

# Understanding How Diabetes Impacts Quality of Life (DQoL)

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## BACKGROUND

- The Social Determinants of Health (SDoH) are the conditions in which we are born, grow, live, work, and age, as well as where physicians provide patient care. Clinical practices, especially in primary care, are recognizing that if they want to truly impact health, they need to address the challenges patients face both in and outside of clinic settings.
- Individuals diagnosed with type 2 diabetes generally have lower QoL due to the pressure of living with a chronic illness and its treatment



## RESULTS

- Gender**
  - Male – 35.7%
  - Female – 48.7%
- Average Age**
  - 57 years
- Education Level**
  - Less than High School: 17.5%
  - High School/GED: 30.3%
  - Some College/ Jr College: 29%
  - Technical/ Vocational: 5.4%
  - Collage/Bachelors: 9.8%
  - Graduate/Professional: 7.9%
- Race/Ethnicity**
  - White: 45.6%
  - African American: 23.9%
  - Asian: 2.6%
  - American Indian/ Alaska Native: 1.8%
  - Hispanic or Latino: 48.7%
- Employment Responses**
  - Fully Employed: 30.1%
  - Retired: 28.6%
  - On Disability: 21.0%
  - Unemployed: 7%
  - Stay at home caregiver/parent: 6.3%
  - Part-time Employment: 4.8%

## CONCLUSIONS

- Six specific variables from the survey of 23 significantly contributed to DQoL, producing  $R^2=0.16$ ,  $F(6,501)=16.92$ ,  $P<.05$ .
- The more socially connected an individual is, the higher their quality of life will be  $R^2=0.02$ ,  $F(2,570)=5.99$ ,  $P<.05$ .
- Providers should consider these 6 aspects when working with patients living with type 2 diabetes.
- Patients living with type 2 diabetes should feel comfortable addressing their concerns with their doctor.



## METHODS

- Medical students administered surveys to adult patients with type-2 diabetes under the supervision of Residency Research Network of Texas (RRNeT) site directors during routine primary care appointments.
- Two stepwise multiple linear regression analyses (N=508/N=573) were conducted to determine which values from the diabetes quality of life (DDQOL), social connection, and diabetes distress (DDS17) sections of the administered survey significantly contributed to an individual's overall quality of life.

## Top 6 Things That People Living with Type 2 Diabetes Worry About



## CONTACT INFORMATION

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Support provided by the Texas Academy of Family Physicians Foundation (TAFF-F), the National Center for Research Resources and the National Center for Advancing Translational Sciences, National Institutes of Health, through Grant EOL1 22002445. Content is solely the responsibility of the authors & does not necessarily represent the official views of the TAFF-F or NCI.