Managing Your Diabetes: What Helps and Hinders Type II Diabetics

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

A Preliminary Investigation

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Diabetes Management

- Regular Physical Activity
- Healthy Diet
- Taking Medication
- Regular Testing
Associated Complications

- Heart disease
- Stroke
- Retinopathy
- Nephropathy
- Peripheral Neuropathy
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
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

- 58% African American
- 21% Hispanic/Latino
- 21% Caucasian
Demographic Information

- **Household Size**
  - Range: 1-5
  - Average: 2.35

- **Annual Household Income:**
  - Range: $10,000-$70,000
  - Almost 80% reported incomes of $30,000 or less
Facilitating Factors

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

Support Services
   - Attitude
   - Technology
   - Information

Self Management of Type II Diabetes
Inhibiting Factors

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

Self-Management of Type II Diabetes

Healthy Diet
Exercise
Medication
Testing

Attitude
Time
Money
Pain
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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