

# The Impact of a Diabetic Education Program in African Americans/Caribbean Islanders with Type 2 Diabetes on Knowledge of Disease Process and Management

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## BACKGROUND

Diabetes remains problematic in the U.S., affecting people from different backgrounds and ethnicities. African Americans/Afro-Caribbeans are particularly at a higher risk of increasing their chances of becoming diabetic (Routh et al., 2019). Significantly more African Americans/Afro-Caribbeans are battling this horrific disease more than any other ethnic groups. Around the 1950's, the mortality rate among African American diabetics began to increase significantly as compared to European Americans (Tull, 2013). In the early 1990's, diabetes was the fourth leading cause of death in African Americans (Tull, 2013).

## INTRODUCTION

Diabetes is worse among Black communities because of multiple societal factors. These factors increased the likelihood of Blacks developing the condition while making it tougher for them to access treatment. Diabetes leads to complications such as retinopathy, cardiovascular diseases, non-traumatic amputations, and slower wound healing. In the African American population, a fatty diet, lack of fruits and vegetables, sedentary lifestyle, high blood pressure, and cigarette smoking can lead to higher blood glucose levels (Kallon, 2003)

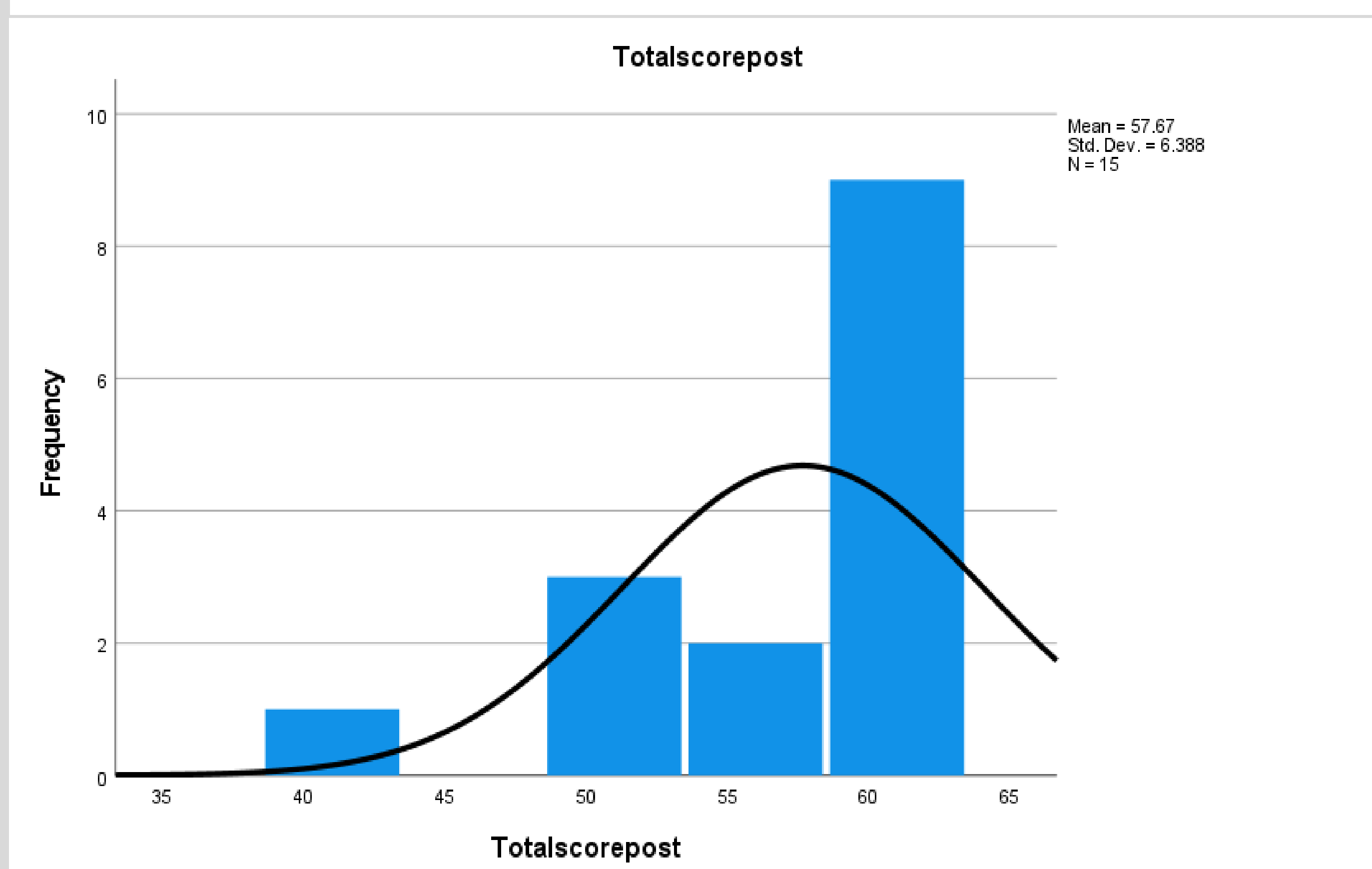
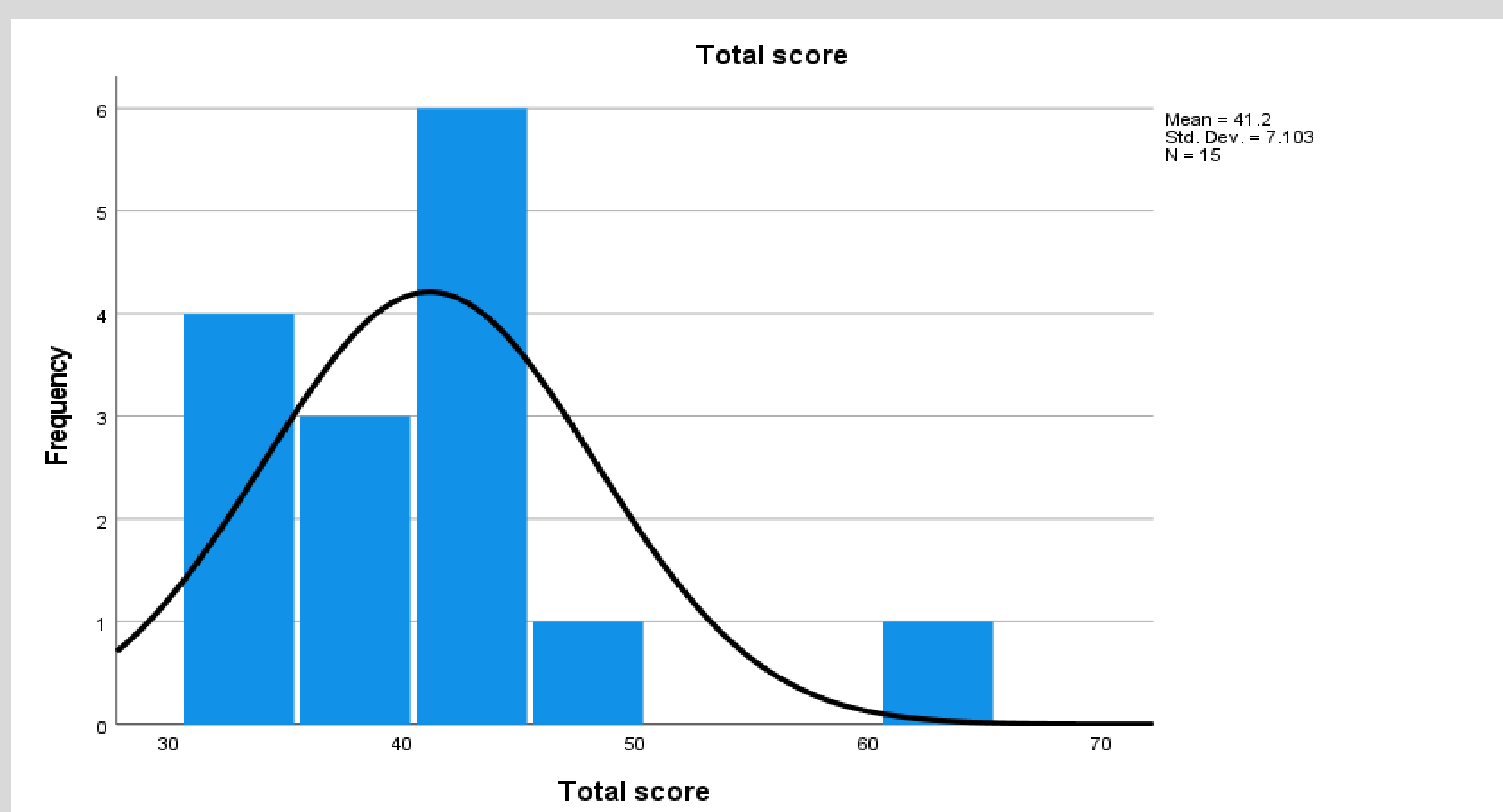
## METHODOLOGY

The intervention used an educational plan that focused on ways to stabilize patients' blood sugar through lifestyle modifications. Participants engaged in weekly 30-minute sessions via zoom to learn more about their lifestyle changes, particularly diet and exercise. The educational materials included reading the weekly diabetic literature proposed by the ADA. Participants were assessed after taking pre- and post-tests using the PALM-Q18 item questionnaire.

## RESULTS

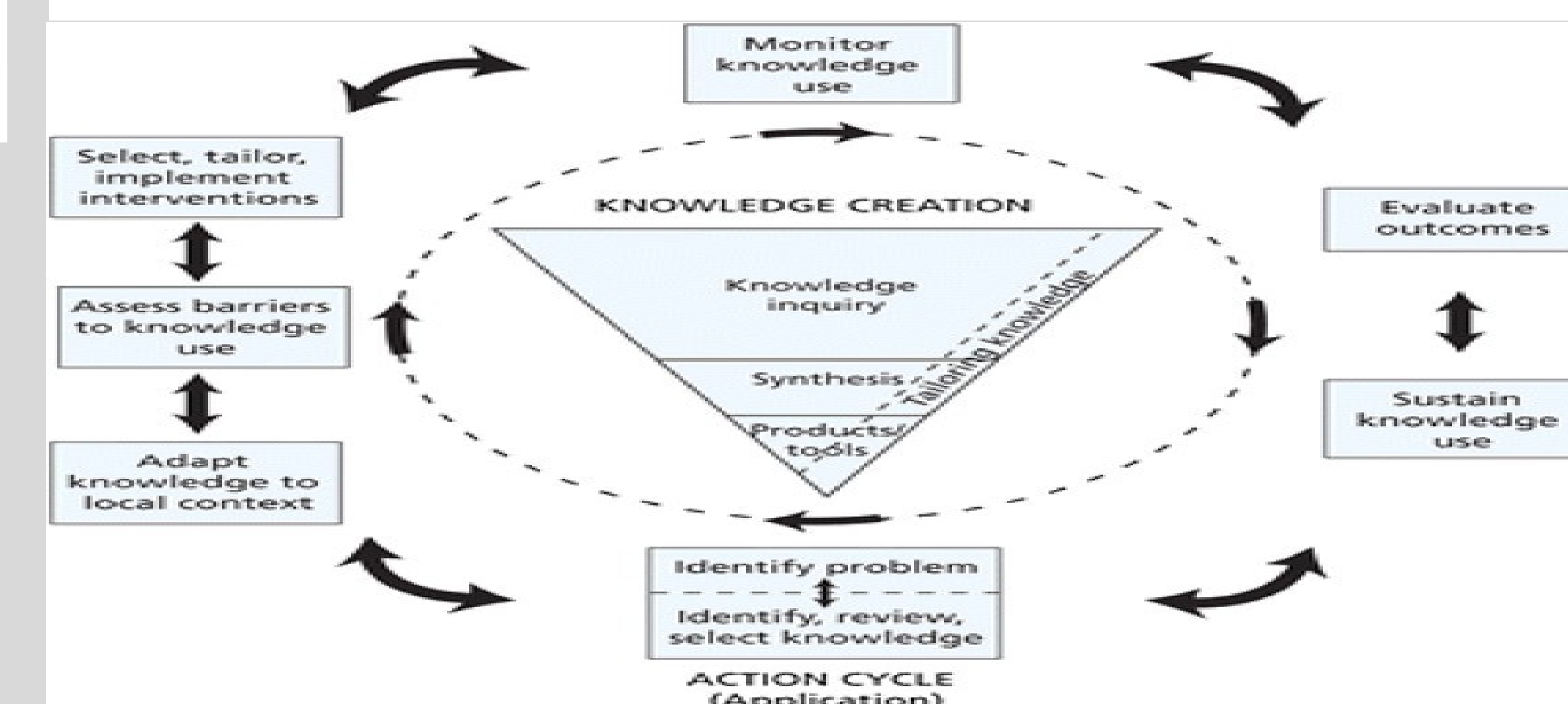
The results proved to be statistically significantly different, such that the pre-test score results were lower than the post-test score results. The analysis proved that there was a positive increase in knowledge statistically significant difference between the pre and post test scores, ( $M = 66.43$ ,  $SD = 9.211$ ) from the post test score ( $M = 16.467$ ,  $SD = 9.211$ ),  $t = -6.924$ ,  $p < .001$  (two tailed).

Table 1: ANOVA Results of DAS



## DISCUSSION

This project has proven statistically that providing education on lifestyle modifications can have a positive impact on diabetics. The educational sessions were impactful because there was an increase improvement in the levels of perceived adherence and knowledge among diabetics in the the African American and Caribbean Islander communities.



## ACKNOWLEDGEMENTS

Thank God for giving me the vision and the courage to pursue my goals. To my children, I pray that my achievements have inspired you and encouraged you to always strive for excellence and never give up on your own aspirations.

## REFERENCES



Scan me!