

Improving Diabetes Outcomes in the Hispanic Population

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Health Equity Pledge

- 2015- Lexington Regional Health Center made a pledge to make an impact on diabetes care and monitoring in the Hispanic population.

Lexington, NE Demographics

Population= 10,464 (2016)

Breakdown=

- 63.9% Hispanic
- 31% Caucasian alone
- 10.2% Black alone
- 0.5% American Indian alone
- 0.4% Two races or more

Language=

- 55.5% Spanish
- 37.9% English
- 9.5% Other

35% of Lexington residents are foreign born

Races in Lexington, NE

Race	Percentage
Hispanic	63.9%
White alone	31%
Black alone	10.2%
Other	0.5%
American Indian alone	0.4%

<http://www.city-data.com/races/races-Lexington-Nebraska.html>

Dawson County Demographics


Population= 23,640

Breakdown=

- 62% Caucasian
- 33% Hispanic
- 4.36% Black alone
- 0.52% Two or more races

Language=

- 70.63% English
- 26% Spanish
- 3.18% African Languages
- 0.19% Other Slavic



<http://www.countyhealthrankings.org/app/nebraska/2018/rankings/dawson/county/outcomes/6/snapshot>

Health Ranking in Dawson County

- 2016 ranked 46th out of 80 counties
- 2018 ranked 39th out of 80 counties
- 10% of the Dawson County population lives with Diabetes
- 2015, 235 diabetics in Dawson County and 80% were receiving Hgb A1C for diabetes monitoring
- 2018, 275 diabetics in Dawson County and 85% were receiving Hgb A1C for diabetes monitoring

<http://www.countyhealthrankings.org/app/nebraska/2018/rankings/dawson/county/outcomes/6/snapshot>

Diabetic Patients at LRHC

- 597 Diabetic patients
- 63% of Diabetic patients are Hispanic ethnicity
- 36% list Spanish as their primary language

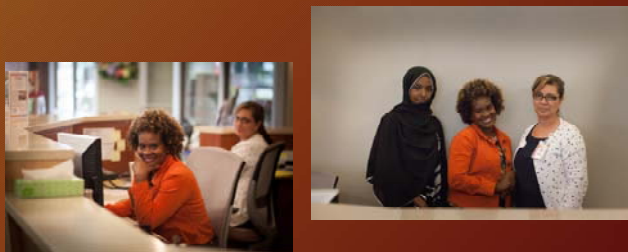
Diabetes in the Hispanic Population

- 17% of Hispanics have type 2 diabetes
- 8% of non-Hispanic whites have type 2 diabetes
- Diabetic retinopathy is 84% more prevalent
- Hispanics are 40% more likely to die from diabetes and complications than their non-Hispanic counterparts
- Diabetes is the 5th leading cause of death in the Hispanic population
- 4.2% annual increase in the diagnosis of type 1 diabetes in youth zero to 19 in the Hispanic population
- Data from the HCHS/SOL shows that 10.7 percent of South Americans, 14 percent of Cuban Americans, 17.8 percent of Central Americans, 19.2 percent of Puerto Ricans, 18.4 percent of Dominicans, and 18.9 percent of Mexicans have type 2 diabetes

<https://www.diabeteducator.org/news/aade-blog/aade-blog-details/aade/2017/10/05/understanding-diversity-in-the-hispanic-community>

Lexington Regional Health Centers Interventions

Interpreters



Cultural Training



Community Fitness Initiative



Community Health Worker



Transitional Care Team

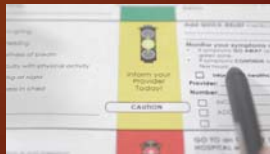


DEEP

- Diabetes Education Empowerment Program
- Held in Spanish and English
- Held in areas outside of the hospital in the community

Individualized Diabetic Education Plan

- Education delivered over a period of time
- Self paced learning
- Additional opportunities for more in depth education on select topics



Support Groups

- Expanding relationships
- Building trust
- Creating support networks



Lessons learned

- Cultural competence and understanding are key
- Being able to provide the education in the patient's primary language-
- Building trust and relationships is the best intervention
- NO two people are like... do not clump them together, look at each patient and each situation with open eyes
