Diabetes Prevention for At-Risk Puerto Rican Adults in a Faith-Based Setting

Sylvia Torres-Thomas, PhD, RN
UNIVERSITY OF CENTRAL FLORIDA
College of Nursing
Orlando, Florida

PURPOSE
This poster presents research findings from a faith-based, culturally-tailored diabetes (Db) prevention intervention for at-risk Puerto Rican (PR) adults that used two key components:
- Db health threat message
- Dietary skill-building exercises to motivate health behavior change.

BACKGROUND
- Db is a growing health threat among Hispanics living in the United States, and ranks as the 5th leading cause of death.\(^1\)
- Db disparity varies among Hispanics and rates are highest among Puerto Ricans.\(^2\)
- Current evidence supports Db prevention programs for individuals who are at increased risk for Db. However, few interventions exist for Hispanics, and even fewer have focused on PRs.\(^3\)

METHODS
Design: One-group, pretest/posttest, concurrent mixed methods
Setting: Protestant, Spanish-speaking church
Sample: N = 24, PRs
- Mean age (range): 55 (26-70)
- Db family history: 87.5%
- Belief of risk: 66.7%
Intervention: 6-weeks, bilingual materials, Spanish language, infused PR cultural values, scripture reading and prayer

RESULTS

<table>
<thead>
<tr>
<th>Constructs</th>
<th>Dietary Patterns</th>
<th>Weight</th>
<th>Body Mass Index</th>
<th>Fasting Blood Glucose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Perceived severity posttest</td>
<td>.31</td>
<td>-.44</td>
<td>-.25</td>
<td>-.22</td>
</tr>
<tr>
<td>Perceived susceptibility posttest</td>
<td>.03</td>
<td>-.19</td>
<td>.36</td>
<td>.38</td>
</tr>
<tr>
<td>Dietary self-efficacy posttest</td>
<td>-.43*</td>
<td>-.01</td>
<td>-.03</td>
<td>-.45*</td>
</tr>
<tr>
<td>American acculturation</td>
<td>.07</td>
<td>.51</td>
<td>.30</td>
<td>.30</td>
</tr>
<tr>
<td>Puerto Rican acculturation</td>
<td>-.34</td>
<td>.10</td>
<td>.32</td>
<td>.22</td>
</tr>
<tr>
<td>Spirituality</td>
<td>-.12</td>
<td>.08</td>
<td>-.17</td>
<td>.22</td>
</tr>
</tbody>
</table>

Correlations Between Constructs and Behavioral Outcomes

Themes from Focus Groups and Field Notes

Db health threat message: Surprise about Db severity. Db is a “slow death.” Did not arouse fear.

Dietary skill-building exercises: Positive responses to food label reading, food sampling, meals preparation opportunities, family atmosphere, and potluck gathering.

Dietary change: Facilitators: Good flavors important and best if similar to PR foods. Challenges: Family acceptance.

Culture and diet: Traditional PR foods and flavors important, but need to be open to change to prevent Db.

Influence of spirituality: Essential to health behavior change. Empowering.

Program acceptability: Weekly attendance rate averaged 58%. No attrition.

CONCLUSION
- The intervention had a positive impact on motivating dietary behavior change showing:
  - Significant increases in perceptions of diabetes severity.
  - Significant improvements in dietary self-efficacy and dietary patterns.
- Findings from this study support the use of a Db health threat message and dietary skill-building exercises that incorporate cultural elements and spirituality.
- This study contributes new insights to Db prevention in PR who are at-risk.

FURTHER RESEARCH
- Further research is strongly recommended, particularly pertaining to or including:
  - Db health threats and dietary skill-building exercises with multiple groups of at-risk PR.
  - Longer interventions with more dietary skill-building focused meetings.
  - Longer follow-up of participants.
  - Faith-based settings.

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REFERENCES

stthomas@knights.ucf.edu