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

- Prevalence of prediabetes (PreDM) is increasing.
- Hispanic adults with PreDM are 1.7 times more likely to progress to diabetes (DM) and 50% more likely to die from DM-related complications.
- Understanding the health beliefs of the Hispanic community is necessary to address these health disparities with effective and culturally appropriate interventions.

OBJECTIVE:
To explore prediabetic Hispanic adults’ perceived personal health status and risk of progression to diabetes.

STUDY DESIGN:
Initial mailing consisting of an introduction letter, 34 question, bilingual (Spanish and English) survey, and interview interest form. Survey questions included elements of the validated Risk Perception Survey for Developing Diabetes® (RPS-DD); the remainder of the survey consisted of original questions created by the study team. Questions addressed:
- Demographics
- Trust and satisfaction with the healthcare system
- Health behaviors
- Personal health beliefs (validated)
- Diabetes risk knowledge (validated)

SETTING:
Registry of potential participants was created from patient panels at four practices serving an urban Eastern Pennsylvania community.

PARTICIPANTS:
- Hispanic patients
- 18-65 years old
- Diagnosis of prediabetes
- HA1c between 5.7% and 6.4% in past year (Stratified into mild (5.7-6.0%) and intermediate (6.1-6.4%) hyperglycemia)
- Diagnosis of prediabetes
- 18-65 years old
- Hispanic patients

Preliminary analyses were conducted utilizing independent t-tests and ANOVAs. Determined using the validated scoring guide.

RESULTS

Figure 1: Familiarity with Prediabetes and Diabetes

Figure 2: Interest in Healthy Lifestyle Interventions

Figure 3: Risk Knowledge Score Comparisons

REFERENCES:

DATA COLLECTION:
414 individuals met inclusion criteria and 120 (29%) eligible surveys were returned. Responses were de-identified and entered into an online database, REDCap.

DATA ANALYSIS:
SPSS was used to analyze survey data. - Diabetes risk knowledge, personal control, worry, and optimistic bias scores were determined using the validated scoring guide.
- Summations of all variables were calculated with descriptive statistics.
- Demographic groups’ RPS-DD scores were compared utilizing independent t-tests and ANOVAs.

RESULTS:
- Over 75% of respondents had prior knowledge of their PreDM.
- Majority knew a family member (73%) and/or a friend/coworker (60%) with DM or PreDM.
- Exercise (77%) and nutritional programs (50%) were most commonly selected as preferred healthy lifestyle interventions.
- Significant differences in Risk Knowledge scores were found between education levels (p=0.001).
- Awareness of PredM diagnosis indicated higher worry scores (p=0.027).

DISCUSSION:
High level of interest in healthy eating and exercise to prevent progression to DM reveals that disparities could be improved with low-cost interventions. Little difference was found in responses across demographic groups. However, the difference in risk knowledge of those with lower educational attainment highlights an opportunity for DM specific education.

NEXT STEPS:
Moving forward, qualitative analysis of one-on-one interviews will examine health beliefs in more detail. Participants will also provide feedback on a PreDM infographic.