D4.2: Methodology and Preliminary Findings of a Motivational Interview Intervention to Lower Diabetes Risk in African Americans:

Author List:
Presenting Author: Carolyn L. Blue
Additional Author: Todd F. Lewis, Scott Richter

Presenting Author: Carolyn L Blue
Address: 310 Moore Nursing Building
Greensboro, North Carolina 27402
United States
Ph: 336.334.4903
Fax:
Email: clblue2@uncg.edu
Institution: University of North Carolina Greensboro

Additional Author: Todd F Lewis
Address: 228 Curry Building, PO Box 26170
Greensboro, North Carolina 27402
United States
Ph: 336.334.3423
Fax:
Email: tflewis@uncg.edu
Institution: University of North Carolina Greensboro

Additional Author: Scott Richter
Address: 116 Petty Building
Greensboro, North Carolina 27402
United States
Ph: 336.334.5836
Fax:
Email: sjricht2@uncg.edu
Institution: University of North Carolina Greensboro

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Abstract:
Introduction: An estimated 23.5 million American adults have diabetes, and about 57 million adults have pre-diabetes. African Americans are disproportionately affected by diabetes and are more likely to develop diabetic complications and disability than white Americans. An important
finding from the Diabetes Prevention Program was that diabetes can be prevented or delayed by losing a modest amount of weight and increasing physical activity (PA) with modification of lifestyle behaviors—30 minutes of PA 5 days a week and eating healthier. Thus, primary prevention of diabetes that includes lifestyle changes is an essential public health goal and is especially important for African Americans. The purpose of this study was to test a motivational interviewing (MI) intervention for African Americans at risk for diabetes and evaluate the efficacy of this intervention in improving their PA and diet.

**Method(s):** This randomized controlled clinical trial used a within subjects repeated measures design. African Americans at risk for diabetes were randomized to: 1) experimental group, 2) usual care, and 3) attention control group. The MI and attention control sessions were every 2 weeks for 2 months, then once monthly for 2 months, and a booster at 9 months. Measures of PA, diet, and physiologic indicators of diabetes risk were taken from all participants at baseline and 3 and 6 months.

**Results:** Baseline and 3-month data have been collected and comparison with 6-month data will be presented.

**Discussion & Conclusions:** Integrity of the intervention has been maintained, and information about successful retention and preliminary findings will be presented.

**Abstract History:**
This abstract has not been presented or accepted for presentation in whole or in part at the SNRS or other scientific meeting.

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No, I (or a member of my immediate family) have not received something of value* from or own stock (or stock options) in a commercial company or institution related directly or indirectly to the subject of my presentation.

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