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From 2000-2008, only 50.1% of Hispanic Nevadans with diabetes attended a DSM education session (BRFSS and HP2010). Studies show people with diabetes who incorporate self management into their lives have improved A1C levels and improved quality of life (RWJ).

Topics included:

- Each participant received a binder with several handouts including a:

- Incentives were provided to participants, and those who completed at least 4 out of 6 classes received a certificate of completion and a free trial gym membership to the YMCA. Pre and post surveys were administered. Participants who consented received 3 and 6 month surveys.



| PROCESS   |   | OUTCOMES  |  |   |  |
|---|---|---|--|---|--|
| Inputs  | Activities  | Outputs   | Short-term   | Intermediate  | Long-term  |
| <p>CDs Funds</p> <p>Merck US Campaign "Migra"</p> <p>IV BFFBS</p> <p>IV OPKP</p> <p>INDC</p> <p>S. W. Health Dev.</p> <p>HNCA of S. W. Community partners</p> | <p><b>1. Special marketing to target population</b></p> <ul style="list-style-type: none"> <li>• Planets to plan and develop</li> <li>• Recruitment</li> <li>• Recruitment materials</li> </ul> <p><b>2. Community based, Diabetes self management education</b></p> <ul style="list-style-type: none"> <li>• A. Partnered, Hispanic, Latinos</li> <li>• B. Diabetes self management education courses</li> <li>• C. Focus group on diabetes</li> </ul> <p><b>3. Diabetes training</b></p> <ul style="list-style-type: none"> <li>• A. Basic literacy of existing leaders (TES) and/or how to recruit.</li> <li>• B. Develop curriculum on basic DM knowledge</li> <li>• C. "Real" and "Real" to knowledge to have "book" training.</li> <li>• D. Brief tobacco cessation training.</li> </ul> <p><b>4. Peer educators via conference calls</b></p> | <p>1. Number of flyers posted, website hits, radio presentations, newsletter articles, outreach presentations</p> <p>2. Number of participants in DMSE course</p> <p>2. Number of Facilitator provided</p> <p>3. Number of course leaders trained</p> | <p>1. Increased DMSE course enrollment across population with diabetes</p> | <p>1. Increased participant complication rate</p> <p>2. Increased participant self-efficacy</p> <p>3. Increased behavioral change</p> | <p>1. Improved DMG (physical activity, diet, blood sugar, A1C exams, annual foot exams, and first ever eye exams, and first ever neurological neurological examinations) among diabetics in Hispanic populations matched by these specific DMG</p> <p>2. Sustained relevance and sustainability of a diabetes self management education program.</p> |

“How confident do you feel that you will ask a doctor or other health professional for an A1C test twice per year?”

|                   | Answer Choice           | Frequency  | Row Percent  |
|-------------------|-------------------------|------------|--------------|
| Pre Survey        | 1: Not at all confident | 35         | 34.0         |
|                   | 2                       | 5          | 4.9          |
|                   | 3                       | 11         | 10.7         |
|                   | 4                       | 9          | 8.7          |
|                   | 5: Totally confident    | 43         | 41.7         |
|                   | <b>Total</b>            | <b>103</b> | <b>100.0</b> |
| Post Survey       | 1: Not at all confident | 7          | 7.1          |
|                   | 2                       | 1          | 1.0          |
|                   | 3                       | 4          | 4.0          |
|                   | 4                       | 13         | 13.1         |
|                   | 5: Totally confident    | 74         | 74.7         |
|                   | <b>Total</b>            | <b>99</b>  | <b>100.0</b> |
| 3 Month Follow-up | 1: Not at all confident | 3          | 6.1          |
|                   | 2                       | 0          | 0.0          |
|                   | 3                       | 1          | 2.0          |
|                   | 4                       | 0          | 0.0          |
|                   | 5: Totally confident    | 45         | 91.8         |
|                   | <b>Total</b>            | <b>49</b>  | <b>100.0</b> |

  

| Pre vs. Post |            |           |            |
|--------------|------------|-----------|------------|
| Test         | Statistic  | p Value   |            |
| Signet Rank  | S = -296.5 | Pr>= S  = | <.0001 *** |

  

| Pre Survey vs. 3 Month Follow-up |           |           |            |
|----------------------------------|-----------|-----------|------------|
| Test                             | Statistic | p Value   |            |
| Signet Rank                      | S = -166  | Pr>= S  = | 0.0001 *** |

“How confident do you feel that you can choose appropriate foods to eat when you are hungry?”

|                          | Answer Choice           | Frequency  | Row Percent  |
|--------------------------|-------------------------|------------|--------------|
| <b>Pre Survey</b>        | 1: Not at all confident | 24         | 22.5         |
|                          | 2                       | 7          | 6.6          |
|                          | 3                       | 43         | 40.6         |
|                          | 4                       | 17         | 16.0         |
|                          | 5: Totally confident    | 15         | 14.2         |
|                          | <b>Total</b>            | <b>106</b> | <b>100.0</b> |
| <b>Post Survey</b>       | 1: Not at all confident | 7          | 6.8          |
|                          | 2                       | 3          | 2.9          |
|                          | 3                       | 10         | 9.7          |
|                          | 4                       | 30         | 29.1         |
|                          | 5: Totally confident    | 53         | 51.5         |
|                          | <b>Total</b>            | <b>103</b> | <b>100.0</b> |
| <b>3 Month Follow-up</b> | 1: Not at all confident | 1          | 2.0          |
|                          | 2                       | 1          | 2.0          |
|                          | 3                       | 5          | 9.8          |
|                          | 4                       | 10         | 19.6         |
|                          | 5: Totally confident    | 34         | 66.7         |
|                          | <b>Total</b>            | <b>51</b>  | <b>100.0</b> |

  

| <b>Pre vs. Post</b>     |           |               |   |
|-------------------------|-----------|---------------|---|
| Test                    | Statistic | p Value       |   |
| <b>Significant Rank</b> | <b>S</b>  | <b>-1.276</b> | <b>Pr&gt;= S </b> <b>&lt;0.0001</b> *** |

  

| <b>Pre Survey vs. 3 Month Follow-up</b> |           |               |   |
|---|-----------|---------------|---|
| Test                                    | Statistic | p Value       |   |
| <b>Significant Rank</b>                 | <b>S</b>  | <b>-30.75</b> | <b>Pr&gt;= S </b> <b>&lt;0.0001</b> *** |

**“I know what changes are important for better self management of my diabetes.”**

| Answer Choice            |                         | Frequency  | Row Percent  |
|--------------------------|-------------------------|------------|--------------|
| <b>Pre Survey</b>        | 1: Not at all confident | 13         | 14.3         |
|                          | 2                       | 4          | 3.8          |
|                          | 3                       | 10         | 9.5          |
|                          | 4                       | 8          | 7.6          |
|                          | 5: Totally confident    | 68         | 64.8         |
| <b>Total</b>             |                         | <b>105</b> | <b>100.0</b> |
| <b>Post Survey</b>       | 1: Not at all confident | 2          | 2.0          |
|                          | 2                       | 1          | 1.0          |
|                          | 3                       | 0          | 0            |
|                          | 4                       | 8          | 7.9          |
|                          | 5: Totally confident    | 90         | 89.1         |
| <b>Total</b>             |                         | <b>101</b> | <b>100.0</b> |
| <b>3 Month Follow-up</b> | 1: Not at all confident | 0          | 0            |
|                          | 2                       | 0          | 0            |
|                          | 3                       | 3          | 3.1          |
|                          | 4                       | 6          | 5.8          |
|                          | 5: Totally confident    | 42         | 85.7         |
| <b>Total</b>             |                         | <b>49</b>  | <b>100.0</b> |

  

| Pre vs. Post |           |                    |         |
|--------------|-----------|--------------------|---------|
| Test         | Statistic | Pr >=  t           | p Value |
| Signed Rank  | S = -101  | Pr >=  S  = 0.0003 | ***     |

  

| Pre Survey vs. 3 Month Follow-up |           |                    |         |
|----------------------------------|-----------|--------------------|---------|
| Test                             | Statistic | Pr >=  t           | p Value |
| Signed Rank                      | S = -101  | Pr >=  S  = 0.0003 | ***     |

“How confident do you feel that you can participate in moderate physical activity for at least 150 minutes per week?”

|                          | Answer Choice           | Frequency  | Row Percent  |
|--------------------------|-------------------------|------------|--------------|
| <b>Pre Survey</b>        | 1: Not at all confident | 9          | 8.1          |
|                          | 2                       | 11         | 10.7         |
|                          | 3                       | 22         | 20.4         |
|                          | 4                       | 17         | 15.7         |
|                          | 5: Totaly confident     | 49         | 45.6         |
|                          | <b>Total</b>            | <b>108</b> | <b>100.0</b> |
| <b>Post Survey</b>       | 1: Not at all confident | 5          | 4.3          |
|                          | 2                       | 4          | 3.5          |
|                          | 3                       | 8          | 7.8          |
|                          | 4                       | 21         | 20.6         |
|                          | 5: Totaly confident     | 64         | 62.7         |
|                          | <b>Total</b>            | <b>102</b> | <b>100.0</b> |
| <b>3 Month Follow-up</b> | 1: Not at all confident | 4          | 8.7          |
|                          | 2                       | 1          | 2.0          |
|                          | 3                       | 4          | 8.2          |
|                          | 4                       | 8          | 16.3         |
|                          | 5: Totaly confident     | 36         | 73.5         |
|                          | <b>Total</b>            | <b>49</b>  | <b>100.0</b> |

  

| <b>Pre vs. Post</b> |           |      |         |            |
|---------------------|-----------|------|---------|------------|
| Test                | Statistic |      | p Value |            |
| Signed Rank         | S         | -314 | Pr>= S  | 0.0002 *** |

  

| <b>Pre Survey vs. 3 Month Follow-up</b> |           |       |         |        |
|---|-----------|-------|---------|--------|
| Test                                    | Statistic |       | p Value |        |
| Signed Rank                             | S         | -92.5 | Pr>= S  | 0.0666 |

“How confident do you feel that you will ask a doctor or other health professional for a dilated eye exam once per year? ●●

| Pre Survey        | Answer Choice           | Frequency  | Row Percent  |
|-------------------|-------------------------|------------|--------------|
|                   | 1: Not at all confident | 2          | 11.5         |
|                   | 2                       | 12         | 11.5         |
|                   | 3                       | 10         | 9.6          |
|                   | 4                       | 10         | 9.6          |
|                   | 5: Totally confident    | 52         | 50.0         |
|                   | <b>Total</b>            | <b>104</b> | <b>100.0</b> |
| Post Survey       | 1: Not at all confident | 9          | 8.7          |
|                   | 2                       | 1          | 1.0          |
|                   | 3                       | 4          | 3.5          |
|                   | 4                       | 10         | 9.7          |
|                   | 5: Totally confident    | 79         | 76.7         |
|                   | <b>Total</b>            | <b>103</b> | <b>100.0</b> |
| 3 Month Follow-up | 1: Not at all confident | 2          | 2.0          |
|                   | 2                       | 0          | 0.0          |
|                   | 3                       | 1          | 1.0          |
|                   | 4                       | 1          | 1.0          |
|                   | 5: Totally confident    | 44         | 41.7         |
|                   | <b>Total</b>            | <b>48</b>  | <b>100.0</b> |

  

| Pre vs. Post |           |                   |          |                      |
|--------------|-----------|-------------------|----------|----------------------|
| Test         | Statistic | df                | p Value  |                      |
| Significant  | S         | Statistic = .4815 | P=0.4815 | ( $p < .00001$ ) *** |

  

| Pre Survey vs 3 Month Follow-up |   |                  |         |                      |
|---------------------------------|---|------------------|---------|----------------------|
| Test                            | S | Statistic        | df      | p Value              |
| Significant                     | S | Statistic = .104 | P=0.935 | ( $p = 0.0052$ ) *** |

“I have set a goal or made a plan to start making changes in my daily life to better manage my diabetes (health).”

|                   | Answer Choice | Frequency | Row Percent |
|-------------------|---------------|-----------|-------------|
| Pre Survey        | Yes           | 62        | 77.5        |
|                   | No            | 8         | 7.5         |
|                   | Not Sure      | 16        | 15.0        |
|                   | Total         | 100       | 100.0       |
| Post Survey       | Yes           | 97        | 65.8        |
|                   | No            | 3         | 2.5         |
|                   | Not Sure      | 2         | 2.0         |
|                   | Total         | 102       | 100.0       |
| 3 Month Follow-up | Yes           | 46        | 3.5         |
|                   | No            | 2         | 4.1         |
|                   | Not Sure      | 1         | 2.0         |
|                   | Total         | 49        | 100.0       |

  

| Pre vs. Post                     |           |          |             |
|----------------------------------|-----------|----------|-------------|
| Test                             | Statistic |          | p Value     |
| Signed Rank                      | S = 158   | Pr(=) <= | <0.0001 *** |
| Pre Survey vs. 3 Month Follow-up |           |          |             |
| Test                             | Statistic |          | p Value     |
| Signed Rank                      | S = -28.5 | Pr(=) <= | 0.02 ***    |

- The majority of class participants (90%) were willing and able to start making changes in their daily lives to better manage their diabetes (healthy).
- 95.1% of the participants who took both a pre survey and post survey reported having set a goal or made a plan to start making changes in their daily lives to better manage their diabetes (healthy).
- 204 people attended at least one class; of which 192 people completed a pre survey and 110 completed a post survey.
- 53 participants completed 4 of 6 classes and participated in 3 month follow-up surveys.

| Race/Ethnicity                      | Percentage |
|-------------------------------------|------------|
| Hispanic                            | 81.3%      |
| White non-Hispanic                  | 8.8%       |
| Black non-Hispanic                  | 6.6%       |
| Asian/Pacific Islander non-Hispanic | 3.3%       |



- The **Overall Intervention Goal** was to decrease the burden of diabetes among the Hispanic and low SES populations over the age of 18 years in Southern Nevada through the Self-Management Education Program. This includes strategies to increase diabetes self-management through advocacy for policy and environmental change.
- Locally, in Southern Nevada, because funding for this project was eliminated, we plan to continue providing technical assistance to community partners that wish to provide diabetes prevention and/or self-management classes and will support systems changes by bridging the gap between clinical and community health. SNHD is working on strategies to increase diabetes self-management through advocacy for policy and environmental change.
- **Challenges and barriers** included lack of transportation, child care, literacy, competing time for appointments and family responsibilities, all of which could have been factors in number of completers of the program.

