Evaluation of a Community-Based Intervention (STOP-DM) For Korean Americans With Type 2 Diabetes: Measured Vs. Perceived Health Outcomes

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**Background**

**Intervention**
- Evaluation of data collected from NIH funded translational study trial (NIDDK R18) of a community-based glucose control intervention program for Korean American immigrants (KAI) with type-2 diabetes mellitus (DM) to test the effectiveness of a multifaceted DM management program (STOP-DM) with regard to the cultural and social needs of KAI with type 2 DM.
- Study results and demographic data are available
- The intervention was found to significantly reduce A1C among the intervention group
  - 1.19% at 18 weeks and 1.31% at 20 weeks

**Evaluation**
- It is well documented that individual values, beliefs and behavior operate within a social context and that population perceptions and knowledge should be important elements in the evaluation of programs aimed at improving health.
- **Thus, this facet of evaluation investigates the changes in health perception of intervention participants.**

**Methods**
- To determine the interventions effects on perceived health status, questionnaire data were analyzed using SPSS.
- Questions H1 and K45 were selected as representative measures of participants perceived health:
  - In the intervention group, the mean score for both question H1 and K45 increased in subsequent surveys while scores for the control group decreased slightly.
  - The difference of the means between the intervention and control group were significantly different for question K45 and were not significantly different for question H1.

**Hypothesis**
- Perceived health ratings will be higher with the intervention group than with the control group.
- Cultural tailoring and self-help aspects of the intervention improve participants perceived health status.

**Preliminary Results**
- Bar charts illustrate a trend of increasing frequency scores over time in both groups.

**Conclusions**
- Evaluation of perceived health data supports measured health outcomes of the intervention, as the mean score of both H1 and K45 increased in the intervention group.
- The differences between the two communities were not as marked as might have been expected.

**Future Research**
- Further evaluation with respect to demographic and health status of the study population as well as extensive literature review are required to elucidate these findings.

**Discussion**
- Changes in health perception following population health interventions have often been excluded as key indicators in evaluation.
- Given the increasing focus on community based participatory research, our findings suggest that this type of research is worth considering when selecting indicators to assess the value of multi-sectoral, community-based health interventions in the future.

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