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Hispanic Women’s Beliefs and Attitudes Around Type 2 Diabetes: An Integrative Literature Review
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Background
• 30.3 million (9.4%) of the U.S. population have diabetes.
• Hispanic adults are 1.7 times more likely than non-Hispanic white adults to have been diagnosed with diabetes.
• Hispanic women are 1.5 times more likely to die from diabetes compared to non-Hispanic women.

Purpose Statement
• The purpose of this literature review is to examine literature to date, which describes Hispanic women’s beliefs and attitudes surrounding their type 2 diabetes.

Methods
• An integrative literature review was conducted using the following databases: CINAHL, PubMed, PsychInfo.

Conceptual Framework
• The Health Belief Model (HBM) was used for this review.

Results
• There were four major common beliefs and attitudes, which influence the management of type 2 diabetes among Hispanic women:
  - Family Support
  - Social Support
  - Balance
  - Fear
  - Hispanic women believed that having their family’s support was the most important factor to manage their diabetes. Husbands was another great influencer and having their support made women feel empowered to control their diabetes.
  - The social support from intervention groups allowed women to get support from peers and educators, and were able to control their management with the help of the support.
  - It was important to have a balance between the foods they loved and portion control.
  - Women feared getting a complication because of other women’s past experience.

Limitations
• One major limitation was a small sample size of Hispanic women.
• Half of the articles, (6/12), only focused on Hispanic women.

Nursing Implications
• By understanding the beliefs and attitudes among Hispanic women, nurses can better understand, care, and educate their patients about type 2 diabetes. Nurses can support patients and their family values to better care for themselves in the prevention and management of type 2 diabetes.

Conclusions
• These beliefs and attitudes (family support, social support, balance, and fear) can affect the prevention, treatment, and management around diabetes.
• This integrative literature review expanded the knowledge on this topic and will support further research for the prevention and management of type 2 diabetes in Hispanic women.