

Type 2 Diabetes and Obesity Group Proposal

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Section One

According to US Census bureau, there are approximately 6.79 million Native Americans, which is 2.09% of the entire population (world population, 2020). In the 2018 CDC statistics, 16% of the Native American population has been diagnosed with diabetes, which means 1 in every 6 Native Americans have type 2 diabetes. Obesity is the secondary issue that affects the Native American population with a type 2 diabetes diagnosis. The proposed group would be an education group that covers diabetes and obesity for adult Native Americans. It would be a six week programs where 10-12 adults would meet once a week for a 90 minute group. During this six week program each group member will meet with facilitator on an individual basis for two thirty minute sessions.

Section Two

According to interview with diabetes educator/nurse, many patients diagnosed with diabetes and obesity do not allows follow their PCP orders after being diagnosed. The adults who do not follow PCP orders after newly diagnosed with diabetes can be referred by the PCP for the education group. The patient would meet to complete two assessments, discuss the expectations of the group and do a weigh in. The two assessment to be used pre and post group would be the PHQ-9 to monitor depression and the diabetes distress screening scale. The patient's weigh ins would also be pre and post group to use a way to measure some progress with weight loss during time in the group.

The most common problem is high blood sugars because patients are not following PCP orders to monitor and log all blood sugars. It appears the reason for this common issue is the lack of education provided to the patients as their time with provider may not be long enough for a more thorough explanation of new diagnosis of type 2 diabetes. The two materials that will be

used for the group will be the Native Lifestyles Balance and the journal called A river runs through us. The Native Lifestyles balance curriculum will be utilized for the weekly group topics. The journal a river runs through us will be used by the patients and gone over with in both groups and individual sessions. The journal will help with accountability and responsibility to help with following PCP orders. The issues with patients not following PCP orders could result in more medical issues that can be costly to both the patient and their insurance.

Group one will learn about keeping track of blood sugars using their meters and logging all foods eaten each meal every day. Each patient will identify one goal they will accomplish from completing this group. A nurse practitioner will be a guest speaker to go over the blood glucose meter and how to log blood sugars. Patients will be asked to log all blood sugars and meals in their journal a river runs through us. Next the discussion on water and its importance of drinking the recommend amount each day. The water intake will also be logged into the journals.

Group Two-Four will cover the following items exercise, healthy food choices, and managing stress. Patients will learn how to count their macronutrients utilizing certain applications on their phones. Each patient will be helped in identifying their daily macros off of their apps and by the guest speaker nutritionist. The guest speaker nutritionist will discuss how to make healthy choices for snacks, eating out at both fast food and restaurants. Exercise will be discussed by a guest speaker from the tribal fitness center with an invitation for patients to fill out forms to join the tribal fitness center for free. The fitness center can provide daily workouts that fit each patients level. The patients will be asked to log all daily activities pertaining to exercise in their journals.

Groups five and six will be the groups that wraps all of the topics in summary to see if there are any further questions. It will also be the groups that journals will be discussed to see

where all the patients are at with their accountability on logging their blood sugars, mood, exercise, water intake and food. By the time each patient has reached these groups they will have had at least one of their 30 minute individual sessions.

A patient education group that covers education on type 2 diabetes and obesity can help the patient in the long run with managing disease. According to IHS (Indian Health Services) “IHS treatment costs for the 10.9% of American Indian adults with diabetes accounted for 37% of all adult treatment costs. Persons with diabetes accounted for nearly half of all hospital days. Hospital inpatient service costs for those with diabetes accounted for 32.2% of all costs” (O’connell, Wilson, Manson, Acton, 2012).

Section Three

Since a majority of the IHS reported money spent was towards treatment costs for Native American adults with type two diabetes, the purpose of this group would help to bring the number down from the reported 32.2%. When a patient is educated about a new diagnosis such as type 2 diabetes it can help to prevent future medical issues that could lead to hospitalization. Providing education about the importance of keeping blood sugars within a normal range, can help to avoid high blood sugars that can cause hospitalization or being prescribed more medications.

Providing education on other areas that affect blood sugar levels can also provide the necessary tools to the patient to be accountable and responsible for their health. It’s to be referred to patients as a lifestyle change as they will have to do this for the rest of their lives if they want to live longer. Adding a cultural piece to the education groups is also helpful to be more specific to the population served as not all Native Americans can follow a standard American diet. There has to be the discussion of incorporating traditional foods back into their eating habits to control

bloods sugars while reducing further medical issues. The goal of the group is to help save money, help with being complaint with PCP orders and improve their overall treatment outcome.

References

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