



Improving Lifestyle Choices of Hypertensives and Diabetics in Palau

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Purpose: Pilot an educational program aimed at changing unhealthy lifestyles in the Palauan states of Peleliu and Ngardmau, where: **1)** Diabetes and HTN make up 46.5% of NCD; **2)** 62% of females and 58% of males are obese; **3)** Health education is minimal; and **4)** Few healthy food options are available

Strategies

- ◆ Communicate the value of healthy diet and exercise
- ◆ Educate residents on diabetes and hypertension
- ◆ Identify at-risk individuals through screening

Implementation

- ◆ **Ngardmau:** Group presentation in local meetinghouse
- ◆ **Peleliu:** One-on-one presentations to clinic patients
- ◆ **Presentation outline:**
 - Discussed disease origins, risk factors, complications, healthy eating and exercise
 - Handed out brochures and fact sheets with the same information
 - Screened participants for BP and BMI
 - Provided handouts to Belau Nat'l Hospital for future use
 - Assisted by community translators

Results

Ngardmau

- ◆ 27 attendees – all screened for BP/ BMI
- ◆ All took informational handouts
- ◆ Several at-risk/hypertensive individuals identified, encouraged to follow up

Peleliu

- ◆ 10 patients – all took informational materials

Community Feedback

- ◆ Screenings appreciated (were available only at distant hospital)
- ◆ Backing of community leaders lent legitimacy and built interest
- ◆ Presentation easily understood with translation into Palauan
- ◆ Information viewed as important; not available otherwise
- ◆ Visual elements were the most engaging



Summary

- ◆ Community education is critical to reducing nutritional diseases in Palau.
- ◆ Involvement of influential residents was key to success
- ◆ These strategies should be incorporated into future efforts to improve self-management of chronic illnesses such as diabetes and hypertension.

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