

Exploring Health Beliefs Among Hispanic Adults with Prediabetes (Poster)

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Exploring Health Beliefs Among Hispanic Adults with Prediabetes

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BACKGROUND / INTRODUCTION

- Prediabetes is diagnosed based on elevated glucose levels that are not in the diabetes range
- Almost one in three Americans have prediabetes¹
- Hispanics have higher rates of diabetes than non-Hispanic whites
- Without intervention, 15-30% of those with prediabetes will develop type 2 diabetes.
- Exercise, medication, and a healthy diet can delay or even prevent the onset of diabetes in prediabetic patients

METHODS

Phase 1

Registry created

Stratified by Hemoglobin A1c (Low risk: 5.7-6%; Intermediate: 6.1-6.4%)

Validated survey tool distributed: Risk Perception Survey for Developing Diabetes (RPS-DD)²

Phase 2

Conduct interviews with 20 survey respondents

Use surveys and interviews to understand the role of risk knowledge and health beliefs in patient activation

OUTCOMES

404 surveys sent, 120 valid responses

80.7% (n=92) had previous knowledge of prediabetes diagnosis.

69% (n=81) had an education level of < high school (HS).

Table 1: Risk knowledge and health beliefs scores

	Risk Group	n	Mean	t-score (p)
Risk Knowledge	Low	73	5.550	.442 (.660)
	Intermediate	19	5.740	
Personal Control	Low	89	3.076	.967 (.336)
	Intermediate	22	2.955	
Worry	Low	93	3.231	.775 (.440)
	Intermediate	21	3.095	
Optimistic Bias	Low	88	2.142	.004 (.997)
	Intermediate	21	2.1429	

Table 2: Impact of education, family members and friends with diabetes vs. risk knowledge

	Risk Knowledge	n	Mean	t-score (p)
Education Level				3.5 (.001)
	HS or Less	61	5.2	
More than HS	30	6.43		
Family Member with Diabetes				.691 (.492)
	Yes	68	5.74	
No	13	5.38		
Friend/Coworker with Diabetes				1.519 (.133)
	Yes	56	5.89	
No	15	5.2		

RESULTS

- Participants who knew someone with diabetes or had an education level greater than high school scored higher on risk knowledge
- Overall risk knowledge scores were low
- There were no significant differences in health beliefs between those with low and intermediate risk of developing diabetes
- For lifestyle modifications to decrease risk, respondents preferred exercise and nutrition programs to technology-based interventions

CONCLUSIONS

Patients with prediabetes had low risk knowledge scores

Education level is important in determining a respondent's risk knowledge

There were no correlations between risk knowledge and health beliefs.

Education around risk of progression to diabetes is needed

Future interventions may want to tailor messaging based on education level

Knowing someone with diabetes was the primary driver for risk knowledge and health beliefs

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