

DiMe2

dime2.org

Diabetes Mellitus Type 2
“Biabetes Mellitus Tipo 2”

By: Mayra Flores-Valverde

Objective

This programme will function as a preventative tool for Type 2 Diabetes. The objective is to utilize educational videos/information, conduct a pre-diagnosis and track the understanding of the Latino/Hispanic community by mobile services (prepaid phones, smartphones, tablets, ipads, PC/desktops).

Latinos/Hispanics and Diabetes

Diagnosed Cases of Diabetes		
Hispanics/Latinos	Non-Hispanic White	Hispanic/Non-Hispanic White Ratio
13.2	7.6	1.7

National Health Interview Survey, NHIS 2010.

Source: CDC 2012. Summary Health Statistics for U.S. Adults: 2010. Table 8.

http://www.cdc.gov/nchs/data/series/sr_10/sr10_252.pdf [PDF | 2.6MB]

- Hispanic adults are 1.7 times more likely than non-Hispanic white adults to have been diagnosed with diabetes by a physician.

Latinos/Hispanics and Diabetes

Death Rate per 100,000		
Hispanics	Non-Hispanic White	Hispanic/Non-Hispanic White Ratio
25.6	18.4	1.4

Age-Adjusted Diabetes Death Rates per 100,000 (2009)

Source: CDC, 2012. National Vital Statistic Report. Vol. 60, Num 3 Table 17.

http://www.cdc.gov/nchs/data/nvsr/nvsr60/nvsr60_03.pdf [PDF | 2MB]

Risk Factors:

- [Obesity and overweight](#)
- [Hypertension](#)
- [High Cholesterol](#)
- [Cigarette Smoking](#)

Methods

Prepaid cell phones/others (those without internet access)

- Massive text message with a link and a brief explanation will be send to users.

Smartphones, Tablets, iPads and PC/Desktop (wifi/internet)

- An application will be available for users to obtain information about type 2 diabetes, and take a quick questionnaire to pre-diagnose the probability of developing diabetes and track their understanding.

Aim of DiMe2.org

The aim is to encourage lifestyle change through mobile phone services/internet to reduce incidents of type 2 diabetes in the Latino/Hispanic community.