



SOCIAL SUPPORT AND TYPE 2 DIABETES SELF-MANAGEMENT PROGRAM IN ASIA

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INTRODUCTION (1)

- Between 2010 and 2030, there will be a 69% increase in the numbers of adults with diabetes in developing countries and a 20% increase in developed countries (Shaw et al., 2014).
- High prevalence of type 2 diabetes has become a severe issue in public health in Taiwan, Mainland China, Hong Kong and Singapore (Lin et al., 2007; Wong et al., 2006).
- Social support is a crucial component of a successful chronic disease self-management program, including diabetes self-management.



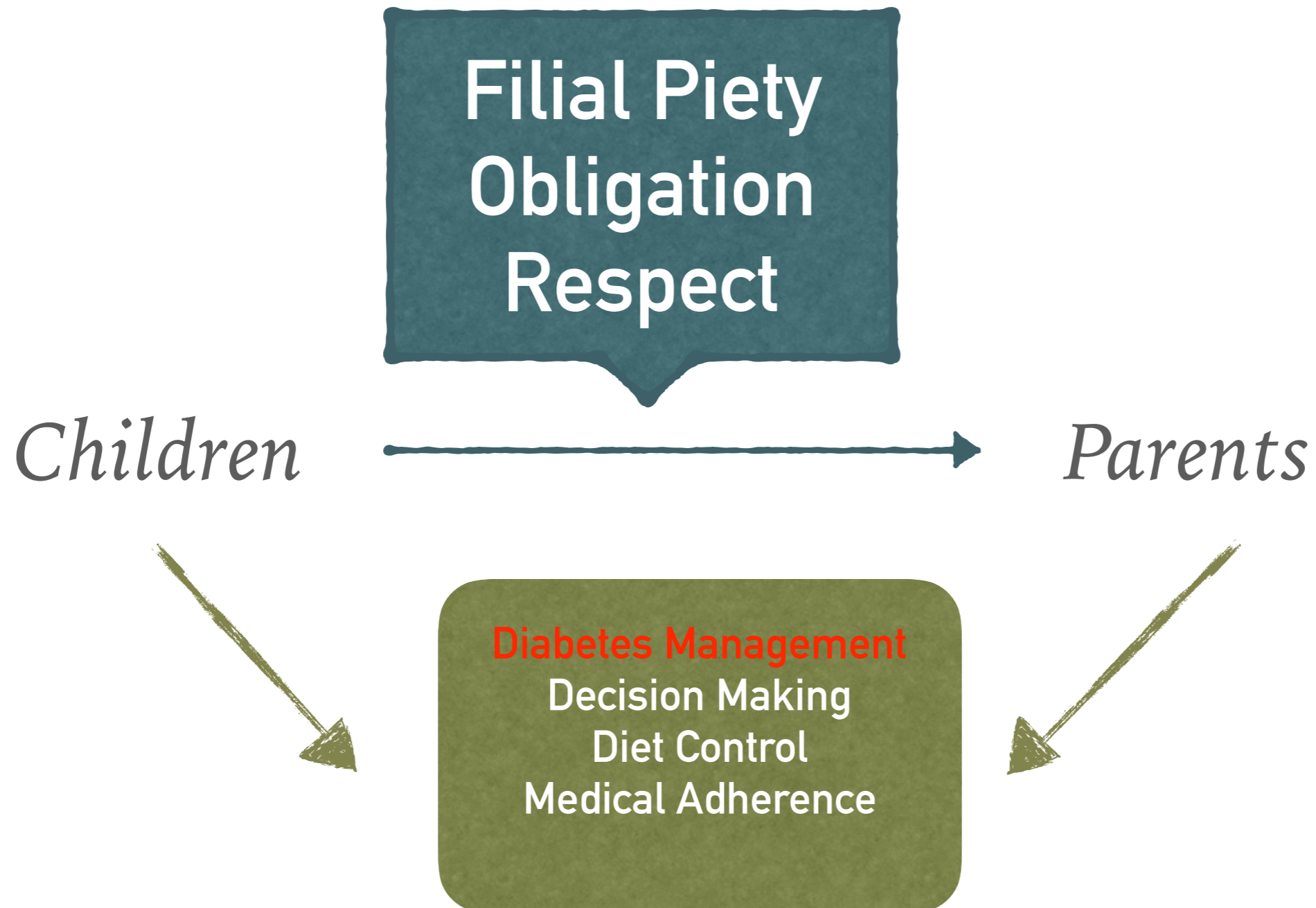
INTRODUCTION (2)

- So far, there has been fruitful research among Western countries about diabetes self-management integrated family support, such as spouses and children in the intervention (Beverly et al., 2010; Aikens et al., 2014; Sperber et al., 2013; Wing et al., 1991).
- A few studies have discussed the role of family support in diabetes self-management programs in Asia or among Asian population.



INTRODUCTION (3)

- The characteristics of social support in Asian culture



METHOD

- The systematic review was conducted by searching engines.

Selection Criterion



Diabetes in Asia / Asian Populations,
Diabetes self-management,
Diabetes interventions

Google Scholar and PubMed



Observational studies, intervention with
either randomized control or uncontrolled
trial between 2005 and 2014

20 Studies were included

RESULTS

- Studies showed discrepancy of social support and diabetes intervention in randomized controlled trials in Asia countries, e.g. Taiwan, Japan and China.
- Most of the educational materials were delivered by health professionals, without family or caregivers involved in Asia countries.
- Qualitative studies identifies family roles and responsibilities on diabetes management, including knowledge to diabetes, shifting family role obligations and filial piety.
- Quantitative studies showed that diabetes control is associated with family support in nutrition, emotion, and behavior.

DISCUSSION

- A great lack of social support in the intervention for diabetes self-management when the health professionals were involved.
- Research focusing on social support with diabetes care has been growing and found significant results.
- In Asian population, social support plays an important role due to culture and filial piety, which sheds lights on the urgent and necessary issue of incorporated social support into intervention among diabetic population.

LIMITATION / FUTURE DIRECTION

- The review was limited to published in English
- Threat to external validity due to numbers of published articles which fit the purpose of the study
- The difference between Asian and Asian Americans
- Time constraint
- Feasibility to develop family-based intervention in improving certain indicating behavior for diabetes control in Asian population

A string of eight colorful paper tags is suspended by a piece of twine. Each tag is held in place by a small wooden clothespin. The tags are arranged to spell out the words 'THANK YOU' in a simple, hand-drawn font. The colors of the tags are: orange for 'T', light orange for 'H', blue for 'A', red for 'N', yellow for 'K', pink for 'Y', light blue for 'O', and yellow for 'U'.

THANK YOU