**Problem:**
The incidence rate of diabetes diagnoses among American Indians (AI) surpasses all other racial/ethnic minority groups and is double the rate of non-Hispanic Whites. Failure to address the healthcare of AIs through culturally competent lenses, as well as address the role of the entire family in management and prevention of the disease, has led not only to the disparity in diagnosis rates, but also to barriers in managing their diabetes. Furthermore, the barriers to and facilitators of diabetes prevention and management within a family context are virtually unknown.

**Methods:**

**Aim:**
To understand the diabetes-related practices, needs, and challenges of AIs with Type 2 Diabetes (T2D) and their families, as well as the characteristics of interventions they would find most relevant and beneficial.

**Design/Setting:**
- Exploratory Study
- Focus groups were held in local community centers convenient for most participants

**Measures:**
- Discussion guide using open-ended questions developed with guidance from tribal diabetes educators

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**Methods (cont.):**

**Analysis:**
- Descriptive statistics used to summarize demographic data
- Lead author conducted initial analysis and identified potential themes found in de-identified data
- Three independent research team members compared themes and discussed discrepancies

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**Prevalence of Diagnosed Diabetes by race/ethnicity and Sex**

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>AI/AN</td>
<td>12.60%</td>
<td>15.30%</td>
</tr>
<tr>
<td>Asian</td>
<td>9.00%</td>
<td>7.30%</td>
</tr>
<tr>
<td>Black, Non-Hispanic</td>
<td>14.90%</td>
<td>13.20%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>12.20%</td>
<td>11.70%</td>
</tr>
</tbody>
</table>

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**Results:**

**Preliminary findings revealed 4 themes:**

- **Intervention components**
  - Include family members
  - Focus material topics on needs of family and person with T2D
  - Meet monthly for 2 hours at community center
  - Hands on activities that are culturally appropriate

- **Barriers to T2D-Prevention and Management (T2D-PM)**
  - Lack of time and safe location to engage in physical activity
  - Limited access to fresh produce and distance to store
  - Forgetting to take medication and negative side effects

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**Conclusion:**
- T2D is often considered a family disease due to genetic and cultural factors as well as shared environmental factors.
- Findings of this study indicate the participants’ desire for diabetes programs that include family members.
- A multi-generational T2D intervention may be the most effective way to decrease the burden of diabetes diagnosis in this minority population.

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