

Figure 1: Chart of Intervention Strategies

Studies	Starr County Border Health Initiative	Project Dulce	Agurs-Collins	Gilden et al
Year	2002	2001	1997	1992
Duration of Intervention	52 contact hours over the course of one year	12 weeks	12 weeks	6 weeks
Number of participants	256	210 high risk 346 lower risk	64	24
Age range of participants or mean age of participants	35-70	NA	61.7	68
Race/ethnicity	Mexican Americans	Latinos	African American	NA
Setting	Texas-Mexico border	San Diego	Washington, DC	Chicago, IL
Intervention	3 months of weekly instructional sessions on nutrition, self-monitoring of blood glucose, exercise, and other self-care topics. 6 months of biweekly support group sessions to promote behavior change. Community workers assisted the nurses and dietitians to provide a link to the Mexican American community.	12-week culturally sensitive education program that provides outreach and education, recruitment, screening, diagnosis, clinical care, and educational services by nurse managers or certified diabetes educators.	12 weekly educational group sessions followed by exercise class that lasted 30 minutes; 6 biweekly support groups; 1 individual diet counseling session w/nutritionist.	6 weekly educational sessions and monthly support group meetings for 18 months.
Results	Significantly lower levels of HgA1C and fasting blood glucose at 6 and 12 months and higher diabetes knowledge scores.	HgA1C was significantly lowered at the completion of the 12-week educational classes in 194 pts whose results were available. On 177 patients whose total cholesterol and triglycerides were available, their levels also decreased significantly.	Significantly lower levels of HgA1C and were sustained at 6 months.	No improvement in HgA1C levels. Increased scores for quality-of-life tool.

(Agurs-Collins, 1997; Brown, 1995; Brown, 2002; Corkery, 1997; Falkenberg, 1986; Gilden, 1992; Mazzuca, 1986; Philis-Tsimikas, 2001; Sarkisian, 2003)