

A Literature Review of Type 2 Diabetes Among African American Women

Presented by

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Purpose

- Type 2 diabetes (T2D) affects an estimated 29.1 million people in the United States and is the seventh leading cause of death.
- The human burden of diabetes is substantial and increases the risk of heart disease, kidney failure, lower limb amputations, and adult-onset blindness. The estimated economic burden is a staggering \$327 billion for 2017.
- The incidence of T2D is growing at an alarming rate, especially among African Americans (AAs) with 12.7% aged 18 years or older having diabetes.
- T2D is mostly a preventable condition that lifestyle modifications can reverse (Bivins, 2018). Being overweight and being obese are primary risk factors contributing to increasing rates of T2D in African American Women (AAW) An estimated 87.5% of AAW are overweight and 56.1% of AAW are obese (CDC, 2017).
- Scholars posit that body habitus, and related cultural beliefs and attitudes about weight, body size, and shape further increase the possibility of AAW developing T2D (Owusu, 2015).
- Nurse practitioners (NP) poised at the forefront of primary care are well-equipped to educate and counsel AAW regarding lifestyle modifications to delay or prevent the burden of T2D. The goals of reducing the incidence of T2D, decreasing morbidity and mortality, and improving quality of life for AAW with T2D can be met more effectively by prioritizing involvement of NPs as educators on T2D complications and facilitators for health information and resources within the community.

Methods

- An extensive literature review was performed using the Cumulative Index to Nursing and Allied Health Literature (CINAHL) and PubMed databases.
- Search terms included diabetes and AAW, diabetes prevention, NPs and preventive care, and primary care and preventive care.
- A synthesis of major emerging themes relative to this literature review is listed as Prevalence of Type 2 Diabetes among African American Women, Factors that Place African American Women at Risk for T2D, Overweight and Obesity as Predominate Factors in T2D in African American Women, and Cultural Factors Affecting Type 2 Diabetes among African American Women.

Results & Conclusion

Results:

- Research has shown that NPs are well-suited to address the T2D health crisis among AAW because they successfully provide expert counseling, and health education about nutrition, weight, and exercise.
- Such NP-led interventions are key to lowering overweight/obesity risk, thereby reducing the incidence of T2D in AAW 18 years and older.

Conclusion:

- Literature suggests there is a lack of interventions tailored for AAW 18 years and older with T2D. Further qualitative and quantitative research in diabetes is needed to address health disparities among AAW.

References:

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