project design will be shared with other researchers seeking to employ community-based research projects.