



## Addressing Diabetes Among Hispanics in Tennessee: *Building Capacity in an Underserved, Minority Community in Southern Appalachia*

### Issue

Diabetes is the most common health condition affecting minorities in the United States. At least 15% of Hispanics have type 2 diabetes, which is the third leading cause of death among Hispanic women and the fourth leading cause of death among Hispanic men. Over 33% of Hispanics age 65 to 74 have diabetes, compared with 17% of non-Hispanic Caucasians of the same age.

The rising incidence of type 2 diabetes and its devastating complications among the growing Hispanic population in the United States has become a health care crisis. However, Hispanics remain less likely to receive high quality care for their diabetes. As a result, diabetic control is poorer among Hispanics and complications of diabetes occur more frequently. Various socioeconomic and cultural factors have been cited as barriers to preventing and treating diabetes effectively among Hispanics.

**“With type 2 diabetes growing at epidemic proportions, it is time to issue a wake-up call to people who are at risk for this serious disease. It is imperative that we all work together to begin to reach people at risk with the hopeful news of prevention.”**

Francine Kaufman, M.D.  
President, American Diabetes Association

### Response

Researchers from the East Tennessee State University are working with Hispanic community members in southern Appalachia to reduce the burden of diabetes. Composed of community members, health care providers, and researchers, the coalition will assess the needs of the community and develop interventions to enhance detection, management, and prevention of diabetes. An underlying goal of the coalition will be to enhance the community's perception of its abilities to identify and solve problems related to health.

Although the overall goal of the project is to reduce the burden of diabetes and improve the health of the community, specific objectives are to:

- Increase the number of community members screened for diabetes;
- Increase knowledge of diabetes prevention and management;
- Improve provider and patient satisfaction with diabetes care; and
- Increase community awareness of diabetes risk and programs.

This project will provide valuable information about the process of building capacity in underserved, minority communities to address specific health problems effectively.

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### More Information

For more information about this research project, contact Mary Katherine Anderson, Ph.D., Associate Professor, East Tennessee State University, College of Nursing, P.O. Box 70565, Johnson City, TN 37614  
Tel: (423) 439-4051  
Fax: (423) 439-4050  
[Anderson@etsu.edu](mailto:Anderson@etsu.edu)

This research grant is funded through the second round of the Centers for Disease Control and Prevention's (CDC) Extramural Prevention Research Program (EPRP). The EPRP is committed to funding prevention research that has direct relevance for policy and practice by having researchers invite health professionals and communities to participate in the research process - including identifying research questions of importance to their community and interpreting and applying the study findings in their community. The EPRP supports many such community-based research grants throughout the United States.

For more information about CDC's EPRP, please contact the Office of Science and Extramural Research, Public Health Practice Program Office, CDC, 4770 Buford Highway, NE, MS K-56, Atlanta, GA 30341-3724  
Tel: (770) 488-2070  
Fax: (770) 488-8200  
<http://www.phppo.cdc.gov/od/oser>

