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Title: Diabetes Self-Management Education: A Family Model for Pacific Islanders

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Pacific Islanders face significant rates of type 2 diabetes. As the Pacific Islander population continues to increase rapidly in the United States, so does the need better understand and address the burden of diabetes in the Pacific Islander communities. Using a community-engaged research approach, investigators worked with the Pacific Islander population in the state of Arkansas to develop and implement an extended family model of diabetes education to collaboratively address this health disparity. In addition to a high level of patient centeredness, involving community members in every step of design and implementation, this innovative community-engaged intervention adapted the Pacific Diabetes Education Program DSME curriculum to meet the unique cultural needs, values and beliefs of Pacific Islanders. The approach went beyond educating the individual by empowering Pacific Islanders with type 2 diabetes, as well as people they defined as family, to participate in and benefit from DSME sessions. The family model diabetes self-management education pilot test was conducted in participants' homes with extended family members. Using an intervention-driven pre- and posttest design, 6 families participated in the family model of diabetes self-management education. The pilot study was designed with the aim of improving glycemic control as measure by A1C and documenting elements of feasibility using participant observations and research field reports. The key findings of the study include: 1) a 5% reduction in A1C across all participants; 2) a 7% reduction in A1C among participants with diabetes; and 3) the documented feasibility of an in-home model with extended family members.