

A Feasibility Trial to Assess a New Yoga Program to Enhance Quality Of Life and Well-Being among Hispanic Women at Risk for or Living with Type 2 Diabetes

BACKGROUND

- Yoga-based interventions tailored for Hispanic populations are scarce despite prior research supporting physical and psychological benefits derived from this practice,¹ including metabolic control.²
- Hispanics have higher incidence and prevalence of type 2 diabetes (T2D) compared to non-Hispanic Whites.³
- For Hispanic women, prevention and management of T2D may be particularly difficult due to social and cultural expectations that demand caring for the family and household first, leaving little room for self-care.⁴
- To our knowledge, this is the first yoga-based intervention specifically tailored for Hispanic women at risk for or living with T2D.

PURPOSE

Develop and test a new program that utilizes a systematic and adapted approach to teach yoga practice aimed to enhance quality of life and well-being among **Hispanic women** at-risk-for or diagnosed with T2D

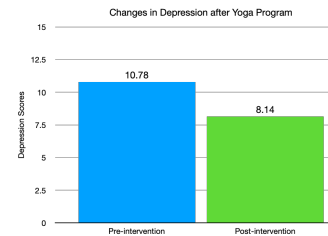
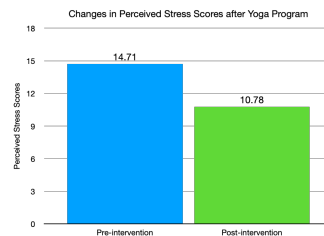
METHODS

- Recruitment was completed with the help of a local non-profit organization primarily serving Hispanic families.
- Participants completed 60 min, in-person class sessions twice per week for a period of 8 weeks.
- Semi-structured interviews explored the program's impact on participants' quality of life.
- Quantitative measures of well-being (perceived stress, depression), metabolic health (hemoglobin A1c), and physiological stress (salivary cortisol) were also collected via pre and post-intervention surveys.
- Additional data including different aspects of feasibility including adaptation, acceptability, demand, implementation barriers, and practicality.

INTERVENTION

- The yoga program was developed based on the philosophy of Patanjali, which delineates eight different principles called sutras.
- Each week of practice was centered on a specific yoga sutra (8 sutras = 8 weeks).
- Classes started with a simple explanation of the weekly sutra followed by specific examples of the relevance of this principle for both yoga practice and self-care.
- Asana (yoga poses) practice was progressive and included adaptations for those living with chronic conditions.⁵

Perceived stress and depression significantly decreased after yoga practice supporting self-care behaviors



Major themes

- ✓ Feeling more confident to eat better and exercise
- ✓ Mindful eating
- ✓ Better sleep quality
- ✓ Less reactivity to stressful situations
- ✓ Yoga as a 'public service' to care for the health of the community

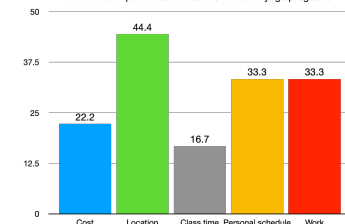
CULTURAL ADAPTATION

- ✓ Delivery of the program in Spanish
- ✓ Delivery of the program in a community center
- ✓ Classes were open to family members (children, elderly parents)
- ✓ Flexibility in schedule (classes started within 15 minutes of official start time)

RESULTS

- Sixteen Hispanic women at risk for or living with type 2 diabetes participated in the trial; 14 completed all data collection.
- A central theme that emerged was the positive reframing of the 'self' after yoga practice; participants expressed they felt empowered to care for themselves following the principle of ahimsa (non-harming) and thus started to be mindful of their dietary intake, physical exercise outside of yoga, and their relationships with others.
- Improvements in perceived stress and depression were statistically significant. No changes were observed in hemoglobin A1c. Analyses of salivary cortisol are underway.
- Feasibility data indicated adequate adaptation and high acceptability and demand. Future implementation barriers varied.

Perceived implementation barriers for future yoga programs



DISCUSSION

Findings provide insights into possible pathways through which yoga practice may enhance both physical and mental health in Hispanic women at risk for or living with T2D. Future studies should explore the effects of these types of programs on recommended targets of glucose control and cardiovascular risk factors.

References

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