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Prevention of type 2 diabetes in urban American Indian/Alaska natives' communities: The life in balance pilot study

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Objective: The Life in BALANCE (LIB) study was a pilot translational study modeling the Diabetes Prevention Program (DPP) intensive lifestyle coaching intervention among an underserved, high-risk population: American Indians/Alaska Natives (AI/ANs) living in a large urban setting (Las Vegas, Nevada).

Research Design and Methods: The LIB qualitative component used semi-structured one-on-one interviews to understand the experiences of 11 of the program participants who completed the core curriculum (n = 11 out of 15). Subjects who agreed to participate in the qualitative component ranged in age from 23 to 55 years with a mean of 39 years and included 9 women and 2 men. Interviews were transcribed and then coded and analyzed using Atlas.ti Qualitative Data Analysis software.

Results: Eight thematic categories (motivation, limited health knowledge, lifestyle change options, etc.) emerged as the most relevant to the aims of the qualitative component.

Conclusions: The qualitative data from the interviews reflects the Social Cognitive Theory (SCT), where key components of SCT are the interplay of personal, behavioral and environmental influences. The LIB intervention recognized that barrier/impediments in the built environment of the participants impacted or reduced positive health behaviors.

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