Risk Factors and their Correlation to Diabetes in Native Americans

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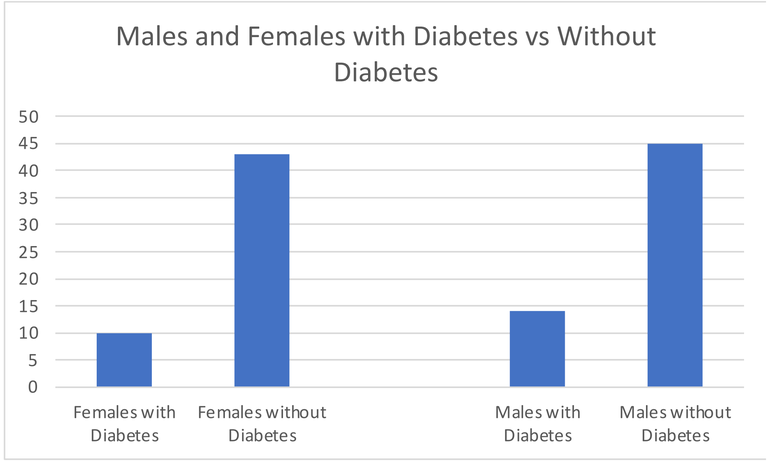
PURPOSE

The purpose of this study was to learn more about the risk factors for diabetes and how they increase or decrease the risk of diabetes in Native Americans aged 18 and above in Tennessee. The data gained from this research may help to better understand diabetes risk factors in Native American communities. Additionally, this data may help to develop strategies to better educate Native American community members regarding diabetes.

DEMOGRAPHIC

The target demographic population for this project were Native Americans ages 18 and up in Tennessee.



METHODS

For this project, I used the Behavioral Risk Factor Surveillance System (BRFSS) data sets to find my data. The BRFSS is a national health-related telephone survey that collects state-level data on U.S. residents' risk behaviors, chronic health issues, and use of preventative services. I used the BRFSS web-enabled analysis tool to conduct a real-time state-level data analysis using specific parameters to better understand how certain factors affect diabetes prevalence. The specific factors I looked into were BMI, exercise, healthcare access, education levels, and gender. The data used was from 2019-2022.

OUTCOMES

Of all of the participants in the study, 20% have diabetes.
Of those with BMIs less than 25, 5% have diabetes.
Of those with BMIs greater than 25, 30% have diabetes.

Of those who graduated high school or who had less education, 22% had diabetes.
Of those who had some college education or who graduated from college graduates,16% have diabetes.

79.7% of the study participants have health coverage while 20.3% did not.

Of those who did have a personal doctor or primary care provider, 25% have diabetes; 3% who did not have a primary care provide have diabetes.

Of those who did not exercise in the last month, 31% have diabetes.
Of those who did exercise in the last month, 17.65% have diabetes.

STUDENT LESSONS LEARNED

Lessons learned from this study:

1) There is a huge lack of research regarding Native American with diabetes compared to other demographic groups. Efforts should be taken to improve this gap.
2) Knowing more about diabetes prevalence rates and diabetes risk factors can help professionals create plans and frameworks to lower prevalence rates within the Native American population in Tennessee.

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