

Preventing Cardiovascular Disease in Diabetic Multi-Ethnic Patients



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CAB Meeting

PURPOSE

- The goal of this CDC fellowship is to examine, determine, implement, measure, and evaluate the Cardiovascular Disease (CVD) component of the SW PRC parent grant
- We are currently in the infant stages of the project
 - CVD
 - CVD Risk Factors
 - CVD Relationships

CVD

- Literature Searches
- Determining validated and cultural relevant CVD scales and questionnaires
- Attending local and CAB/SAG meetings to learn more about the needs
 - Study design and methods
 - Strengths
 - Anticipated challenges
 - Impact of study

CVD Risk Factors

- Diabetes
- Hypertension
- Cholesterol
- Stress

- Weight
- Nutrition
- Physical Activity

- Smoking
- Alcohol Intake

Impact of Relationships on CVD

- Doctor
- Nurse
- CHW
- Patient
- Family
- Community

Why care: Ethnic and Social Disparities in Health and Health Care

- In health status and health care exist in the United States
- Persist even after accounting for patients' socioeconomic status, health insurance, lifestyle, and clinical factors
- Reasons are complex and vary across populations, settings, and conditions

Research Question

CVD Impact...

Do interventions that are designed to increase patient participation and involvement in health care for diabetes, among poor U.S. multi-ethnic minorities improve their disease management and subsequent disease outcome?

Expected Impact

- Patient-centered communication behaviors impact upon patient adherence, satisfaction, and health outcomes
- Communication skills programs can reduce disparities in health care
- Culturally targeted patient interventions that increase patient engagement, activation, and empowerment improve patients' ability to decrease their overall CVD risk factors

