Introduction: The purpose of this study was to describe migrant farmworkers’ (MFWs) perceived stress associated with managing type 2 diabetes (T2DM) during migration. The research question explored was: What stressors do MFWs describe that are associated with managing T2DM during migration? Stress is a significant physiological response that alters glucose metabolism and influences diabetes-related health outcomes. Mexican Americans experience a 40% greater risk for diabetes-related complications and a 50% greater risk of diabetes-related mortality. To date, studies have not explored stress associated with managing T2DM in MFWs, an underserved group of predominately Mexican American people.

Method(s): Using purposive sampling, adult MFWs (N=22) were recruited from migrant camps in the northern Great Lakes region of the U.S. Three focus groups were audio-taped in Spanish (n=2) and English (n=1). Interviews were transcribed and analyzed using content analysis.
**Results:** Participants (n = 12 male, n = 10 female) were primarily married (90.9%, n=20), Spanish speakers (63%, n=14) who migrated with families (90.9%, n=20). Most were immigrants (63%, n=14) with less than 12 years education (100%). Content analysis revealed four stress categories: (1) Lack of resources, (2) Occupational stressors; (3) Legal stressors; and (4) Social stressors. The category identified most frequently was resources. Specific resource stressors involved dilemmas regarding time required to attend clinic visits and nutritional planning and prohibitive costs of medications, supplies, and healthy nutrition.

**Discussion & Conclusions:** Stressors associated with managing T2DM are primarily resource related for MFWs during migration. Specific stressors tended to discourage successful T2DM self-management. Providing resources is challenging in underserved populations, but connecting participants with government (local, state, federal) and community resources is not insurmountable. Decreasing stress in MFWs with T2DM may encourage improved self-management of T2DM. Future research must explore interventions that decrease stressors and encourage self-management in daily diabetes care for MFWs with T2DM during migration.

**Abstract History:**
This abstract has been submitted to the SNRS previously. 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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