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Grace Peterson Nursing Research Colloquium

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## **Effective Elements Addressed in Culturally Appropriate Interventions for the Prevention of Diabetes for Hispanics and Latinos: An Integrative Literature Review**

Anja Nenadic  
*DePaul University*

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# Effective Elements Addressed in Culturally Appropriate Interventions for the Prevention of Diabetes for Hispanics and Latinos: An Integrative Literature Review

Anja Nenadic  
DePaul University School of Nursing



## Background

People of Hispanic and Latino origin have a higher risk for developing type two diabetes and consequently developing further health compromising complications compared to any other ethnic groups. Hispanics are nearly twice as likely than non-Hispanic whites to be diagnosed with diabetes, have higher rates of end-stage renal disease due to diabetes, and are 40% more likely to die from diabetes as non-Hispanic whites (U.S. Department of Health and Human Services, 2016).

## Purpose

The purpose of this integrative literature review is to find effective elements within culturally appropriate interventions for the prevention of diabetes for the Hispanic and Latino population.

## Research Question

What are effective elements of culturally appropriate interventions for the prevention of diabetes for the Hispanic and Latino population?

## Methods

- An integrative literature review was conducted to identify effective elements of culturally tailored interventions for the prevention of diabetes for the Hispanic and Latino population.
- Databases: CINAHL, ProQuest, and Academic Search Complete.
- Search terms: diabetes or diabetic, culturally competent care or cultural appropriateness or culturally appropriate or cultural sensitivity or culturally sensitive, education or health knowledge or health literacy or health beliefs, Hispanics or Latinos.
- Inclusion criteria: peer-reviewed academic journal articles written in English and published in the years 2009-2019.
- Exclusion criteria: articles report culturally tailored interventions for the prevention of diabetes in the Hispanic/Latino population.

CINAHL	Academic Search Complete	ProQuest
Found: 59	Found: 44	Found: 25
Selected: 7	Selected: 3	Selected: 2
Repeated: 0	Repeated: 3	Repeated: 2
Used: 5	Used: 0	Used: 0

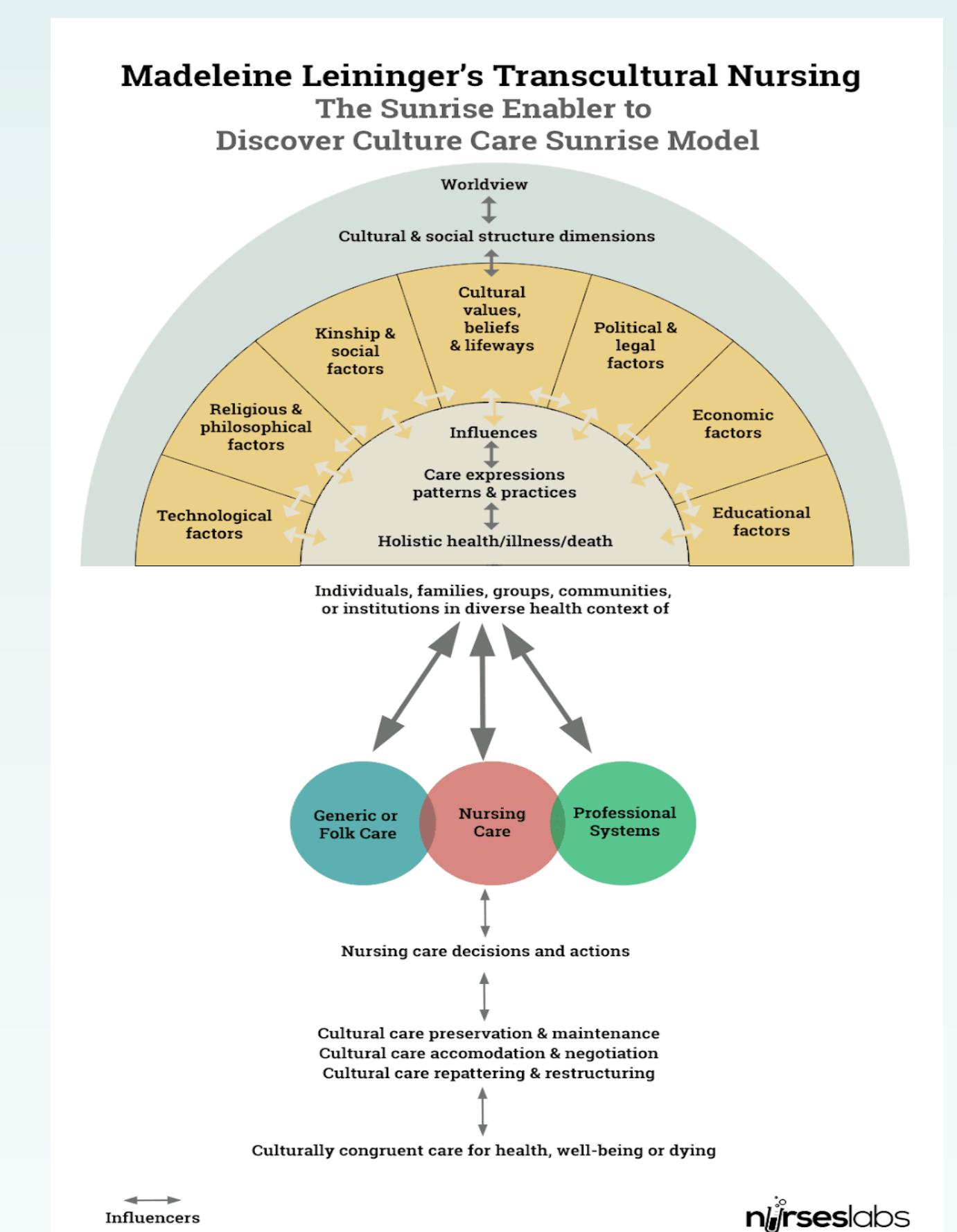
## Results

Three effective elements of culturally appropriate interventions to prevent diabetes in the Hispanic and Latino population were identified throughout all five selected articles.

- 1. Promotores.** Promotores are community members that deliver health education. Low literacy is prevalent within the population, however promotores tailor the education for their target population. Promotores are an effective element because they are skilled, friendly, supportive, bicultural, bilingual, and community members.
- 2. Diet.** Across all five selected articles, modifications to cultural/traditional plates were demonstrated and taught along with nutritional education. Diet was an effective element because it satisfied cultural/identity needs along with health needs.
- 3. Support.** Support was needed to engage the participants in the interventions. Social support was critical for lifestyle changes such as eating and physical activity. Through support, participants developed increased self-efficacy.

## Conceptual Framework

Madeleine Leininger's Culture Care Theory was used to identify effective elements of culturally appropriate interventions for the prevention of diabetes for Hispanics and Latinos.



## Conclusion

This integrative literature review identified support, diet, and promotores as effective elements in culturally appropriate interventions for the prevention of diabetes in the Hispanic and Latino population. These findings should encourage nurses to do their individual research on Hispanic and Latino cultures in order to provide culturally congruent care and increase patient satisfaction. A major limitation is that research on the topic is limited. There is a plethora amount of research on Hispanics and Latinos diagnosed with diabetes. Future studies should look for effective elements and successful interventions for the prevention of type two diabetes.