

Title of Intervention: The Native Hawaiian Diabetes Intervention Program

Intervention Strategies: Supportive Relationships, Group Education

Purpose of the Intervention: To increase physical activity and decrease fat-intake among adults with diabetes

Population: Native Hawaiian adults with diabetes

Setting: West Kauai and North Kohala; community-based

Partners: None mentioned

Intervention Description:

- **Supportive Relationships:** A lifestyle intervention was compared with a standard intervention (SI) for diet and exercise. Both intervention groups received a culturally-competent program for six months. The lifestyle intervention required participants to find a family ('ohana) support person to create a helping relationship and support the participant's advancement from stage to stage. The participants in the 'ohana support (OS) group were given practical instructions on how to ask their support person to help them overcome challenges in making lifestyle behavior changes.
- **Group Education:** The 'ohana support group received five group education sessions while the standard intervention group received three. The OS group received two face to face follow-up contacts, while the SI group received one telephone follow-up. Both groups were offered three exercise classes, with the 'ohana support group including both the participant and support person. Examples of classes offered included: exercise can be fun, eating Hawaiian style, change is not a big deal, power walking and water aerobics. Community peer educators at both sites were trained regarding program implementation by the core research staff through didactic and role-playing teaching methods.

Theory: Stages of Change

Resources Required:

- Staff/Volunteers Community peer educators
- Training: Not mentioned
- Technology: Not mentioned
- Space: Room for group education
- Budget: Not mentioned
- Intervention: Educational materials
- Evaluation: Food frequency questionnaire, visual aids, interviewer, Modified Activity Questionnaire, dietary and exercise Stage of Change questionnaires

Evaluation:

- Design: Quasi-experimental; pre-/post-test
- Methods and Measures:
 - A food frequency questionnaire measured dietary behaviors. Visual aids were used to help respondents estimate portion sizes accurately. Nutrient intake of total calories, daily fat and daily fiber was calculated.
 - Physical activity behaviors were assessed using the Modified Activity Questionnaire.
 - Dietary Stage of Change was calculated for fat and fiber intake using a 19-item questionnaire.
 - Exercise Stage of Change was assessed using a four-item sub scale adapted from the Dieting Readiness Test Questionnaire.

Outcomes:

- Short Term Impact: Not measured
- Long Term Impact: Participants in the OS group who were in the pre-action stage were more likely to advance to action and maintenance for dietary fat and exercise, but not for dietary fiber. The individuals in the OS group who advanced from pre-action to action and maintenance at follow-up were found to

have overall "healthier" dietary and exercise behaviors compared with the corresponding participants in the SI group.

Maintenance: Not mentioned

Lessons Learned: Not mentioned

Citation(s):

Mau MK, Glanz K, Severino R, Grove JS, Johnson B, Curb JD. Mediators of lifestyle behavior change in Native Hawaiians: initial findings from the Native Hawaiian Diabetes Intervention Program. *Diabetes Care*. Oct 2001;24(10):1770-1775.