

# Diabetes Education in the Hispanic Community (Lancaster County)

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and  
The Diabetes Education Center  
Lancaster, SC

Others involved:

- Julie Bowers
- Joye Whitiker
- MidCarolina AHEC

# Problem

- Diabetes is two to three times more common in Hispanic adults than in non-Hispanic adults nationwide. While the Hispanic population of Lancaster continues to rise, local health care providers have noticed increased numbers of new diagnoses of diabetes in this group. The problem is complicated by barriers such as cultural and language differences.

# Problems

- Also the risk factors for diabetes, such as a family history of diabetes, gestational diabetes, impaired glucose tolerance, hyperinsulinemia, insulin resistance, obesity, and physical inactivity are higher in the Hispanic population compared to non-Hispanics.
- In Lancaster there are no identified education programs to help this particular community reduce these risk factors.

# Aims

The Hispanic community will increase their awareness of diabetes and diabetes risk factors by gaining better access to resources such as teaching materials written in Spanish and educational classes. This aim is supported by the Lancaster Diabetes Education Center.

# Measures

- The number of locations found that will be available for distribution of educational materials
- The number of people identified in the Hispanic community that will be willing to help with the developing project and maintain a relationship with the Diabetes Education Center.
- The location of a variety of good effective educational materials and the approval these materials by both the diabetes educators and the Hispanic community.

# Changes for Improvement

- Compile a list of leaders in the Hispanic community that would be willing to give advice and provide services if needed.
- Locate educational resources that can be easily obtained when needed.

Drivers: -an easily accessible Hispanic community

-support from local health care community

Barriers: -Lack of time due to short rotation and other commitments

-I do not speak or read Spanish

# PDSA cycle – Plan/Do

- Locate Hispanic community leaders to determine their interest in the project and their willingness to help.
- Search the web and The Diabetes Education Center's files for educational material in Spanish; concentrating on information about reducing risk factors.
- I will give the information to The Diabetes Education Center to store for future use if the project is able to be continued by other students, the center's staff, or anyone else interested.

# PDSA cycle-Study

While looking for local contacts in the Hispanic community I found:

- An entirely Spanish radio station that is broadcasted from Lancaster and would consider becoming involved in such a project.
- A Spanish newspaper published in Lancaster that will also be willing to help
- Orlando Gonzalea with South Carolina Hispanic Outreach in Columbia, who said he would be willing to give advice and help anyway he could.
- Sal Estrada, a local Hispanic community leader, that is also willing to help.

# PDSA cycle - Study

While searching for resources I found:

- Multiple web sites with information written in Spanish that could be used for educational purposes. Some of the best include:
  - <http://www.nldi.org/opt03-01.asp?Id=S> (The National Council of La Raza)
  - [http://www.hispanichealth.org/diabetes\\_span.htm](http://www.hispanichealth.org/diabetes_span.htm) (National Alliance for Hispanic Health)
  - <http://www.cdc.gov/diabetes/pubs/factesp.htm> (CDC)

# PDSA cycle – Study

- I found multiple hard copy educational handouts that were available at the Diabetes Center.

Although I found multiple sources of Spanish education materials, most of them did not deal with risk factor reduction.

# PDSA cycle - Act

- I created an electronic file and a hard copy of the names and contact information for the people/places that I found.
- I created a list of available educational materials written in Spanish that can be used in later phases of the project.

# Lessons learned

- Lancaster has a strong and involved Hispanic community that is growing and is in need of better health care.
- To reach out to an unfamiliar group/culture you need someone already involved in that group or culture to guide you in the things that work and the things that don't.

# The Future of this Project

I see this project evolving into a program that uses the information I gathered and the knowledge of others to insert educational materials into the already existing Hispanic network. This will be done in order to accomplish the aim of increasing awareness of diabetes and its risk factors.