



Diabetes and the Family—*La Diabetes y La Unión Familiar Promotora Manual*

University of Arizona Prevention Research Center

A Prevention Research Center Tool Showing Evidence of Effectiveness

FAST FACTS:

- Initiated in 1986, PRCs do practical public health research with at-risk communities to promote health and prevent diseases such as cancer, diabetes, heart disease, HIV/AIDS, and obesity.
- The PRC program currently consists of 26 centers nationally, which are housed within a school of public health or a medical school that has a preventive medicine residency program.
- For every \$1 invested by CDC in 2014, PRCs received an average of \$8.60 in additional funds allowing for additional research projects and more innovation in public health.

OVERVIEW

The Diabetes and the Family program (*La Diabetes y La Unión Familiar*) combats diabetes through family involvement, teaches supportive behaviors toward the diabetic family member, and encourages healthy choices that will lower their own risk of developing the disease. Created for Hispanic families who are at particular risk for diabetes,¹ this program mobilizes *promotores de salud* (community health workers) to help families prevent and manage diabetes through team building, communication, and planning ahead. The 12-week program consists of an initial home visit, a kick-off event, 5 educational sessions, a graduation celebration, and a follow-up visit. The teaching manual, available in English and Spanish, includes flip charts to introduce key ideas; suggested games, physical activities, and recipes; and worksheets for families to complete together.

RESEARCH RESULTS

The University of Arizona PRC adapted the program from the Border Health Strategic Initiative family curriculum. After having completed the program, families reported exercising more, drinking fewer sweetened beverages, and experiencing greater family solidarity in making healthy choices.² One study showed that the program resulted in an increased understanding of diabetes risk factors and significant changes in lifestyle behaviors.³ Participants reported that they appreciated the support of class members and felt better prepared to prevent or manage diabetes.⁴

TOOL LOCATION

<http://azprc.arizona.edu/sites/default/files/pdf/Promotora%20Manual%20Spanish%20COMPLETE%203-2011.pdf>

<http://azprc.arizona.edu/sites/default/files/pdf/Promotora%20Manual%20English%20COMPLETE%203-2011.pdf>



REFERENCES

1. Centers for Disease Control and Prevention. Preventing chronic diseases: investing wisely in health, preventing diabetes and its complications. <http://www.usmayors.org/chhs/factsheets/Diabetes.pdf>. Accessed February 2, 2017.
2. Reinschmidt KM, Teufel-Shone NI, Bradford G, et al. Taking a broad approach to public health program adaptation: adapting a family-based diabetes education program. *J Prim Prev*. 2010;31:69-83.
3. Teufel-Shone NI, Drummond R, Rawiel U. Developing and adapting a family-based diabetes program at the U.S.-Mexico border. *Prev Chronic Dis*. 2005;2(1):1-9.
4. Arizona Prevention Research Center. Family Diabetes Education website. <http://azprc.arizona.edu/curricula/diabetes-and-family-curriculum-english-version>. Accessed February 2, 2017.