

Title of Intervention: Diabetes management program for African-American women with Type 2 diabetes

Intervention Strategies: Group Education, Supportive Relationships

Purpose of the Intervention: To increase moderate intensity physical activity of African-American women with Type 2 diabetes

Population: Lower income African-American women over 40 years of age with Type 2 diabetes

Setting: Primary care practices in central North Carolina; home-based, health care facility-based

Partners: Primary care physicians, medical centers

Intervention Description

- **Group Education:** Group sessions met three times for ninety minutes each. The sessions provided opportunities for demonstration and taste testing of modified recipes. The general content areas addressed knowledge deficits and enhanced skills of participants. Community diabetes advisors helped supervise class sessions and provided participants the opportunity to practice role modeling.
- **Supportive Relationships:** Dietitians provided clinic-based, one-on-one counseling and worked with each participant to develop two or three goals each visit. The dietitians also walked participants through the educational notebook regarding diabetes self-care, diet and physical activity. Community diabetes advisors called participants on a monthly basis to provide social support and reinforce behavior change goals.

Theory: Transtheoretical Model, Social Cognitive Theory, Behavior Modification

Resources Required:

- **Staff/Volunteers:** Community diabetes advisors, health counselors, registered dietitians
- **Training:** Community diabetes advisors received protocol training
- **Technology:** Not mentioned
- **Space:** Meeting space for group sessions
- **Budget:** Not mentioned
- **Intervention:** Educational notebook, recipes, taste test supplies
- **Evaluation:** Questionnaires, Caltrac accelerometers, materials to measure blood glucose and lipid levels

Evaluation:

- **Design:** Randomized controlled trial
- **Methods and Measures:**
 - Questionnaires assessed knowledge and diabetes-related health status.
 - Caltrac accelerometers assessed physical activity.
 - Dietary intake was assessed via telephone-administered recalls.
 - Blood samples measured HbA_{1c} and lipid levels.

Outcomes:

- **Short Term Impact:** Knowledge increased significantly in the intervention group. Mental and social well-being also increased but were not statistically significant.
- **Long Term Impact:** Physical activity expenditures significantly improved in the intervention group. The intervention group's daily caloric intake decreased, but there was no significant impact on glycemic control or blood lipid levels.

Maintenance: Community advisors performed monthly follow-up support calls.

Lessons Learned: Not mentioned

Citation(s):

Keyserling, T. C., C. D. Samuel-Hodge, et al. (2002). "A randomized trial of an intervention to improve self-care behaviors of African-American women with type 2 diabetes: impact on physical activity." *Diabetes Care* 25(9): 1576-83.

Keyserling, T. C., A. S. Ammerman, et al. (2000). "A diabetes management program for African American women with type 2 diabetes." *Diabetes Educ* 26(5): 796-805.