Project Title: Diabetes Self-management Support Group Program in West End

Seung-Yeon Lee
Department of Nutritional Sciences
College of Allied Health Sciences
355 French East Building
3202 Eden Ave.
Cincinnati, OH 45267
E-mail: lee2so@uc.edu
Phone: 513-558-7508

Project Description

High prevalence and poor management of diabetes are major health concerns in West End, Cincinnati. Through previous research conducted at Saint Vincent de Paul (SVdP), the needs and interests of SVdP clients with diabetes have been identified. The purpose of this project is to improve diabetes self-management in underserved adults through building social support and self-efficacy. A diabetes self-management support group composed of 8 sessions will be co-facilitated by a community partner, health care professionals, and students from the University of Cincinnati. Sessions will include health care professionals sharing information about different aspects of diabetes self-management as well as participants being encouraged to discuss facilitators and barriers to diabetes self-management and any questions they may have. The impact of the program will be evaluated by measuring blood glucose control, changes in eating behavior, physical activity, and medication adherence along with social support. In addition, barriers, facilitators, and how the information and knowledge from this program is used and/or impacts their life may be explored using photovoice.

The major student activities include:
- Organizing and assisting with the diabetes self-management sessions at SVdP
- Assisting with conducting pre-and post-tests
- Assisting with data analysis
- Assisting with drafting an abstract and a manuscript, if time permits

The WISE students will be trained in the following areas by the faculty mentor:
- Conducting a literature search
- Critiquing peer-reviewed research papers
- Conducting data collection and data analysis
• Drafting an abstract and a manuscript, if time permits

Preferable qualifications/characteristics include:
• Good work ethics
• Excellent interpersonal, communication, and critical thinking skills
• Detail-oriented
• Team player