

# PRACTICAL REPORT OF A DIABETES SUPPORT GROUP FROM THE PERSPECTIVE OF HEALTH PROMOTION

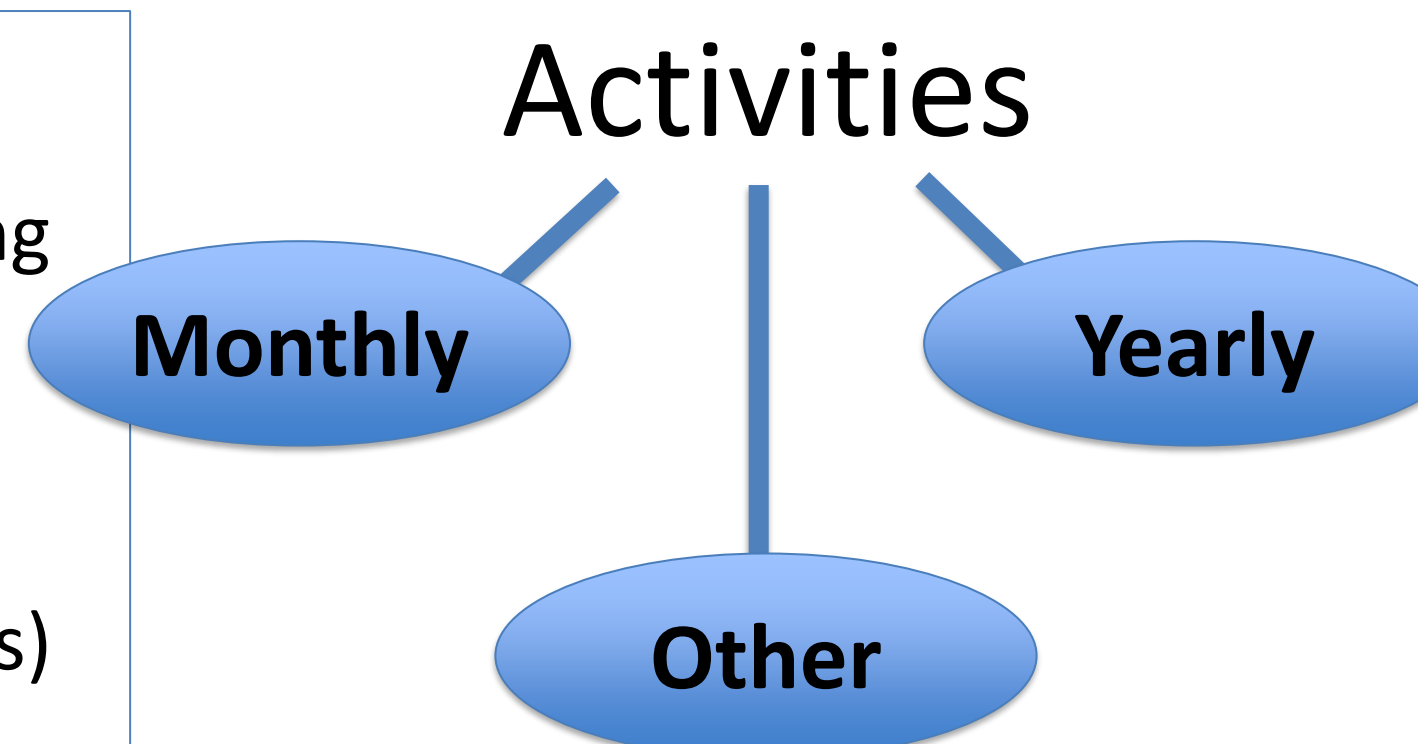
K. Okawa, Y. Azami, A. Yamashita  
Jouhoku Hospital

Minori-kai, a diabetes support group established in 1967, has been actively working to strengthen patients' social connections among them as well as with medical staff to **prevent loneliness and social isolation**, and to **reinforce their health literacy from the perspective of health promotion**. We confirm the meaning of the patient support group of today, and additionally clarify its role during COVID-19 pandemic.

## Group Overview

- Established in 1967 with 70 members as a society for learning "Food Exchange List".
- 194 Members (Oct.2024)
- Diabetes patients support team (38 staffs)  
Doctors, PHN, Nurses, Nutritionists, Physical therapists, Occupational therapists, Speech-language pathologists, Medical technologists, Office clerks

- Officer's meeting
- Three key officers meeting
- Team staffs' meeting
- "Oshaberi-Salon" (exercise, exchanges and studies on various topics)



- Study session / Workshop
- Exchange meeting (Barbeque party, "Minolympics- sports game-", Hotel-lunch party, etc.)
- Participation in a Health festival (Café-stand and health consultation)
- General Meeting

- Quarterly issue of the group's magazine
- Distribution of monthly magazine "SAKAE" issued by Japan Association for Diabetes Education and Care
- Commendation of members

## Search Procedures

### Questionnaire-based Survey and individual interview in 2018

#### Quantitative Analysis

- Relation between **Health Literacy Level** and reading of "SAKAE"
- Social connection** and event participation

#### Qualitative Analysis

Made individual interviews and carried out **data analysis using SCAT**

### Members' state investigation and additional analysis in 2023

#### State Investigation

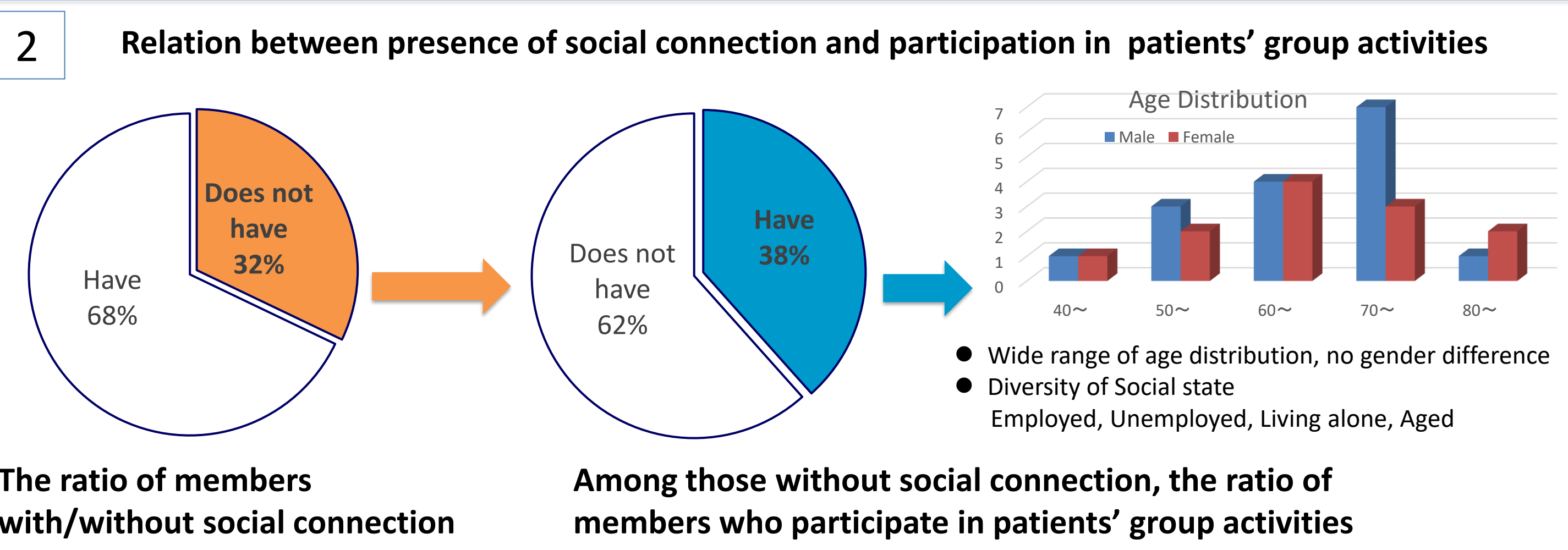
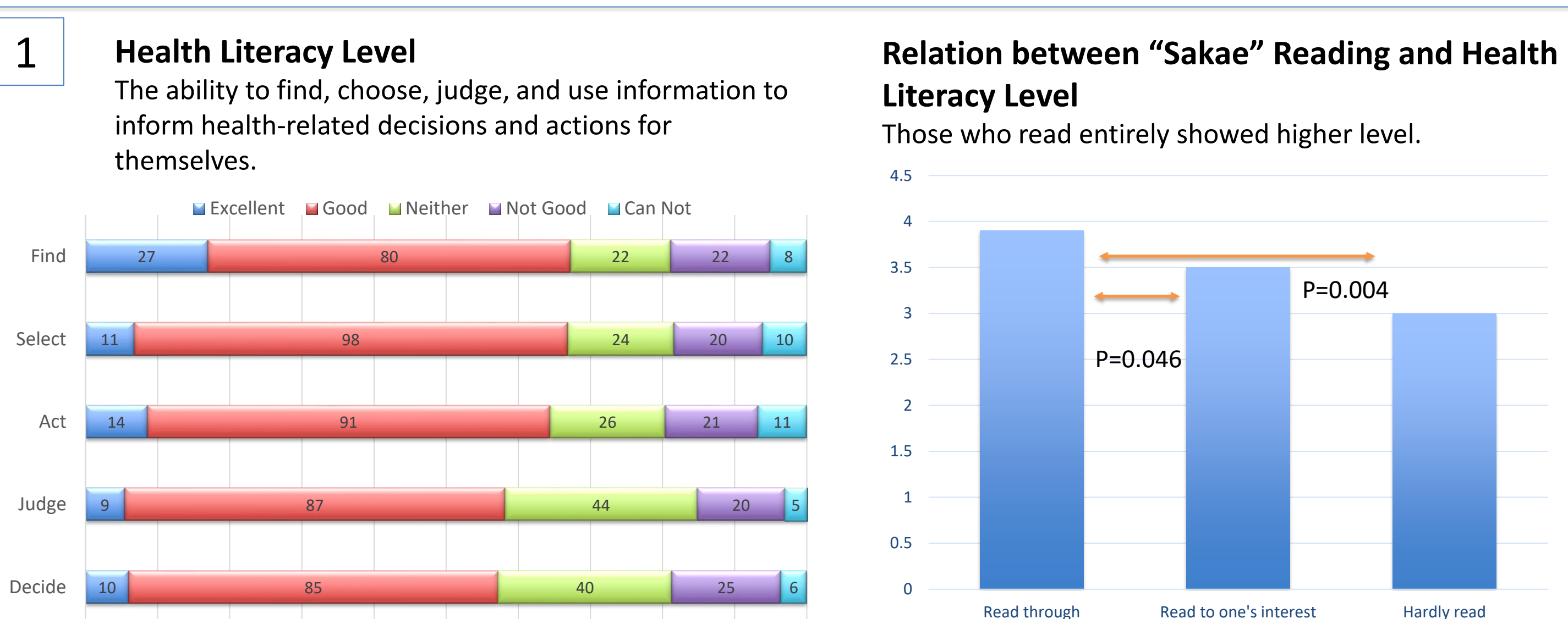
Members' **states, features** and **social background** comparison

#### Further Analysis

New members' feature **after COVID-19 pandemic**

## Results

### Quantitative Analysis



No positive correlation was detected between 1 and 2. Both are independently important for health promotion.

### Qualitative Analysis using SCAT

Quantitative analysis showed an interesting feature that **members who are isolated from the regional society participate in our activities**. But why?  
Individual interview given to 5 and SCAT analysis (Steps for Coding and Theorization).

Interview	SCAT analysis
1. Do you participate in regional society other than Minori-kai?	1. Picked up notable words
2. What made you participate in Minori-kai?	2. Paraphrased the words in another way
3. Do you have any relationship with other members of Minori-kai?	3. Gave meaning and interpretation to items
4. What do you think about activities of Minori-kai?	4. Described themes and constructive concepts arising from them
5. What is your job history and how is your sociability?	After those steps created storylines weaving the themes and constructive concepts together.

Case 1: Mr. A, who has a sense of insecurity in close human relationship, chooses and limits his participation in events among those of various types. Thus he enables himself interact with others without feeling mental strain, builds comfortable relationship and maintain it.  
Male, 50s, occupation(administrative leave)

Qualitative analysis revealed that members without social connection for various factors find the patients' group as their new place to belong to.

### State Investigation

#### States and Features Comparison

	All Members		New Members after 2020	
	Male	Female	Male	Female
Type1 Diabetes / Type2 Diabetes	8/99	2/77	0/16	1/8
Age(Average±SD)	68.5±11.1	72.7±11.2	63.4±8.0	71.6±7.4
Age Distribution(Under 40 / 40-49 / 50-59 / 60-69 / 70-79 / Over 80)	1/3/15/35/34/21	1/2/6/17/31/21	0/1/2/10/3/0	0/0/1/1/6/1
Treatment Method(Alimentotherapy / Oral Medication / Insulin)	7/45/55	6/34/39	2/6/8	1/4/4
HbA1c%(Alimentotherapy / Oral Medication / Insulin)	6.6/7.3/7.8	6.3/7.7/7.7	6.4/7.5/8.2	6.1/7.3/7.2
Retinopathy(None / Simple / Proliferative / Uninspected)	66/24/9/8	46/20/6/7	12/4/0/0	6/1/1/1
Nephropathy(Absence / Presence)	61/46	54/25	9/7	6/3
Ischemic Heart Disease(Absence / Presence)	93/14	70/9	14/2	8/1
Cerebrovascular Disease(Absence / Presence)	99/8	70/9	16/0	8/1

The sex ratio of members and the entire diabetic outpatients was similar. According to a survey<sup>1</sup> of community activities participation, men are likely to join in sports / health related ones. From the perspective of ensuring social connection, patients' group holds a participative feature for men.

#### Social background comparison



### Further Analysis

#### Features of new members after COVID-19 pandemic.

During COVID-19 pandemic, new members living alone accounted for a larger percentage than those who became members before pandemic. It can be said that they expect building social connection in patients' group when it is difficult to have it in their regional society due to the pandemic.

#### Strive during COVID-19 pandemic

Do not stop our activity and keep members' relationship active!  
Be safe against infection!

Handing low-carb sweets with a message

#### Outdoor event "Kanazawa walk"



#### Communication on magazines



## Conclusion

Our research on the health literacy and social connection of members demonstrated that the patient support group plays a vital role in their health promotion.