

Diabetes Education Outreach to Latino Families
OSUEA Hoecker Grants Program Report
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The Project:

This project proposed piloting innovative methods for providing diabetes education to the Latino community in the mid-Willamette valley.

What Was Learned:

1. An OSU Institutional Review Board (IRB) approval was obtained for a needs assessment tool. The needs assessment was conducted at two Latino events sponsored by the Mexican Consulate. The survey was designed to find out preferences regarding type of diabetes information the participants were interested in learning, and their preferred methods for receiving health information. I used the DOTS method of visual assessment to conduct the survey, asking the participants to put sticky dots in the categories they preferred. All survey items were bilingual, in English and Spanish. When asked, "What would you like to know about diabetes?" All items ranked high, with the highest being "How to maintain healthy levels of blood sugar", "How to prevent diabetes" and "The symptoms of diabetes. When asked, "How do you prefer to receive health information?" the top responses were "Speaking with a nurse or doctor", "Listening to the radio", and "reading pamphlets".
2. Under the leadership of the Oregon Health Services and the Food and Nutrition Specialist, I collaborated with a statewide group and developed a Spanish-translated and revised, culturally appropriate version of the Idaho Plate Method, an eating plan for diabetics. Collaborated with the Marion County Las Comidas Latinas staff to review translations of the Idaho Plate Method diabetic eating plan. This curriculum has been used by the Las Comidas program assistants during the past year, and is being used in Hood River and Lincoln Counties.
3. I developed an interactive game-based program to increase awareness of diabetes in the Hispanic/Latino community. *Apranda sobre la Diabetes (Learn about Diabetes)* The program was taught in the classroom setting as well as at community health fairs and events. Discussion of diabetes and playing the bilingual (Spanish and English) diabetes bingo game are key components of the program. The game, *Diabetes Bingo or Lotería de Diabetes*, is based on the *Lotería* game, a familiar fiesta game in Mexico. It is similar to bingo, but has pictures instead of numbers. Players receive cards and beans for markers, the teacher has a deck of small cards with the pictures on them, and uses them like flash cards, while talking about each item. The players mark their cards, and can win just like bingo, by getting a row filled diagonally, horizontally or vertically. Inexpensive prizes are awarded for winners.

Audiences reached included participants of programs and events sponsored by the Mid

Willamette Valley Women's Crisis Center, Oregon Department of Human Services, Mexican Consulate, West Salem Service Integration Team, Polk County Prevention, Salud Medical Center, Child Care Information Services, Catholic Charities, Gervais School District, Polk County Hispanic Advisory Council, Community Action, Woodburn School District, Multnomah County OSU Extension Hispanic Office, and OSU Human Development Family Sciences Department. Twelve programs were conducted in 2002, with a total of 1668 participants. A Latina nurse who saw the game at a school health event, described it to a networking group as the perfect teaching tool for the audience, because it is a familiar game, it is low literacy, and it is something the whole family can do together.

Impacts on Audience:

This game has been used in a variety of settings, including outdoor health and community fairs and as presentations to groups of childcare providers and those being trained as health promoters. The evaluation instrument is a simple, low literacy page containing the artwork used in the game to represent key concepts about diabetes. Participants received the instrument at the end of the presentation and were asked to do three things: 1) draw a triangle around the artwork that represented something new that they learned today; 2) draw a square around the artwork that represented something that was surprising to them to find out; and 3) draw a circle around the artwork that represents something they are willing to do in the future to either prevent diabetes or manage it better. The instrument was used with four different groups during 2002, and was distributed to 39 participants.

Results regarding new information learned: 37 of 39 participants were able to identify at least one new item they learned by playing the bingo game. Twenty participants were able to identify four or more new information items. The average of all 39 participants was 4.23 items. The largest number identified was 18 items. The top items identified that the participants learned as a result of the game were: affect on the nerves (19 responses), affect on the feet (18), and extreme tiredness as a symptom of diabetes (17).

The information that surprised the participants the most were: sores that do not heal as a symptom, start of diabetes not due to fright or anger, and kidney damage as a result of diabetes.

Results regarding something they were willing to do in the future to prevent or manage diabetes: 35 of 39 participants were able to identify at least one thing they can do. Seventeen were able to identify 4 or more things. The average of all 39 participants was 2.92 items. The top items identified that the participants were willing to do were: regular exercise (26 responses), healthy foods (23), and regular clinic visits (16). The survey results showed that the game participants significantly increased their knowledge about diabetes, and were motivated to make lifestyle changes to prevent or manage diabetes.

Implications for the Future:

The game has proven to be popular, and is currently under revision to improve the

artwork and messages. It will be sent to reviewers and pilot testers among the education and health community this year. It is hoped that it will eventually be marketed throughout the country. A presentation proposal about the game is being submitted for the Galaxy II national Extension Conference. Thank you, Hoecker family, for this opportunity!