E3-19: Sugar Mamas: the impact of caregiving responsibilities on the diabetic health of African-American primary caregiving grandmothers

Author List:
Presenting Author: Dana L. Carthron
Additional Author: Tara D. Hubbart

Presenting Author: Dana L Carthron
Address: 137 Cameron Way Circle
Winton-Salem, North Carolina 27103
United States
Ph: 336-750-3235
Fax:
Email: carthrondl@wssu.edu
Institution: Winston-Salem State University

Additional Author: Tara D Hubbart
Address: 4301 W. Markham, Slot
Little Rock, Arkansas 72205
United States
Ph: 501-364-3726
Fax:
Email: hubbarttarad@uams.edu
Institution: University of Arkansas for Medical Sciences

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Abstract:
Introduction: One in four African-American women over 55 are diabetic. Therefore, it can be estimated that at least 25% of African-American primary caregiving grandmothers over 55 are diabetic. Yet, few studies have focused on the impact of caregiving responsibilities on the diabetic health of primary caregiving grandmothers (Balukonis, Melkus, & Chyun, 2008). To compare the diabetic health of diabetic African-American primary caregiving grandmothers to diabetic African-American women who are not primary caregivers.

Method(s): 34 African-American primary caregiving grandmothers and 34 diabetic non caregiving women 55-75 years of age were recruited in Arkansas as part of a larger study examining the self-management activities and diabetic health of African-American primary caregiving grandmothers. Measures of diabetic health included BMI, blood pressure, HgbA1c, total cholesterol, urine protein and urine creatinine.
Results: The data was analyzed using an Independent T-Test with Bonferroni correction and Mann-Whitney test. Statistically significant differences in Systolic pressure (t= -3.42, p=0.001) and diastolic pressure (t= -3.790, p=0.000) and urine protein (W=294.00, p=0.000) were significantly higher in the caregiving group. No statistically significant differences were noted in BMI, HgbA1c, total cholesterol and urine creatinine.

Discussion & Conclusions: Differences in systolic and diastolic pressures along with the difference in the urine protein suggest that diabetic African-American primary caregiving grandmothers may have some difficulty maintaining their diabetic health compared to diabetic non caregiving African-American women. Additional research is needed to develop tailored intervention to assist this population in regaining and maintaining their diabetic health since African-American primary caregiving grandmothers’ health needs are often unrecognized or overlooked.

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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carthrondl@wssu.edu