



# Faith Based Intervention Program to Reduce the Onset of Type 2 Diabetes

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## Background & Significance

- African Americans have a higher prevalence of diabetes and are 1.8 times more likely to be diagnosed with diabetes than their white counterparts.
- An important link in reducing the burden of diabetes among African Americans is by providing education to enhance recognition of risk factors.
- Increase knowledge of diabetes risk factors may be achieved through partnerships with faith based programs.

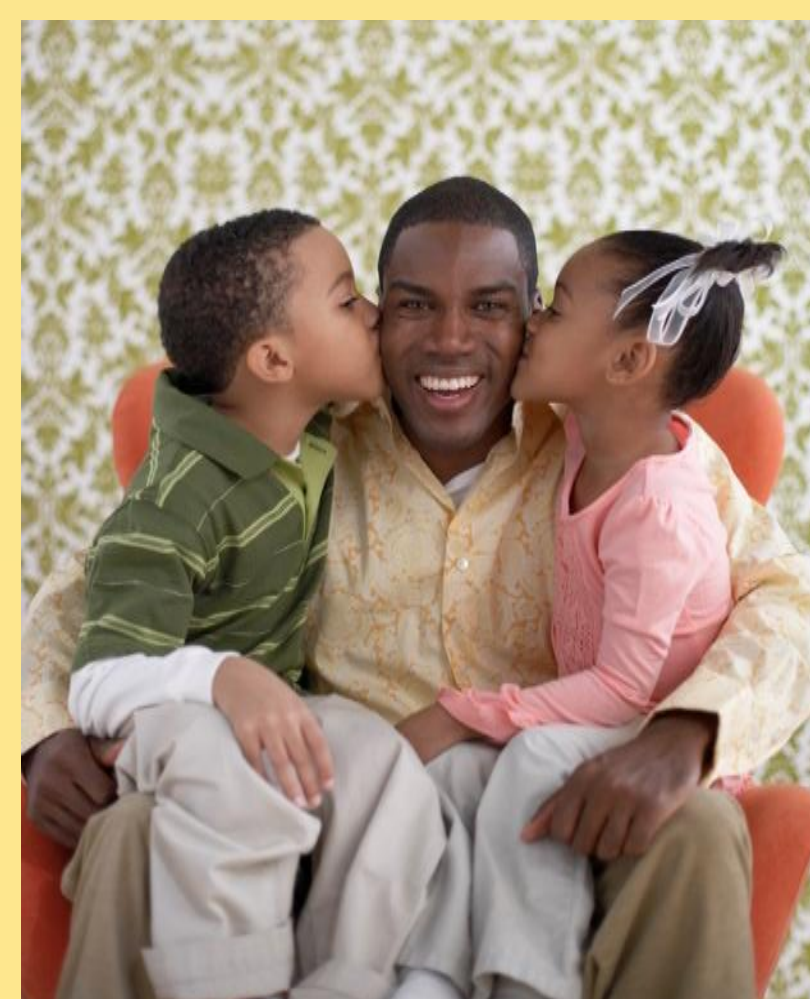
*Beloved, I wish above all things that you prosper and be in good health, even as your soul prospers.*

**3 John 2**



## Purpose

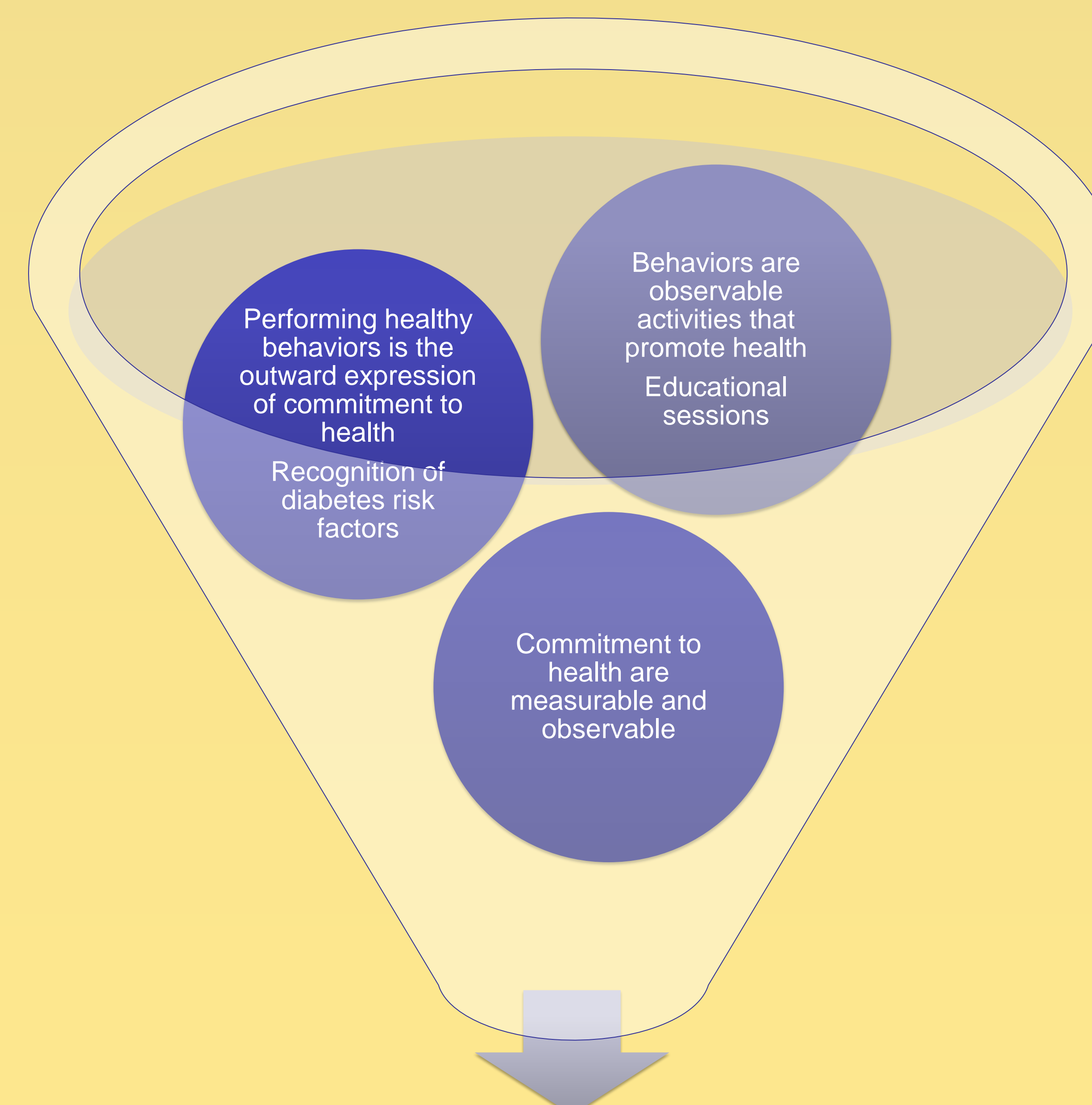
To assess the current knowledge of diabetes risk factors in a faith based environment within the African American community.



## Project Plan & Population

This project will be in a faith based health ministry program. The program is designed to be culturally relevant for African Americans at risk for Type 2 diabetes.

## Commitment to Health Theory



Knowledge translates into the adoption of new behavioral such as

- Increase in dpractices aily exercise
- Healthy food choices
- Achieve or maintain ideal body weight

## Methods/Interventions

- This is a non-randomized, one group, pretest, post-test design.
- Inclusion Criteria: African American adults ages 18-75, English speaking with at least one positive risk factor identified by the ADA
- A 12 item diabetes risk/knowledge questionnaire will be administered prior to the first teaching session to determine baseline knowledge.
- Participants will attend two one hour educational sessions.
- The investigator will assess knowledge of diabetes risk factors by the results of a post-test questionnaire which will be given after the second educational session.

## Conclusion

The results derived from this project will be used to design and implement evaluative tools to examine the effectiveness of the educational program in improving adoption of healthy behaviors that reduce risk of diabetes Type 2 onset.

## Acknowledgement

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