PIII-36: A Pilot Study to Explore the Prevalence of Type 2 Diabetes, Diabetes-Related Risk Factors, and Diabetes Knowledge in a Rural Latino Population

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**Abstract:**
**Introduction:** The prevalence of type 2 diabetes, diabetes-related risk factors, and diabetes knowledge among a sample of Latinos living in North Carolina were examined using the PRECEDE-PROCEED health planning model. Recruitment and procedures were assessed.

**Method(s):** A cross-sectional descriptive design was used to collect data through face-to-face bilingual interviews of a convenience sample (n=7) recruited from a church. The Spoken Knowledge in Low Literacy in Diabetes Scale, demographic questionnaire, Diabetes Knowledge Questionnaire-24, and biophysical indicators of blood pressure, body mass index, waist circumference, glucose level, and lipid panel were measured.

**Results:** The majority of participants were female, mean age of 46 years. All were foreign-born, most from Mexico. Twenty-eight percent had type 2 diabetes and 14.3% had pre-diabetes.
Significant levels of diabetes-related risk factors were found such as: 57% had high levels of total cholesterol, 42.8% had high levels of triglycerides, 42.8% had positive family history of diabetes, 57% were either overweight or obese, and 71% had abdominal obesity. More than half did not meet the recommended guidelines for physical activity or a healthy diet. Low levels of diabetes knowledge were found. Participants indicated that increasing pre-study activities and using community members to collect data would increase research participation success.

**Discussion & Conclusions:** A high level of risk indicates the need for community-based diabetes primary prevention programs targeting Latinos living in North Carolina. Using community members and non-research activities would assist in tailoring studies and interventions culturally and linguistically. Areas for intervention include physical activity, healthy diet, weight control, awareness of diabetes-related risk factors, diabetes knowledge and recognition of diabetes-related signs and symptoms.

**Abstract History:**

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