

Title of Intervention: The "Sixty Something..." Study

Intervention Strategies: Group Education, Supportive Relationships, Individual Education

Purpose of the Intervention: To improve self-management skills of older diabetic adults

Population: Adults age 60 years and older who had Type 2 diabetes

Setting: Community facilities; community-based

Partners: Local diabetes care providers, media

Intervention Description:

- Group Education: The program included 10 weekly sessions that addressed information pertaining to foot care, physical activity and nutrition. Group meetings involved 6-12 participants and placed emphasis on developing individualized plans to overcome barriers to diet and exercise. Participants shared strategies and problem solutions with each other. Weekly meetings and exercise sessions were held during daylight hours in well-known, accessible and pleasant facilities.
- Supportive Relationships: Participants took part in supervised walking sessions twice per week and were asked to exercise one other time per week using the buddy system.
- Individual Education: After each group session, individuals completed a personalized goal-setting and coping strategy/problem solving worksheet for the coming week.

Theory: Social Learning Theory

Resources Required:

- Staff/Volunteers: Psychologists, a registered dietitian, American College of Sports Medicine-certified exercise leaders, other educators
- Training: Not mentioned
- Technology: Not mentioned
- Space: Group sessions and exercises
- Budget: Not mentioned
- Intervention: Notices and ads for local newspapers and newsletters, flyers, public service announcements on TV and radio, blood glucose monitoring supplies, coupons for free shoes, worksheets, educational materials
- Evaluation: Food records, questionnaires, clinical supplies to test blood glucose

Evaluation:

- Design: Randomized controlled trial
- Methods and Measures:
 - Nutrition information was assessed using questionnaires and 3-day food records.
 - Physical activity was measured based on a 7-day recall.
 - Clinical measures that were assessed included glycosylated hemoglobin (hemoglobin A₁C), weight and fasting blood glucose level.
 - Other outcomes that were measured included quality of life, diabetes-specific self-efficacy, mood, social desirability, problem-solving and participation rates in group and exercise sessions.

Outcomes:

- Short Term Impact: There was significant improvement in measures of problem-solving but not for self-efficacy or mood level.
- Long Term Impact: There were significant reductions in overall caloric consumption, percentage of calories from fat and weight. There were no significant changes on measure of dietary fiber intake or quality of life.

Maintenance: Not mentioned

Lessons Learned: Focus groups and evaluation interviews with older Type 2 diabetic patients proved effective at creating a program that addressed identified areas for intervention and barriers to self-care. Older citizens with diabetes can make substantial lifestyle changes if provided support and an intervention tailored to their needs.

Citation(s):

Glasgow RE, Toobert DJ, Hampson SE, Brown JE, Lewinsohn PM, Donnelly J. Improving self-care among older patients with type II diabetes: the "Sixty Something..." Study. *Patient Educ Couns*. Feb 1992;19(1):61-74.

Ary DV, Toobert D, Wilson W, Glasgow RE. Patient perspective on factors contributing to nonadherence to diabetes regimen. *Diabetes Care*. Mar-Apr 1986;9(2):168-172.