

Improving Diabetes Outcomes in Native American Populations

Reality

Background

In Humboldt County, Native American communities are **2x** more likely to die due to complications from diabetes compared to rest of population

In contrast, diabetes related health outcomes have improved for majority of population

→ Health equity ←

Importance of Issue

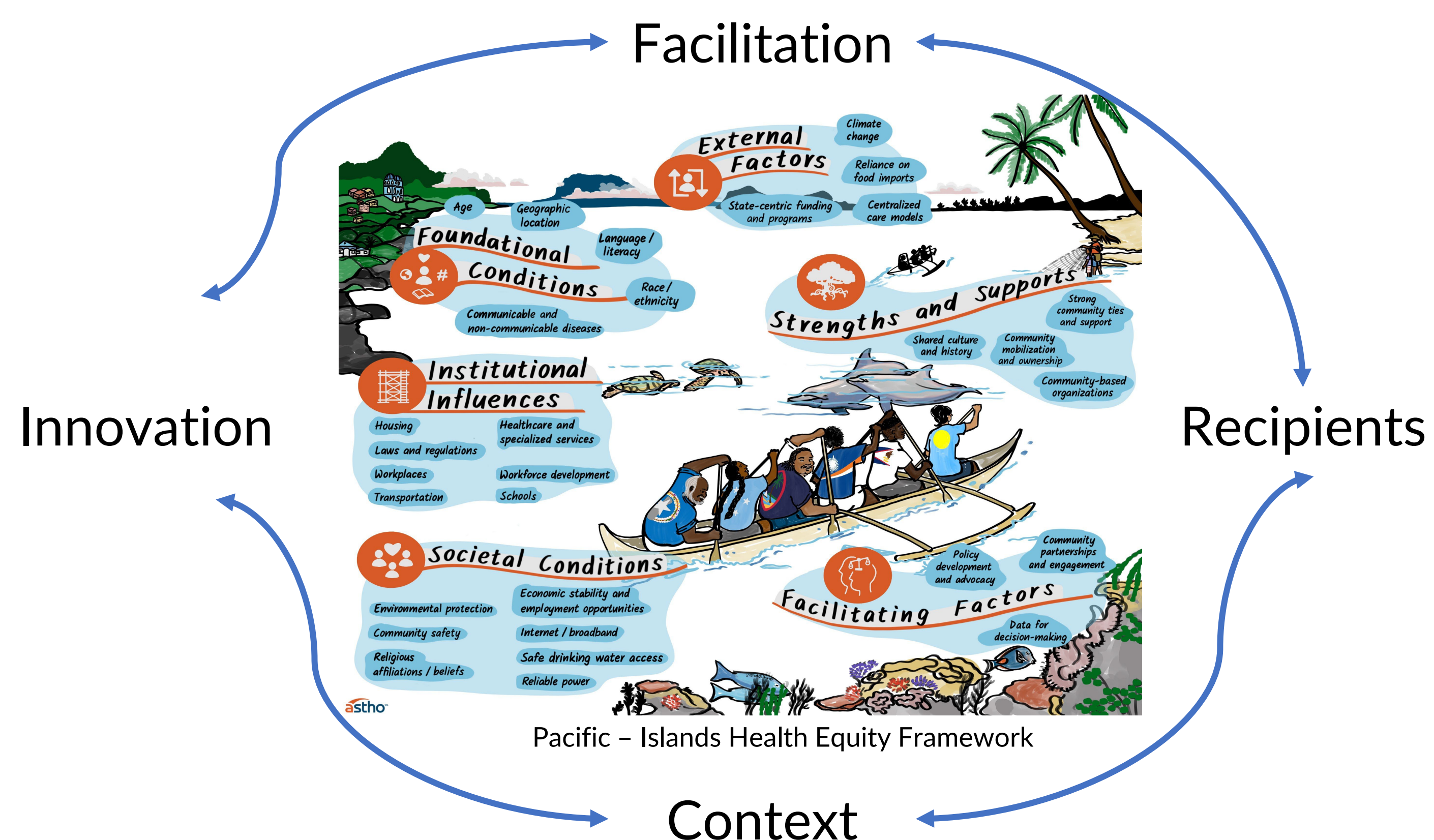
- Increased healthcare utilization
- Accessibility, relatability, and cultural reflection of diabetes education and prevention methods
- Community health begins with individual
- Respectful relationship with oneself

→ Physical Wellness
→ Cultural Wellness

- Holistic approach to self, community, and healthcare system

i-PARIHS Framework

Integrated-Promoting Action on Research Implementation in Health Services Framework (i-PARIHS)

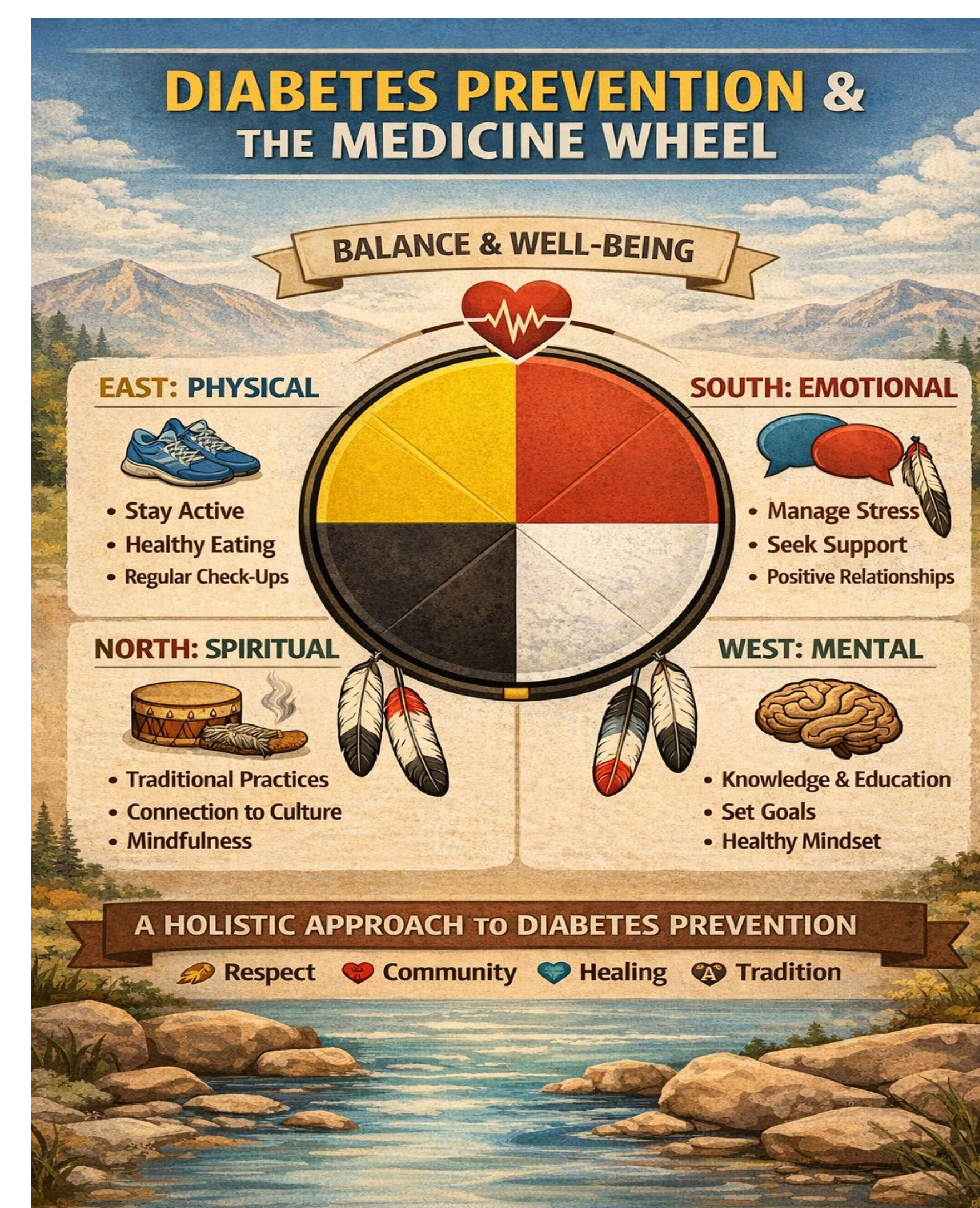


Theoretical

Key Concepts & Outcomes

Holistic approaches to wellness will improve healthcare for all through community-led innovation efforts

Within 1 year of adopting culturally sensitive diabetes care, 70% of participants will lower their A1C levels by 1%.



Generated with ChatGPT, Native American Medicine Wheel was used as foundation for image concepts with diabetes specific information

Interventions & Solutions

→ Enriching diabetes self-management education and support programs with cultural emphasis

→ Strengthening community-based participatory research programs to incorporate traditional values

→ Policy and insurance coverage for continuous glucose monitoring (CGM) devices

Key Players

- Patients with diabetes and pre-diabetes
- Family members
- Younger and older generations
- Tribal leaders
- Healthcare, behavioral/mental health professionals
 - Hospital, clinics, tribal outreach/clinics
- Connected with Nature
- Respect, Wisdom, Truth, Humility, Honesty and Bravery

→ Self-determination

By emphasizing a respectful relationship within oneself, we secure the future of indigenous peoples whom offer wisdom to all people.

Evaluation

- Process Evaluations
 - Attendance/rates of diabetes self-management education sessions
 - Numbers of patients with CGMs pre- and post-project
- Impact Evaluations
 - Increase in knowledge related to diabetes management
 - Nutrition, activity, self-determination, wellness
 - Regular A1C monitoring every six months

References

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Meagan Shadle, RN, ADN
RN to BSN
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Cal Poly Humboldt
H. Nursing