

Innovative Adaptation and Dissemination of AHRQ Comparative Effectiveness Research Products

Adapting Hypertension and Diabetes Guides for Hard-to-Reach African American Men

Description

African American men have high rates of diabetes and hypertension, but are less likely than some other populations to receive appropriate health care to control these conditions. This project assessed the needs and preferences of African American men with diabetes and hypertension and adapted booklets and videos from AHRQ's Comparative Effectiveness Research Summary Guides (CERSGs) on hypertension and type 2 diabetes to inform this underserved population.

Project Aims

The project aims were to:

- 1) Assess the information and communication needs and preferences of hard-to-reach African American men who have been diagnosed with hypertension and/or type 2 diabetes.
- 2) Adapt print and video versions of the CERSGs to be appropriate, culturally relevant, and easily understood by African American men.
- 3) Use a repeated measures randomized control trial to test whether the adapted guides improved the men's knowledge of medications for their condition, ability to manage their health, appropriate medication use, and communication with health care providers, as well as whether there were changes in indicators such as blood pressure and blood glucose level.
- 4) Develop and assess methods of disseminating the adapted guides to men in community health centers, the correctional system, and faith-based organizations and study adoption, reach, cost, and sustainability of the materials in community settings.
- 5) Devise a plan for further disseminating the adapted guides to extend their use to other hard-to-reach populations.

Findings

Areas of information needed by African American men to manage their diabetes or hypertension were identified. Trial results show that men in the target population were very interested in the adapted materials and rated them higher than the original booklets on relevance to their lives, being easy to read, and plans to continue to use them. Men who read the adapted booklets increased their knowledge of hypertension significantly more than men who read the original booklets. This short intervention had no significant effects on health

Study Populations

African American men

Health Condition Addressed

Hypertension
Diabetes

Dissemination Tool and/or Method

Information booklets
Videos

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Institution/Partner: Public Health Management Corporation

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Research to Help Underserved Populations

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outcomes. Products were disseminated to 31 community businesses, organizations, and clinics, including shelters and correctional facilities.

Publications: None as of 12/19/14

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