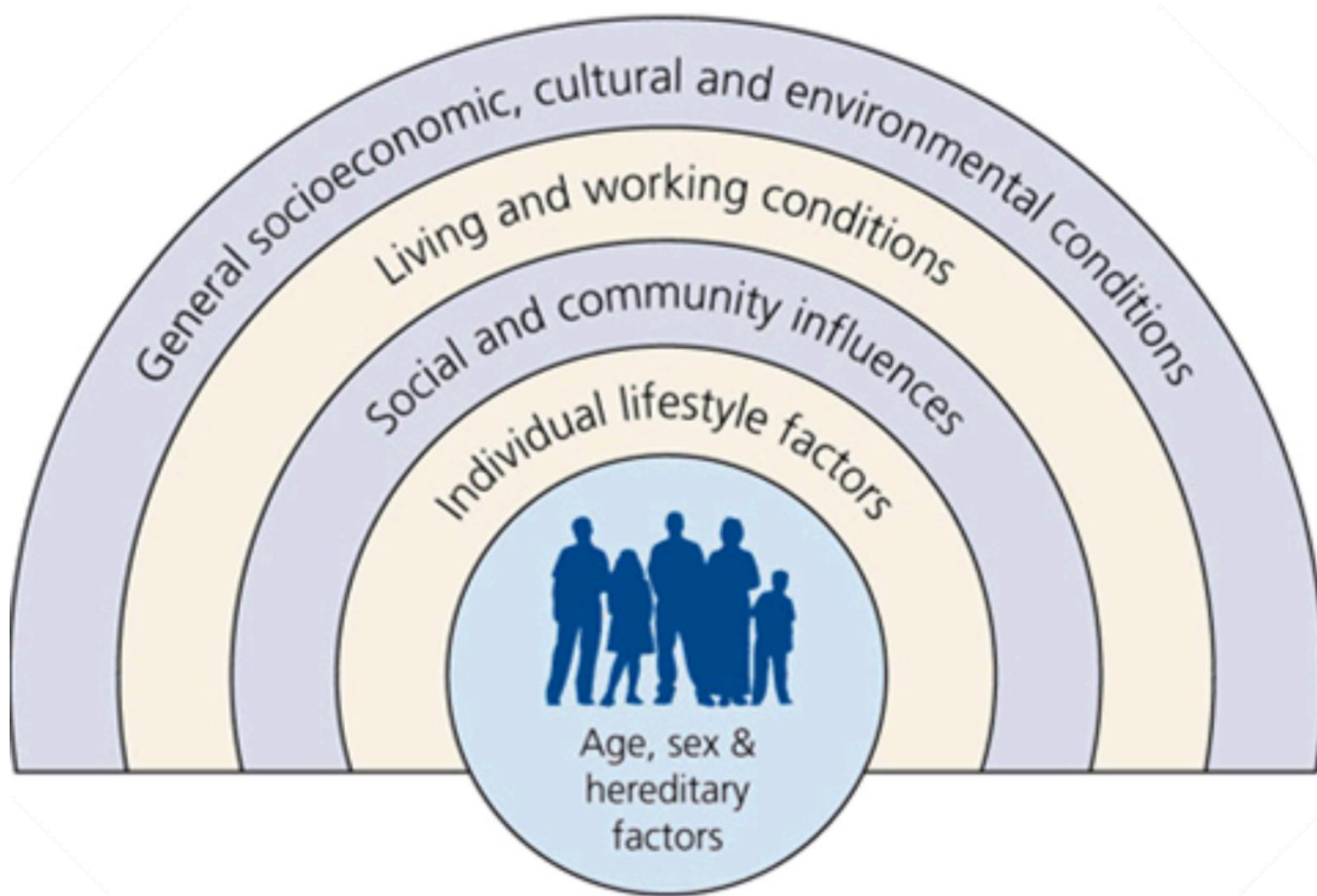

The Influence of the Social Determinants of Health on Diabetes Self-Management in Rural Appalachia

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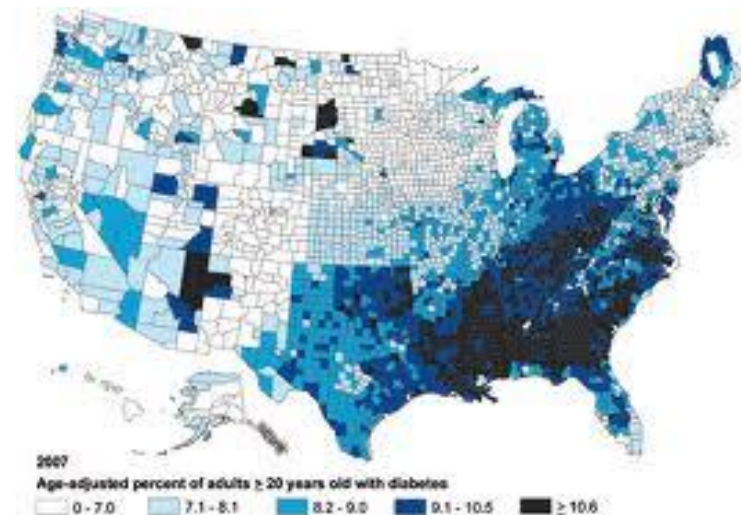
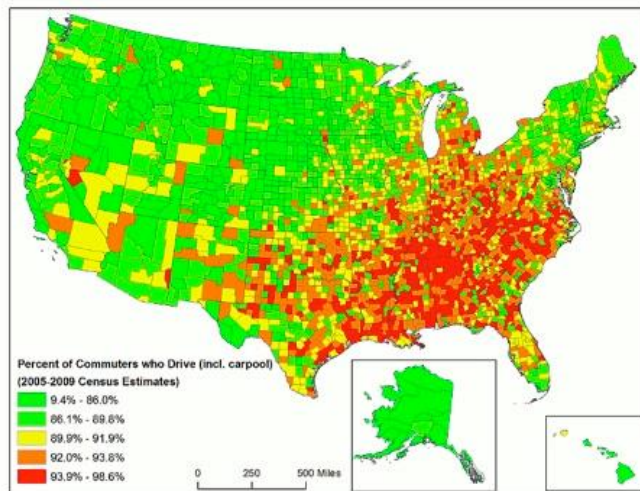
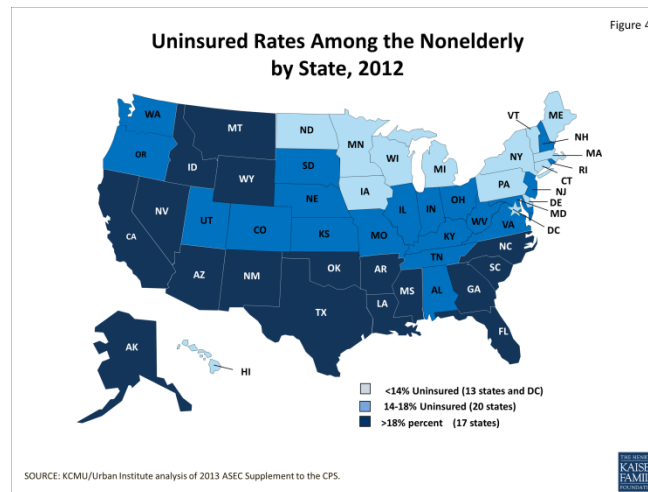
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Social Determinants of Health



Source: Dahlgren and Whitehead, 1991



Background

- Diabetes is epidemic in United States
 - 11.3% adult population \geq age 20 diagnosed or undiagnosed diabetes
 - 13% higher in rural areas
 - 33% higher in rural distressed areas (CDC, 2011)
- Diabetes is 6th leading cause of death in United States
- Healthcare costs \$245 billion (ADA, 2013)

Background - Appalachia

- Geography/geology
 - Extends from Canada to parts of Mississippi
 - Coal, minerals (copper, gold)
- People
 - Individualists/Family
 - Mistrust/Loyal
- Extraction/Exploitation
 - Natural resources: lumber, minerals
 - People

Methods

- Recruitment
 - Community involvement
 - Toll-free telephone number
 - Networks
 - Community stakeholder
 - Clinic managers
 - Development of potential recruitment sites
- Disappearing sample

Methods

- Hermeneutic phenomenology
- Recruitment
 - Purposive sampling
- Interviews
- Step wise analysis using Kockelmans' Canons(1975)
- Credibility, dependability, transferability
- Interpretation of findings

Participants

Table 1. Participant Demographics

Variable	Mean (SD)
Age (years)	46.5 (8.8)
Gender n (%)	
Female	4 (40)
Male	6 (60)
Race n (%)	
African American	1 (10)
Caucasian	9 (90)
Education (years)	11.4 (1.7)
Diabetes Education n (%)	
Yes	3 (30)
No	7 (70)
Residence n (%)	
Rural, not a farm or ranch	7 (70)
Farm or ranch	1 (10)
Small town	2 (20)
Time since diagnosis with diabetes (months)	11 (5.2)

Results

- Major Themes

- 1) importance of work;
- 2) importance of social connectivity/support; and
- (3) importance of family or sense of place in self definition.

Importance of Work

- “I’ve always worked. May not be hard as I used to be but I’m pretty good.”
- “I was a single mom so I was constantly on the go all the time working. Most of my time is spent working”.

Social connectivity/support

- “There’s no better living in the world than around here.”
- “It’s my house, my uncle’s, my first cousin which was her daddy died... So there for about a mile it’s family”.
- “I was at deer camp and I had somebody down there that was diabetic and I said, “Would you prick my finger and check it?” And the next morning before I ate anything it was 144. So he told me to come up here (for medical care)”.

Importance of family or sense of place

- And hope my daughter don't ever have to go through this. I stuck her finger and it was on up over a hundred and I think that opened her eyes a whole lot".
- "And I feel alienated from my family because I'm not able to do the things that they want to do:.
- "My husband on the other hand, he takes care of me. He manages all my medicines and stuff like that".

Limitations

- Small sample size
- Not generalizable to other populations
- Recruitment
- Researcher bias
- Participant responses

Discussion and Conclusions

- Diabetes is a nationwide public health concern in the United States.
- Individuals in rural communities often face unique barriers or challenges.
- Healthcare providers and health policy need to include social determinants of health in diabetes self-management to improve patient outcomes
- External or social determinants influence an individual's health.
- Further research to determine the influence of social determinants on diabetes self-management will help to improve individuals' health outcomes.

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