

## DISCUSSION OF FINDINGS AND RESULTS

### INTERVENTION STRATEGIES

Eight intervention strategies were reviewed according to their duration, age, race, and number of participants, types of intervention, and their results. Two charts, Figures 1 and 2, on the following pages, provide a comparison of the different intervention strategies.

Three out of the eight intervention strategies were chosen for further analysis. The further in depth analysis included the specific models or theories that each intervention used. The three interventions were chosen because there are similar to the types of interventions that the grant committee hopes to pursue during the next phase of the grant, nutrition intervention.

Project Dulce was chosen to be further analyzed because the intervention included nutrition education by nurse managers or certified diabetes educators. The intervention by Agurs-Collins was chosen because it included dietary counseling with an RD. Starr County Border Health Initiative was chosen because it includes a Latino population and nutrition instruction self-monitoring of blood glucose levels and nutrition. From these three interventions, one will be chosen as the intervention method to be carried out during the next phase of the grant.