

**Title** – Addressing Diabetes in San Francisco de La Paz Using Health Education

**Program of Study** – Interdisciplinary, Health and Biology

**Presentation Type** – Physical Poster

**Subtype** – Theoretical Abstract

**Mentor and Mentor Email** - Dr. Richard Lane (rlane@liberty.edu)

**Student name and email** – Genevieve Barnett (gjbarnett@liberty.edu)

**Abstract:** San Francisco de La Paz is a small Honduran village located in the department of Olancho. This research project assesses the most pressing health needs in the area and outlines a tangible course of action to address one of the needs. Most of the population lives in rural areas, and easily accessible information about the village is unavailable. This project attempts to change that by using data from various sources to give health educators a more complete picture of the village. Health statistics from Honduras, and anecdotal information collected from volunteers in the area, indicate that diabetes and high blood pressure are both issues of immediate concern for villagers in San Francisco de La Paz. The population's lack of health education and poverty are probable explanations for the way chronic disease affects such a rural area. Using a social-behavioral model and ideas developed from previous health education programs, a plausible solution to reduce the impact of diabetes on this population through education involves creating a diabetes course tailored to the resources and abilities of Honduras villagers to make lifestyle changes. This project will integrate all health data relevant to San Francisco de La Paz and develop a detailed action plan to provide health educators with a model to address diabetes in rural areas that resemble San Francisco de La Paz.