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## **Pre-diabetes in the Hispanic Population: Adolescents to Adulthood**

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### **ABSTRACT**

Purpose/Background: Preventing prediabetes from developing into diabetes has led to successful programs like the Diabetes Prevention Program, although translation to minority populations is not readily available. Since minorities endure a disproportionate effect from diabetes and its complications, finding tailored interventions that work for minorities and can prevent the progression of prediabetes is crucial.

Materials & Methods: Searching four electronic databases yielded 1,606 articles relating to prediabetes interventions in Hispanics across the lifespan. Research had to be published during the timeframe of 2008 to 2018 and include intervention as a focus. Titles and abstracts were read to narrow results. An additional 26 articles were identified by examining references. This was narrowed to 21 studies for full review.

Results: This review found six studies relating to adolescents, two to pregnant Hispanic women, and 12 involving the adult Hispanic population. Modification of the National Diabetes Prevention Program was most commonly used and had success across ages. Cultural tailoring of programs has included promotoras, bilingual presenters, and specific focus on cuisine/recipe modification for adults. In adolescents, fewer applications are noted, though success has been seen using social media and by with mixed approaches of diet/activity.

Discussion/Conclusion: Culturally tailoring programs to the Hispanic population can effectively reduce risks by reducing weight and A1C. Further study, especially relating to interventions for adolescents, needs to be done to affect their risk for diabetes.