Evaluating the Impact of Social Support in South Asians and Arabs with Type 2 Diabetes Through a Family-Centered Diabetes Education Program

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Background

- Diabetes is the fourth leading cause of death among Asians in Chicago, and the top leading cause of death among Asian Indians.
- South Asian immigrants in the U.S. have a higher prevalence of type 2 diabetes (23%) compared to 6% in Caucasians, 18% in African Americans, 17% in Latinos, etc.
- . Social cohesion is hypothesized to affect health by promoting social integration, buffering stress effects, and enforcing social norms

What is All One Community (A1C)?

• The All One Community (A1C) Program is a diabetes management program with social support aspects, adapted from existing evidence-based curricula, and culturally and linguistically adapted for a South Asian audience. This 6-month program includes 13 sessions about healthy behaviors, diabetes, and goal setting aimed at improving selfmanagement of type 2 diabetes and prevention of diabetes.

Objective

By evaluating how participants feel socially supported through their changes in nutrition, exercise, and overall lifestyle, the analysis of the data compiled from this program aims to evaluate how social support from family and friends can affect the health of South Asians and Arabs with diabetes in the Chicagoland area.

3 Key Takeaways of All One Community

- 1. The research analyzed by the All One Community program shows the need for more investigation into how social support can play a role in the management of type 2 diabetes, specifically in South Asian and Arab communities who are at a higher risk.
- 2. The research shows how important it is to have an interdisciplinary support system such as family, friends, community health workers, and community-based organizations dedicated to improving the lifestyle of an individual who has type 2 diabetes.
- 3. Lastly, when individuals have their family members or other support system members making the same lifestyle changes that they are, it impacts their motivation, behavior, and habits related to their type 2 diabetes.

Process

Results

Since the launch of the program in 2022, 142

being diagnosed with Type 2 Diabetes

baseline to 9 month for Cohort 1:

to 9 months

baseline to 9 months

baseline to 9 months

individuals have been enrolled with 87 individuals

When comparing social support scores (out of 33) from

• 54% of participants increased their overall social

• 67% of diabetic participants increased their social

Social support for eating scores increased by an

• 54% of participants increased the number of days

they were physically active during the week from

• Total of 98.8 pounds lost among participants from

support for exercise score from baseline to 9 months

average of 5.3 points for participants from baseline

support score from baseline to 9 months

Baseline Screening +

6-Month Screening +

A1C Curriculum

Session 1: Diabetes 101

Session 3: Nutrition Part 1 Session 4: Grocery Tour

Session 5: Nutrition Part 2 Session 6: Virtual Check-In

Session 8: Home Visit

Session 9: Diabetes Complications Session 10: Virtual Check-In

Session 11: Stress & Family Support

Session 13: Review & Final Celebration

Session 2: Home Visit

Session 7: Exercise

Session 12: Home Visit

Diversity of All One Community Program

- Ranges from 20-80 years old
- Mainly older adults (50+ years old)

RACE/ETHNICITY

- South Asian and Arab communities
- Countries represented India, Pakistan, Nepal, Syria, Palestine, Jordan, Sri Lanka, Bangladesh, etc.

FAMILIES

- 84 families across all three cohorts have joined
- Many join with a friend, co-worker, spouse, or sibling
- Individuals can also join alone

COMMON BARRIERS

- Many limited English proficient participants
- Recently settled refugees and immigrants without visas
- Uninsured participants
- Widows with little to no support system

Methods

- Partners: Three Community-Based Organizations that serve South Asian and Arab populations
- Program is culturally and linguistically tailored for the SA community and includes health literacy components related to nutrition, stress, and exercise
- Sessions are one hour per week for 6 weeks and are held within the community
- Times and days are according to what is most convenient to the community and partner organization
- · Biometric data (blood pressure, BMI, cholesterol and A1c) is collected at baseline, 3-months, 6-months, and 9-months
- · Classes and materials are available in Hindi, Urdu, Arabic, and English

Social Support Strategies

- · Administer a survey at baseline, 6-months, and 9-months that contain questions about social support related to exercise, eating, and family/ friends
- · Incorporate in-class activities, demonstrations, and roundtable discussions to enhance learning experience and to build relationships between participants
- One on one bi-weekly check-ins with community health workers to create build relationships between the CHWs and participants
- Monthly webinars and ask the expert sessions to connect participants with healthcare professionals (i.e. physicians, nutritionists, dieticians, etc.)
- Interactive WhatsApp group chat for cohorts to interact outside of sessions

Social Support through External Community Stakeholders



A1C participants with Oakton Community College Volunteers



A1C participants with University of Chicago Medical Student Volunteers

Discussion

Limited research investigates the role that social support plays in South Asian and Arab individuals with Type 2 diabetes. The data from the All One Community program highlights the benefits of social support for individuals as they make lifestyle interventions aimed at improving their diabetes. This study illuminates the key roles that family members, community health workers, and additional support systems play in the management of diabetes.

For more information, email Shivam Bhargava at shivam@asianhealth.org

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