



DIABETES: A FAMILY MATTER

REDUCING RURAL APPALACHIAN RISKS

Sharon A. Denham, DSN, RN
Professor Emerita, Ohio University School of Nursing
Project Director, Vulnerable Population Grant

LACK OF FOLLOW-THROUGH IN THOSE WITH TYPE 2 DIABETES.

- 87% knew obesity was a diabetes risk, but only 70% tried to lose weight
- 1 in 3 maintained desired weight for 6+ months.
- 17% preferred medicine to exercise or lifestyle change.
- 12.7% physically active; 67.3% little or no activity.
- Only 23% considered health excellent.
- Only 13% were active in last week.

SHIELD Study: Failure to Change Lifestyle*
Andrew Green, MD: Director Midwestern Endocrinology,
Overland Park, Kansas

SHIELD STUDY: RISK FACTORS, TYPE 2 DIABETES*

- Older the age, the more likely it occurred.
- High blood sugar without diabetes at baseline (5-fold risk).
- Gestational diabetes (3-fold risk).
- Obesity at baseline (risk doubled).
- Abdominal obesity (1.5 fold risk).
- Family history of type 2 diabetes (1.5 fold risk).
- Excessive thirst at baseline (1.4 fold risk).
- Asthma at baseline (1.3 fold risk).

*Helena Rodbard, MD

Director of Endocrine and Metabolic Consultants, Rockville, MD.

.....education and awareness of the disease have been well accomplished, but translating the educational effort into action is required.

* JAMES R. GAVIN III, MD, PHD, CLINICAL PROFESSOR, EMORY UNIVERSITY SCHOOL OF MEDICINE, ATLANTA, GA



YOUTH DIABETES RISKS

- 13,000 young people diagnosed with type 1 diabetes annually.
- Increasing numbers of children with & at risk for type 2 diabetes.
- Generally between 10-19 years old, obese, have a strong family history for type 2 diabetes, and insulin resistance (A1C = 10% - 12%).

Epidemics of obesity & low levels of physical activity among young people, as well as exposure to diabetes *in utero*, may be major contributors to the increase.

SOCIAL DETERMINANTS OF OBESITY

- Lack of physical activity and sedentary behaviors
- Socioeconomic status (wealth & health)
- Poor eating habits & portion size
- Tobacco use
- Environmental risks
- Policies that do not promote health
- Genetics





STUCK IN THE STORY



Diabetes: A Family Matter

- Make diabetes and its risks more visible in rural Appalachia.
- Enhance local knowledge about type 2 diabetes & risks.
- Provide rural people with tools to enhance personal & family health.
- Involve rural people in more healthy lifestyles.



DIABETES: A FAMILY MATTER TOOLKIT

MATERIALS

- *Diabetes Educator Manual*
- *SUGAR Helper Manual*
- Bookmarkers
- Brochure Series (9)
- Poster Series (9)
- Film: *Living with Diabetes*
- Plays (4)
- Fotonovellas (2)
- Recruitment Materials

PROGRAM

- Train-the-Trainer Model
- SUGAR Helpers (volunteers)
- Community Teams/Coalitions
- Faith-based Initiatives



Diabetes: A Family Matter

www.diabetesfamily.net

- Learn More
- Toolkit Materials
- Toolkit Activities
- Appalachia
- Family Health
- Social Network
- Conferences
- County Projects

DISSEMINATION & EVALUATION PROJECTS

PROJECT I

8 Southeast Ohio Counties

- Athens
- Hocking
- Lawrence
- Meigs
- Perry
- Pike
- Ross
- Vinton

PROJECT II

Ohio Counties

- Continuing (Athens, Lawrence, Perry, Ross)
- New (Adams, Brown, Scioto)

Kentucky

- Carter, Lewis, Rowan

West Virginia

- Wayne

Total Counties in the Projects: 15

** CDC Funded #5H75DP002306-02

PROJECT FINDINGS

- County teams & community volunteers have the capacity to educate, inform & promote diabetes awareness, self-management & prevention.
- Informal networks of kith & kin effective ways to share diabetes messages.
- County teams provide access to accurate information & avenues for accessing formal health care information.
- Many made personal lifestyle changes.



* CDC Funded #5H75DP002306-02



STRENGTHENING COMMUNITIES TO PREVENT TYPE 2 DIABETES IN RURAL APPALACHIA

Region I:

- * Kentucky – Elliott, Lewis, Morgan, & Wolfe
- * Ohio – Scioto

Region II:

- * Virginia – Buchanan, Russell, Wise

Region III:

- * Mississippi – Kemper, Noxubee, Winston

- Strategic plans based on healthy community assessments
- County goal setting for years 4 - 5
- Story-telling interviews
- Photo-voice projects
- Website development
- Films about diabetes for 3 regions
- Faith-based introduction of *Diabetes: A Family Matter* (SUGAR Helpers – health coaches)
- Work with local health care professionals



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5 year \$2.5 million project

WE ARE THE CHANGE WE ARE WAITING FOR!!!



Citizen Action