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Judging Dept.

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Student

BMS

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Dept or Program Years in program

Mentor

To reduce the burden of diabetes in a minority community through education and awareness.

Author (s)

Nana Mensah

For the summer of 2006 I completed a 6 credit internship in community health working at a local medical office. For this specific project, our mission was: to reduce the burden of a leading health disparity, and prevent early stages of the condition from developing into late stages in a minority community through education, awareness, and health status. Our public health objective was to develop and implement an intervention that can be used in controlling and preventing chronic diseases. The main intervention components were education and health promotion. The first step in achieving the objective was to determine and define the primary health disparity of the patients attending the medical office. This was done by using questionnaires and reviewing medical charts to determine a chronic disease. Next we analyzed determinants of this illness, such as factors which contribute to health promotion and disease prevention, and lastly, factors to improve the use of health services as it pertained to the illness. Results showed that the key health disparity was diabetes mellitus. A health intercession was then formulated and conducted focusing on prevention, coping, and living with diabetes. For this intervention, health pamphlets, poster boards, and fact sheets were created. In addition, open health discussion forums were held at the medical office. In conclusion, the diabetes health intervention was successful because it achieved its goal in educating and improving the health and knowledge of minorities with a health disparity. Future recommendations would be to focus on more than one chronic disease. Also, we can target younger patients so that through education, many chronic diseases can be prevented from developing when they get older.