



**FERRIS STATE
UNIVERSITY**

Diabetes in the Michigan Hispanic Community

Maria Alvarado, Taylor Flannigan, Dr. Anuli Njoku

Ferris State University

Background and Purpose

- Diabetes is a chronic disease that affects glucose levels due to the body's inability to make insulin. This can result in high blood sugar levels and affect overall health. Diabetes is the most common and costly reported disease in the United States and should be further researched in order to implement diabetes preventative and educational services. In addition, the Hispanic population holds the position of being the largest ethnic minority group in the United States, with Michigan having the second largest population in the Midwest. The Hispanic population is also reported to be poorer and less educated than the general population.
- Using a descriptive study design, we examined data from the Michigan Department of Health and Human Services' 2014 *Hispanic Behavioral Risk Factor Survey*, to explore which factors put Hispanics, ages 18+, at a greater risk for diabetes in comparison to the rest of Michigan population. As a result of the research conducted, the risk factors determined in the study include: diet, obesity, income, routine checkups, access to healthcare, self reported health, and mental health. It was also concluded that, "12.5% of Hispanic adults in Michigan reported ever being told by a doctor that they had diabetes, compared to 10.4% of all Michigan adults". When adjusting for age, Hispanics were almost twice as likely to report having diabetes, compared to all Michigan adults.
- Within this research, a biopsychosocial approach was taken to look at the data holistically, to determine the indicators of diabetes in the Hispanic community. Going into depth within this study will expand knowledge of diabetes and identify areas for further research, which will enable development of culturally tailored educational and preventative programs for people that are at risk and affected.

Problem Statement

- Michigan holds the second largest Hispanic population in the Midwestern United States. After adjusting for age, Hispanics are almost twice as likely to have diabetes, in comparison to the rest of the adult Michigan population. What factors are contributing to higher rates of diabetes reported by Hispanics in Michigan?

Methods/ Research Approach

- In our research, we took a biopsychosocial approach, looking at all biological, psychological, and social contributing factors that are prevalent to diabetes. In concurrence, we looked at factors in the 2014 *Hispanic Behavioral Risk Factor Survey* (n=581) and summarized key findings, related to diabetes. Finally, we analyzed which factors in the survey have a critical effect on heightening likelihood of developing Diabetes in the Hispanic community.

Acknowledgments

Maria Alvarado
Major: Public Health
alvaram5@ferris.edu
(616)834-5612

Taylor Flannigan
Major: Social Work
tflannit@ferris.edu
(765)418-6287

Dr. Anuli Njoku, DrPH, MPH
Assistant Professor of Public Health
anjoku@ferris.edu
(231)591-3136

Findings

- The 2014 *Hispanic Behavioral Risk Factor Survey* results suggest many factors contribute to Diabetes being a common disease among the Hispanic community in Michigan.
- Hispanics have a "significantly higher death rate for diabetes as well as chronic liver disease and cirrhosis."
- About 37.1% of the Hispanic community reported being obese compared to 32.1% of all the Michigan population.
- 24% of Hispanics in Michigan reported not having a personal health care provider compared to 14.9% of all Michigan.
- 15.8% of Hispanics stated having no healthcare access during the past 12 months due to costs, compared to 12.8% of all Michigan, affecting access to Diabetes prevention and care.
- 38.1% of Hispanics compared to 26.9% of all Michigan stated having no routine checkups in the past year. In addition, 18.2% of Hispanics ages of 18-64 reported having no healthcare coverage, compared to 9.9% for the rest of Michigan. 29.5% reported no leisure time for physical activity, compared to 23.8% of their Michigan counterparts.
- Lastly, 16.8% report having poor mental health on at least 14 days in the last month, which can affect self care and management of Diabetes. We also found that the most affected were Hispanics with a household income of \$35,000 or less.

Conclusion

In conclusion, we found great disparities in factors contributing to Diabetes in the Hispanic community in comparison to Michigan counterparts. These include: obesity, socioeconomic status, lack of physical activity, diet, mental health status, access to healthcare, overall health, and education. All of these factors contribute to higher rates of Diabetes recorded within the Hispanic community, warranting attention. In order to lessen and prevent effects of Diabetes within this ethnicity, educational, preventative programs need to be implemented in order for the Hispanic community to become aware of the factors that put them at risk for this serious disease.



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