

Diabetes Information Outreach to the Latino/Hispanic Population of Pomona

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Abstract

Type 2 diabetes is often described as an “epidemic” among Hispanics and, according to the Office of Minority Health, Hispanics are more than twice as likely to be diagnosed with diabetes as non-Hispanic whites. The 2010 census of Pomona indicates that 86.54% of the population declared themselves as Hispanic. Using Healthy City.org, we determined that 29.7% of the Hispanic community has a diagnosis of Diabetes Mellitus.

We learned from the librarians at Pomona Public Library that the most frequently asked health question is related to diabetes. In addition, they related that many of the people in the community do not have access to computers in their homes nor are they familiar with how to use a computer or navigate the Internet. With this in mind, the library proposed a pilot program to reach the Hispanic members of the community to teach them basic navigation skills and how to use MedlinePlus®.

Methods

In 2011, the director of the Pumerantz Library applied for and received an award from the *NN/LM PSR* to fund a pilot outreach program

Purpose: Raise awareness of MedlinePlus® to the Pomona Public

People: Staff of the Academic Library
Staff of the Pomona Public Library
Faculty and Students from 2 University Colleges

Program: Four 20 minute Informational Sessions with Pre/Post Testing
Followed by 30-40 minute computer workshops with Activity Sheets and rewards



Results

Although the attendance was not high, the majority of the attendees were minorities. 50% of the attendees were Hispanic, 25% were African American, and 10% were Asian. The evaluations showed improvement from pre- to post-presentation and the feedback from the attendees was mostly positive. The participants who had no computer skills were able to navigate the Medline Plus® website comfortably by the end of the four sessions and most participants wanted the program to continue.

Conclusion

The major accomplishments of this project were giving the Hispanic/Latino community members new skills and knowledge, and empowered them to locate quality information about diabetes and self-care. The major barriers encountered were mainly related to the areas of advertising, day/time of the activity, and the collaboration process. However, the academic librarians felt that the primary goal of raising awareness of the minority community to credible information about diabetes was achieved.

With some minor changes, the library has determined that this is a sustainable program and future presentations will be planned on other health topics. The librarians at Harriet K. & Philip Pumerantz Library and the faculty of the College of Allied Health – Health Sciences Education program are working to include portions of this outreach program as part of the curriculum and as part of the service learning projects for the students in other colleges.

Example results of a session

Session 2: Topic was on Diabetic Medications and there were 8 attendees
The table illustrates the percent change on correct answers achieved on questions 1-5 from pre-to-post test.

	Q1	Q2	Q3	Q4	Q5
Pre-Test Correct	6	4	4	4	4
Post-Test Correct	7	5	6	6	6
% Change	+16.7%	+25%	+50%	+50%	+50%

Qualitative feedback.: Three of the eight (37.5%) attendees reported that the information received was new to them and an example of positive feedback included, “The handouts were helpful to learning.” Negative feedback included that they found the handouts’ text was too small to read, and many wondered if there was a way to have the materials printed from the computer lab activity session.

References

- 2010 Census, <http://2010.census.gov/2010census/>, June 2011.
Healthy Cities, <http://www.healthycity.org/>, June 2011.
MedlinePlus.® <http://www.nlm.nih.gov/medlineplus/>