

Boot Camp Translation for the Prevention of Type 2 Diabetes (T2D) in Fort Collins' Hispanic/Latino Adolescents

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Background

50% of individuals of Hispanic/Latino descent will develop T2D in their lifetime. Early-onset T2D (<20 years of age) is on the rise & disproportionately affects Hispanic/Latino adolescents.

Unfortunately, standard diet/exercise lifestyle modification approaches to prevention of T2D typically have poor adherence & sustainability in adolescents at risk for T2D.

Psychosocial stressors & depressive symptoms, which often manifest in adolescents with obesity, likely pose particular challenges to making healthy lifestyle changes. Therefore, there is a critical need for innovative solutions to T2D prevention in Hispanic/Latino adolescents.

Objectives

Build strong, trusting, & collaborative partnership of academics scientists & Fort Collins diverse community members.

Create a community advisory board for community-based research on diabetes prevention.

Generate ideas to engage Hispanic/Latino teens & families in evidence-based T2D prevention community programs.

Method

Community-based participatory research strategy: Boot Camp Translation (BCT).

15 community members attended 4 meetings, 4 calls, & continue to provide communication, feedback, & guidance.

70% attendance; 100% elected to serve on a community advisory board

Next Steps

Conduct focus groups with Fort Collins' Hispanic/Latino adolescents & their parents/guardians to directly inform program ideas created by the BCT group.

Conduct comparative effectiveness trial of a community-based, family-oriented program vs. adapted version tailored to Hispanic/Latino adolescents' unique developmental & psychosocial needs.

Key Themes from the Boot Camp Translation Process

Educate

People don't know what they don't know; providing context & information about health realities can be powerful.

Youth want to know what they are "up against"; they want to know why health issues & disparities exist.



Empower

Youth & their families have the power to change the course of their health.

Everyone has the skills to make life changes when given the right support & tools.

Trust

The solution must be community-based—we will work in the community where trust already exists.

Getting to know who we are working with on a personal level is fundamental to any possible success.



Connect

Youth are creative, passionate, & energized—use these strengths to support change.

Facilitate intentional community among youth facing the same challenges.

Support

Checking in with families & youth frequently throughout the program creates positive connection necessary for change & sustainability.

Inspiration & support can come from successes in the shared community.



Integrate

Attending to mental & physical health in tandem yields the best results for day-to-day quality of life.

Adolescents have unique needs; a successful program must speak to those needs.