

Figure 2: Chart of Intervention Strategies Continued

Studies	Falkenberg et al	Mazzuca et al	Brown et al	Corkery et al
Year	1986	1986	1995	1997
Duration of Intervention	3 months	NA	2 months	1-5.4 months
Number of participants	46	532	5	64
Age range of participants or mean age of participants	55-73	58.1	60.8	52.8
Race/ethnicity	NA	African American	Latino (Mexican American)	Latino
Setting	Sweden	Indiana	Starr County, Texas	NYC
Intervention	8 group sessions (2 hours each) led by physician, nurse, or dietitian.	Systematic program in diabetes education (didactic instructions, goal setting, exercise) with follow-up phone call; approximately half of physicians also received education.	8 weekly (2 hours each) education sessions; one 2 hour support group session. Instruction was on nutrition, blood glucose self-monitoring, exercise, and other diabetes self-management topics.	One on one diabetes education program with a bicultural community health worker acting as liaison between patients, families, healthcare workers.
Results	At the completion of 3 months there was a significant decrease in HgA1C levels but they were not sustained at 6 months.	At the completion of the intervention, there was a significant decrease in HgA1C levels. There was also an increase in patient knowledge of diabetes.	At the completion of the intervention, there was a significant decrease in HgA1C levels and an improvement in diabetes knowledge, and fasting blood glucose levels.	At the completion of the intervention, there was a significant decrease in HgA1C levels.

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