Development of a Diabetes Intervention and Community Education Program

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ABSTRACT

Purpose: Currently 25.8 million people (8.3%) in the US are living with diabetes. This study assessed the need for a diabetes intervention program through community health screenings. **Methods:** Participants (N=323) completed a diabetes risk questionnaire with health screenings. Ages ranged between 17 and 69 (M = 46.36, S = 15.29) with 80% (N=258) females and 20% (N=65) males comprising the sample. Participants included Non-Hispanic White (64.1%), African-Americans (22.1%), Hispanic/Latino (7.4%), and Other (3.7%) with 93.8% stating English was their primary language. **Results:** Eleven percent stated they were diabetic. Chi square analyses indicated a significant difference between males and females with diabetes, $\chi 2(1, N = 306) = 8.83$, $p = .003$. A significantly higher number of males indicated they were diabetic. Chi square indicated a significant number of those with diabetes received a check-up during the last year, $\chi 2(1, N = 307) = 8.48$, $p = .004$; and had received a blood sugar test and blood cholesterol test, $\chi 2(1, N = 303) = 45.71$, $p = .000$ and $\chi 2(1, N = 302) = 27.53$, $p = .000$, respectively. A significant number of diabetics had a parent, $\chi 2(1, N = 301) = 6.18$, $p = .013$, grandparent, $\chi 2(1, N = 294) = 7.16$, $p = .007$, or sibling with diabetes, $\chi 2(1, N = 296) = 14.56$, $p = .000$. A significant number considered themselves to be overweight, $\chi 2(1, N = 299) = 5.06$, $p = .024$. Higher numbers of participants with diabetes had high blood pressure (71.9%), high cholesterol levels (55.9%), and high blood sugar levels (50% checked levels daily, 31.3% did not), $\chi 2(1, N = 298) = 33.60$, $p = .000$, $\chi 2(1, N = 297) = 15.56$, $p = .000$, and $\chi 2(1, N = 299) = 160.65$, $p = .000$, respectively. During the last year, 56.7% did not attend a diabetes class; 74.2% received no nutrition education; 71.9% received a dilated eye exam; 67.7% received a flu shot; with 9.1% stating they used tobacco products. **Conclusions**: Results indicate the need for a comprehensive community diabetes education and intervention program that includes nutrition, exercise, testing, and prevention.

KEY WORDS: Diabetes, Intervention, Screening, Education