

Managing Your Diabetes: What Helps and Hinders Type II Diabetics

(Facilitators and Inhibitors to Self-Maintenance for Type II Diabetics)

A Preliminary Investigation

March 29th, 2008

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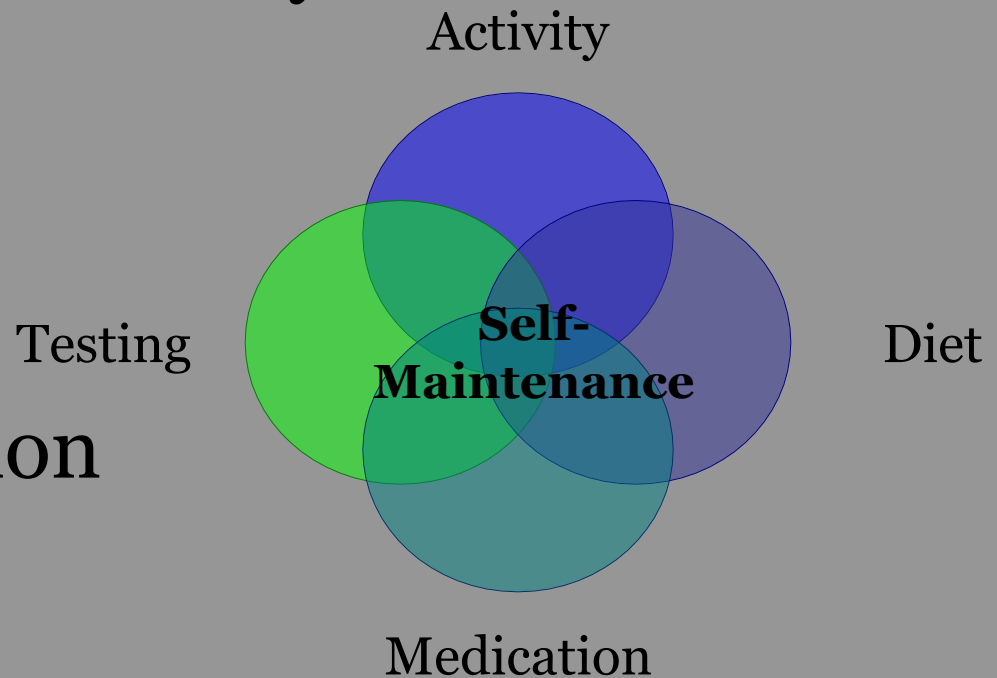
Diabetes Management

➤ Regular Physical Activity

➤ Healthy Diet

➤ Taking Medication

➤ Regular Testing



Associated Complications

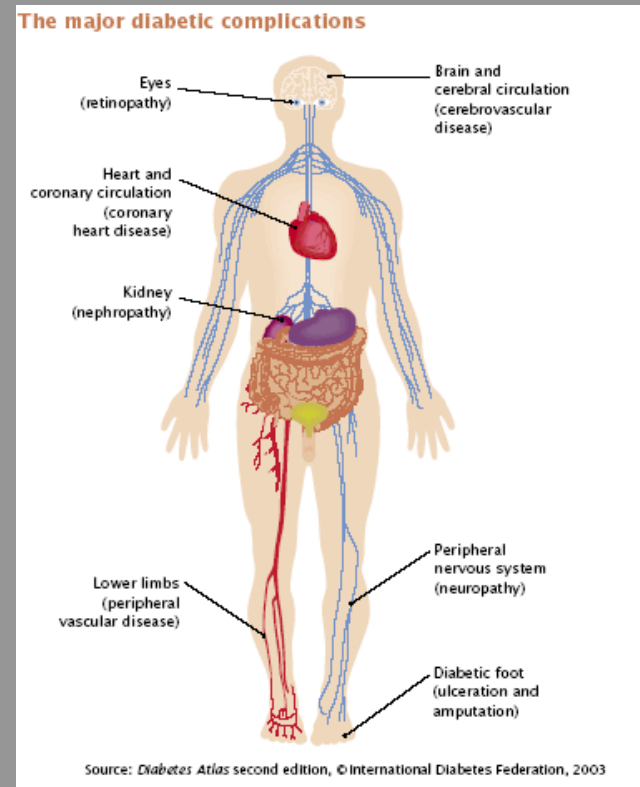
➤ Heart disease

➤ Stroke

➤ Retinopathy

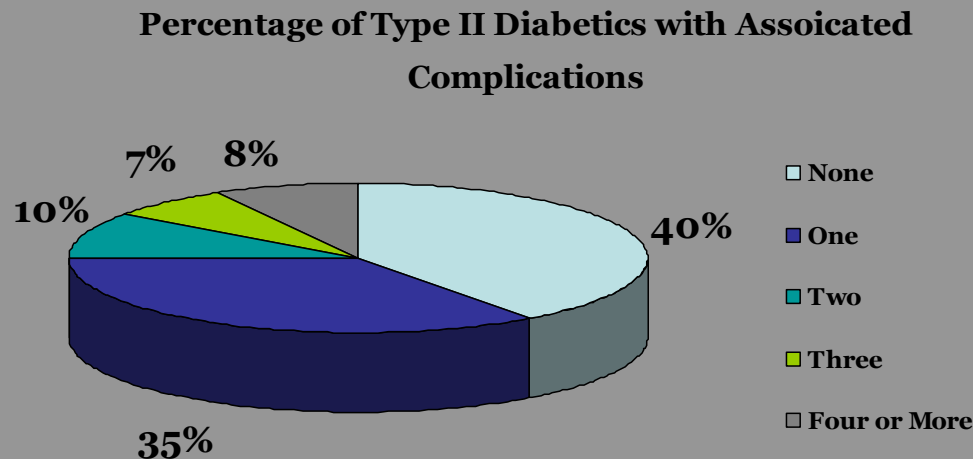
➤ Nephropathy

➤ Peripheral Neuropathy



Statistics

- 18 million people in the United States known to have Type II Diabetes
- 3 out of 5 of these people have at least one of the complications associated with the disease



Research Question

- What factors of daily life either facilitate or inhibit Self-Management for Type II diabetics?

Validity of Research

- Nature of Anthropological Research
- Preliminary Study
- Focus Group
 - Size
 - Active Participation
 - Lack of Consensus

Population

- ‘Sweet Talk’- Diabetes Education Class
 - Offered by the Denton County Health Department
 - Meets Monthly
 - Attendees receive a \$10 food voucher to a local food store
- Established role as group member

Demographic Information

- 23 Participants

- 10 Men

- 13 Women

- Age range: 26-75

- Mean: 60

- Median: 72

- Mode: 75

- Length of Time

- Attending 'Sweet Talk'

- Range: 14 months
to 5 years

- Mean: 3 years

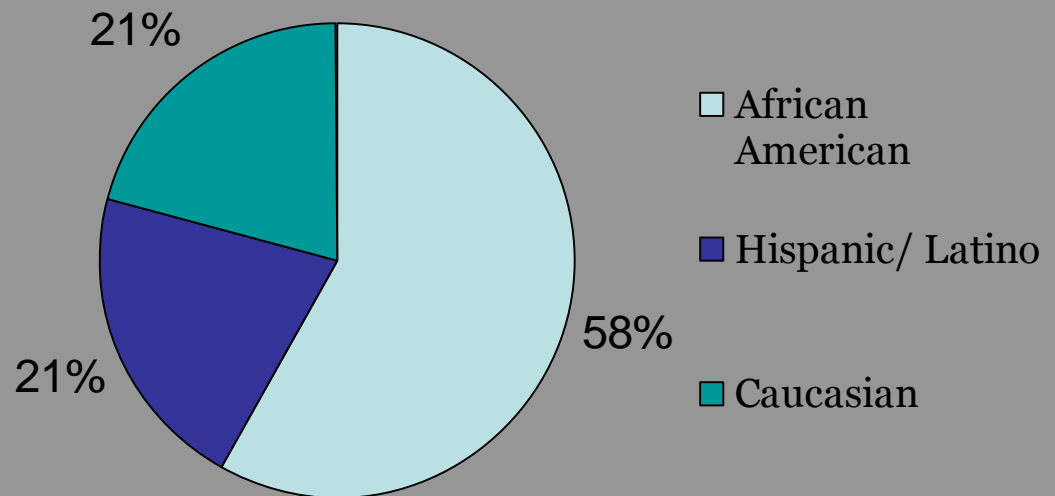
Race and Ethnicity

➤ African American: 14

➤ Hispanic/Latino: 5

➤ Caucasian: 5

Race/Ethnicity of Participants



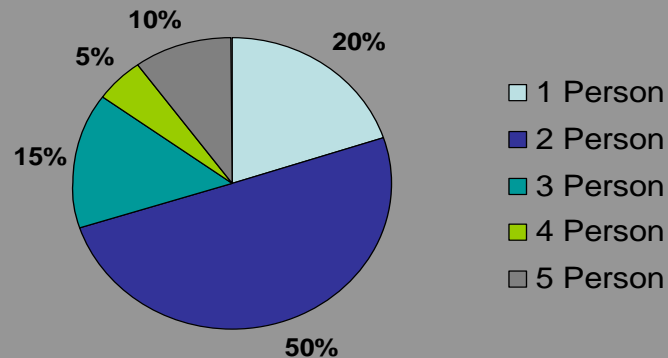
Demographic Information

•Household Size

➤ Range: 1-5

➤ Average: 2.35

Household Size of Participants

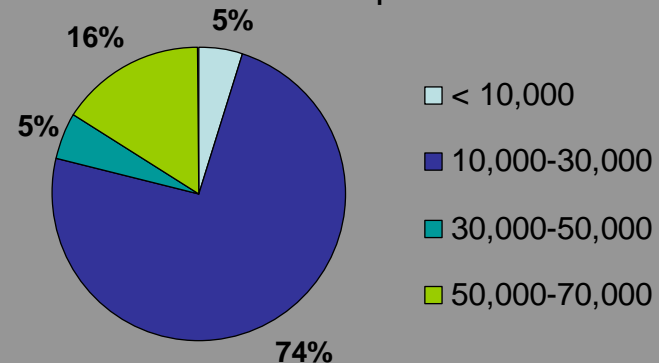


•Annual Household Income:

➤ Range:\$10,000-\$70,000

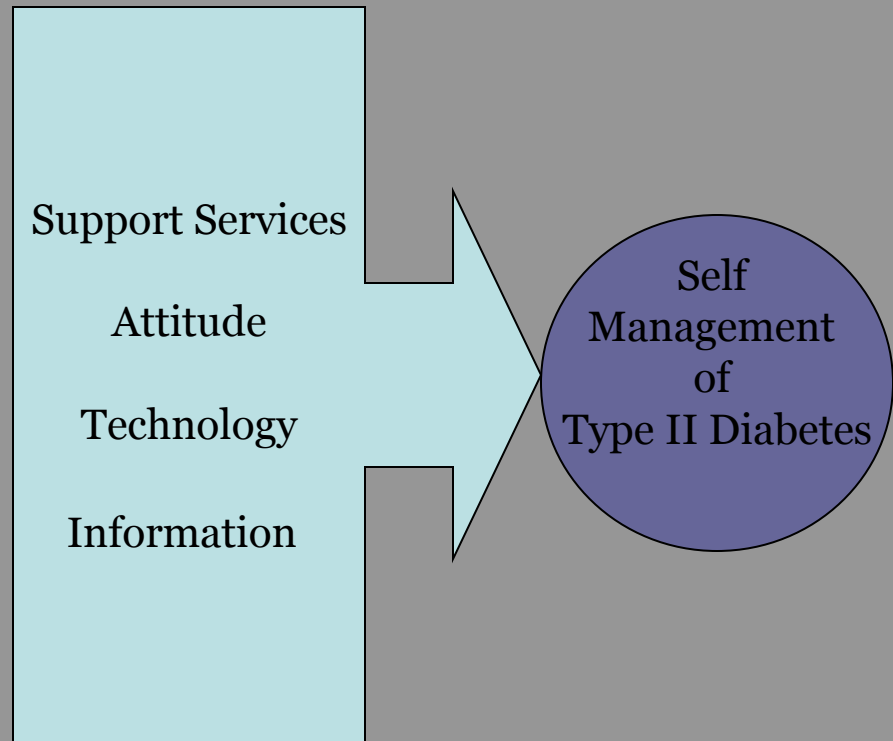
➤ Almost 80% reported incomes of \$30,000 or less

Annual Household Income of Participants



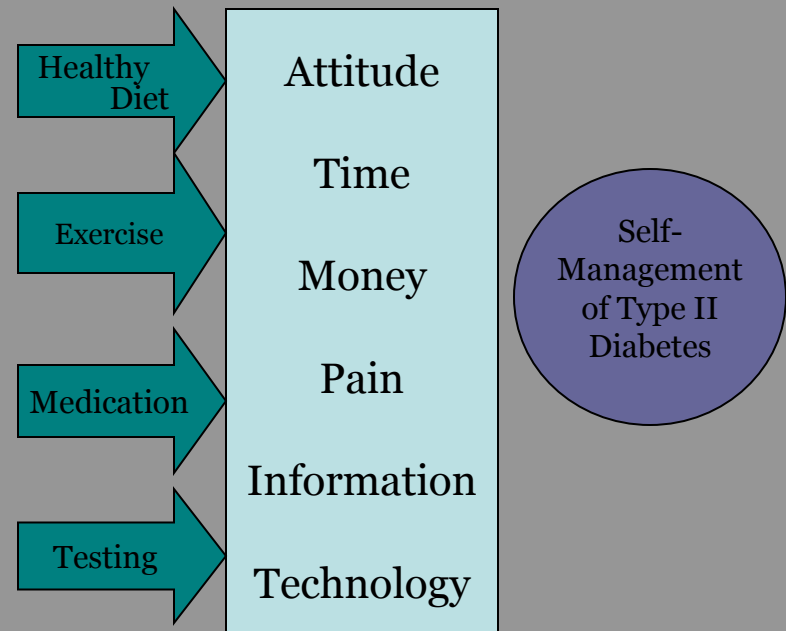
Facilitating Factors

- Support Services
- Attitude/Outlook
- Technology
- Vast array of Information sources



Inhibiting Factors

- Attitude/Outlook
- Time
- Money
- Physical Condition or Pain
- Access to information
- Technology



Attitude and Personal Outlook

- Both a Facilitating and Inhibiting factor
- Problem Solving vs. Defeatist
- Affects all aspects of Self-Management
- Questions of Agency and Individual Responsibility

Discussion

- Men or Women
- How attitude varies, similarities, and how it is developed
- Orientation to Type II Diabetes Literature

Future Research

- Conducting in-depth interviews with focus group participants on similar topics
- Examine individual levels of adherence to self-management recommendations
- What motivates an individual in his or her level of self-management?
- How do these findings compare to similar discussions with other populations of a different class or ethnic mix?

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