

ABSTRACT

A PILOT STUDY OF THE EDUCATIONAL VALUE OF THE DIABETES EDUCATION PROGRAM TO THE SPANISH-SPEAKING PARTICIPANTS AT THE FRESNO COUNTY, CALIFORNIA SEQUOIA COMMUNITY HEALTH FOUNDATION

The purpose of this pilot study was to assess the educational value of the diabetes program to the Spanish-speaking participants at the Sequoia Community Health Foundation. The diabetes program was assessed in terms of changes in attitudes, skills, and behavior as a result of the Diabetes program. The target group in this study was adults ages 18 and above. The sample size was 8. The theoretical model used was the Health Belief Model. Data were analyzed using SPSS. Three hypotheses were tested through Pearson chi-square.

The investigation determined whether the participation in the Diabetes education program influenced the three dependent variables, which were practice of daily positive diabetes self-care behavior, attitudes measured by level of self-efficacy among participants, and skills measured by accuracy in the glucose needle-point technique. Significant differences were found in diet compliance and participants' activity limitations. No significant differences were found in the use of needle-point technique.

María Elena Avila-Toledo
May 2004