

Cultural Competency in Diabetes Care: Hispano Latino Population

**Satellite Conference and Live Webcast
Thursday, March 11, 2010
1:00 - 3:00 p.m. Central Time**

Produced by the Alabama Department of Public Health
Video Communications and Distance Learning Division

Faculty

**Amparo Gonzales, RN, BSN, CDE
Emory University Diabetes Education
Program Director
American Association of Diabetes Educators
President 2008**

Agenda

- State of diabetes in minorities
- Self care behaviors
- Assessment of health beliefs
- Communication tips
- Emory Latino Diabetes Education Program
 - Program outcomes
- Education materials and other tools

Program Goal

- To aid healthcare professionals in the further development of their skills and expertise, in management and self care using culturally appropriate interventions for the Latino patient with diabetes

Objectives

- Discuss the burden of diabetes on the Hispano/Latino community
- Identify and apply the AADE Self Care behaviors as the framework of the education process
- Identify culturally appropriate education interventions in the management of diabetes

State of Diabetes in Minorities

- “Minority populations, including African Americans, Hispanics, Native Americans, and Asians, have the highest incidence of diabetes and the highest complications of the disease”
- Hispanic Americans and African Americans are almost twice as likely to have diabetes in comparison to white Americans

State of Diabetes in Minorities

- African Americans and Hispanic Americans show a higher incidence of suffering from diabetes related complications including but not limited to eye and kidney disease, amputations, heart disease, heart stroke, etc.

State of Diabetes in Minorities

- Mexican American women participate in little or no exercise
- Both African Americans and Hispanic Americans experience higher rates of obesity than white Americans
 - These rates continue to be on the rise

Latinos or Hispanics?



Assessment of Health Beliefs

- What do you think has caused your diabetes?
- Why do you think it started when it did?
- What do you think diabetes does to you? How does it work?
- How serious is your diabetes, do you think it will get better soon?

Assessment of Health Beliefs

- What problems has diabetes caused you?
- What concerns you most about your diabetes?

Self-Care Behaviors

- Healthy eating
- Being active
- Taking medications
- Monitoring
- Problem solving
- Healthy coping
- Reducing risks

Problem Solving

- Health beliefs
- Empowerment
- Who makes decisions at home
- Degree of acculturation
- Knowledge of healthcare system
- Transportation

Problem Solving

- Immigration status
- Language
- Insurance
- Time orientation

Healthy Eating

- Individualized meal plan
- Time of meals
- Name of meals
- Preferred food from country or origin
- Adopted foods from US and other countries

Healthy Eating

- Food labels
- Sources of carbs
- Sources of fats
- Alcohol and special events

Being Active

- Gender specific
 - Males
 - Females
- Mainstream
- Dance
 - NDEP
 - Radio

Being Active

- Identify barriers
 - Physical, environmental, and psychological

Taking Medications

- Name
- Action
- Side effects
- Meds from country of origin
- Home remedies
- Evaluate if meds are being used
- Fear of insulin
- Financial barriers

Monitoring

- Adapt to financial ability
- Importance and purpose of testing
- Bg target
- Technique
- Schedule
- Recording results
- Providing info to healthcare providers
- Sharps disposal

Viva Mas y Mejor con su Diabetes Bajo Control

- DSMT for Spanish speaking patients
- Nationally accredited by AADE
- 3+ years, 800 patients, 900 healthcare professionals



Demographics of Program Participants

Characteristics social and demographics n=597

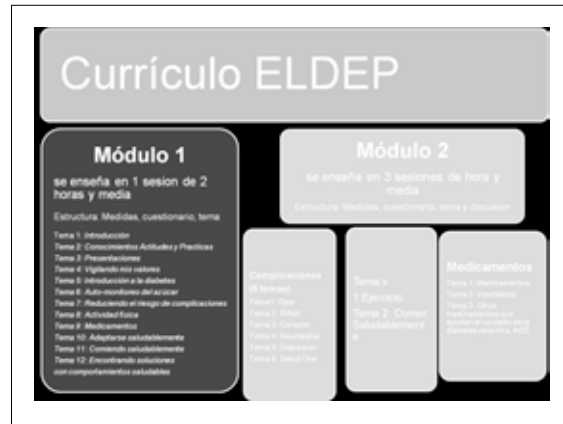
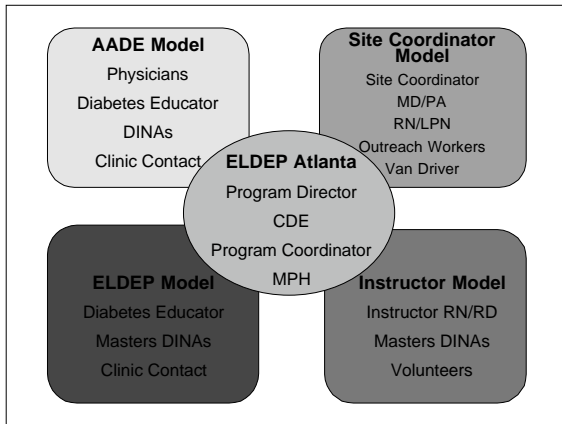
Age	47± 12
Gender	61.5% Women
Country of origin	69% Mexico
Employment	No: 46.7%
Insurance	No: 69.5%
Education: < 5 years	22.5%
5-8 years	45.1%
High School	19.6%
College	4.7%
Illiteracy in native language (Spanish)	28.2%
Do not speak English	73.1%

Communication Tips

- Introduce yourself Spanish or slowly
- Speak clearly, slowly, and don't raise your voice
- Include familiarity
- Incorporate some type of touch
- When using an interpreter
- When using a language line
- Ask patient to repeat instructions

Program Sites





- ### ELDEP
- Diabetes! y ahora que hago?
 - Viva más y mejor con su diabetes bajo control!
 - DVD with written collateral
 - Healthcare provider training
 - Research
 - Community resources
 - Develop a model for your community

- ### Goals and Success
- Success is changing or maintaining behaviors that contribute to optimal diabetes control

Results

Differences in Self-Management Behaviors from baseline (n=139)

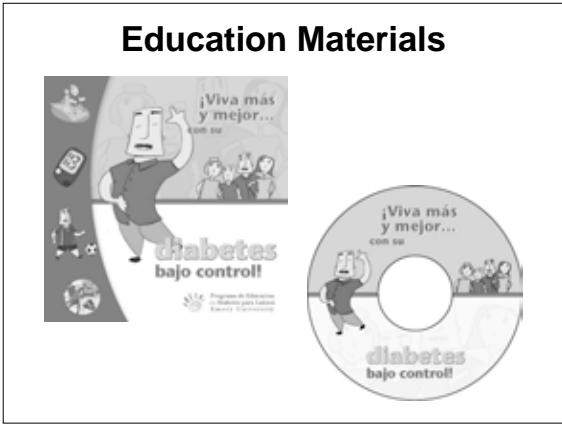
	Baseline		Follow-up		p
		%		%	
Annual dental visit?					.001
Yes	13	17.8%	21	56.8%	
No	60	82.2%	16	43.2%	
Annual flu vaccination?					.001
Yes	19	32.7%	43	84.3%	
No	39	67.2%	8	15.7%	
Annual eye examination?					.001
Yes	29	48.3%	38	79.2%	
No	31	51.7%	10	20.8%	
Annual feet examination?					.014
Yes	30	55.6%	40	78.4%	
No	24	44.4%	11	21.6%	
Engage in regular physical activity?					.001
Yes	24	54.6%	58	85.6%	
No	20	45.6%	9	13.4%	

Results

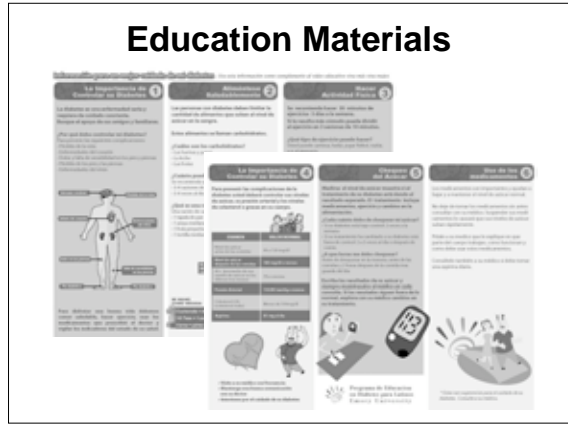
Differences in Clinical Outcomes from Baseline (n=139)

	Mean Baseline	Mean Follow-up	p-value
A1c (%)	8.85	8.23	0.01
Systolic Blood Pressure (mmHg)	134.39	126.80	<0.001
Diastolic Blood Pressure (mmHg)	83.83	79.73	0.006
BMI (kg/m ²)	30.93	30.21	0.159
Weight (Lbs)	169.35	168.18	0.349
Waist Circumference (inches)	38.81	39.08	0.159

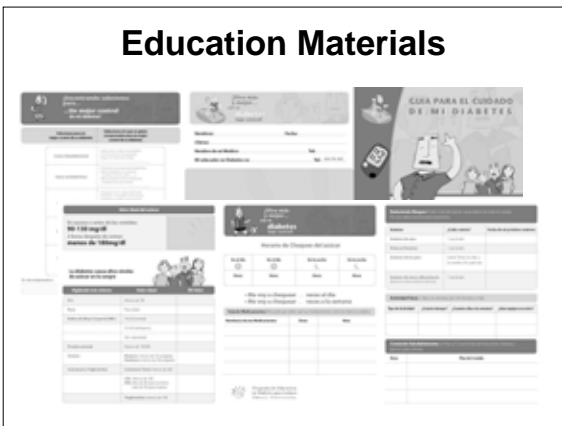
Education Materials



Education Materials



Education Materials



Marketing Materials



Marketing Materials



Marketing Materials



Marketing Efforts: Latino Newspapers

¡Viva más y mejor... con su diabetes bajo control!

Programa de Educación en Diabetes Latinoamericano

Ciudad de México		Ciudad de los Ángeles		San Antonio	
San Diego		San José		San Juan	
Martes	11:00 am	Lunes	11:00 am	Miércoles	11:00 am
Miércoles	11:00 am	Martes	11:00 am	Miércoles	11:00 am
Jueves	11:00 am	Miércoles	11:00 am	Miércoles	11:00 am
Viernes	11:00 am	Jueves	11:00 am	Miércoles	11:00 am

Las damas son GRATIS.

Para registrarse, por favor llame al 604-779-1887

Este programa es financiado por el Departamento de Salud y Servicios Humanos de los Estados Unidos.

Marketing Efforts: Invitations

diabetes

Diabetes Diabetes 101

Programa de Educación en Diabetes Latinoamericano

Angelo Gonzalez, MD, MHA, CDE

Programa de Educación en Diabetes Latinoamericano

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