

Promoting Diabetes Awareness: Development and Implementation of an Accessible Educational Website

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Understanding Diabetes:
Educational Website

Scan the QR code:



Introduction

- Diabetes is a serious, chronic disease and a major public health problem.
- Rooney et al. (2025) reported, “prediabetes is projected to increase in prevalence by 2050, suggesting major global challenges for future diabetes risk.”
- Diabetes is associated with complications including heart disease, stroke, kidney disease, amputation, vision loss and nerve damage, thus increasing risk of mortality (World Health Organization, 2016).
- According to the American Diabetes Association (2025), “In Hawaii, approximately 134,100 adults, or 10.30% of the adult population, have diagnosed diabetes. Every year, an estimated 9,000 adults in Hawaii are diagnosed with diabetes.”
- These statistics show a need for increased diabetes awareness and promotion of healthy behaviors to improve health outcomes.
- Collaborated with Kahuku Medical Center, a rural healthcare facility serving the North Shore and Ko’olauloa community on Oahu, to address the accessibility of educational platforms and/or materials on diabetes awareness, prevention, complications, and management for patients and caregivers.

Project Description

- Develop and implement an accessible educational website focused on diabetes awareness, risk, prevention, complications and comorbidities, optimal management and occupational therapy’s role.

Core values:

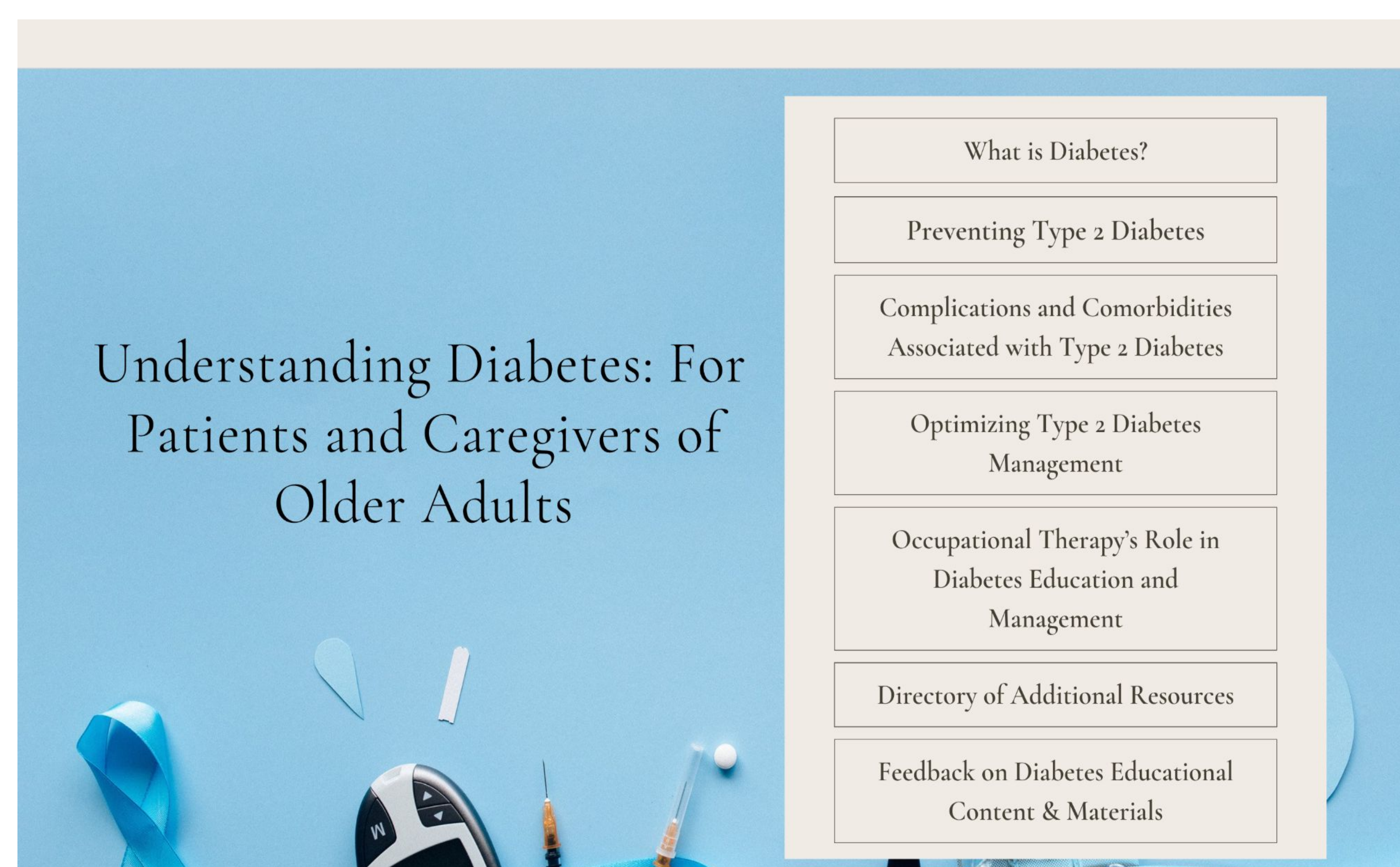
- Aloha: The educational website embodies care and compassion by addressing diabetes and the importance of healthy behaviors.
- Kuleana: Creation of a website that serves as an educational platform to bring attention to diabetes and its impacts on health.
- Pono: Integration of evidence-based and ethical information.
- Kōkua: An educational resource designed to support individuals in fostering healthy lifestyles.
- Laulima: Collaboration with rehab practitioners to develop an educational platform that shares important aspects of diabetes.

Purpose/Aims

- To provide an educational platform on diabetes that is accessible and evidence-based for patients and caregivers.

Primary project aims:

- Create educational content organized into sections highlighting diabetes risk, prevention, management, associated complications and OT’s role.
- To ensure that rehab practitioners have readily available diabetes educational materials to share with their patients.

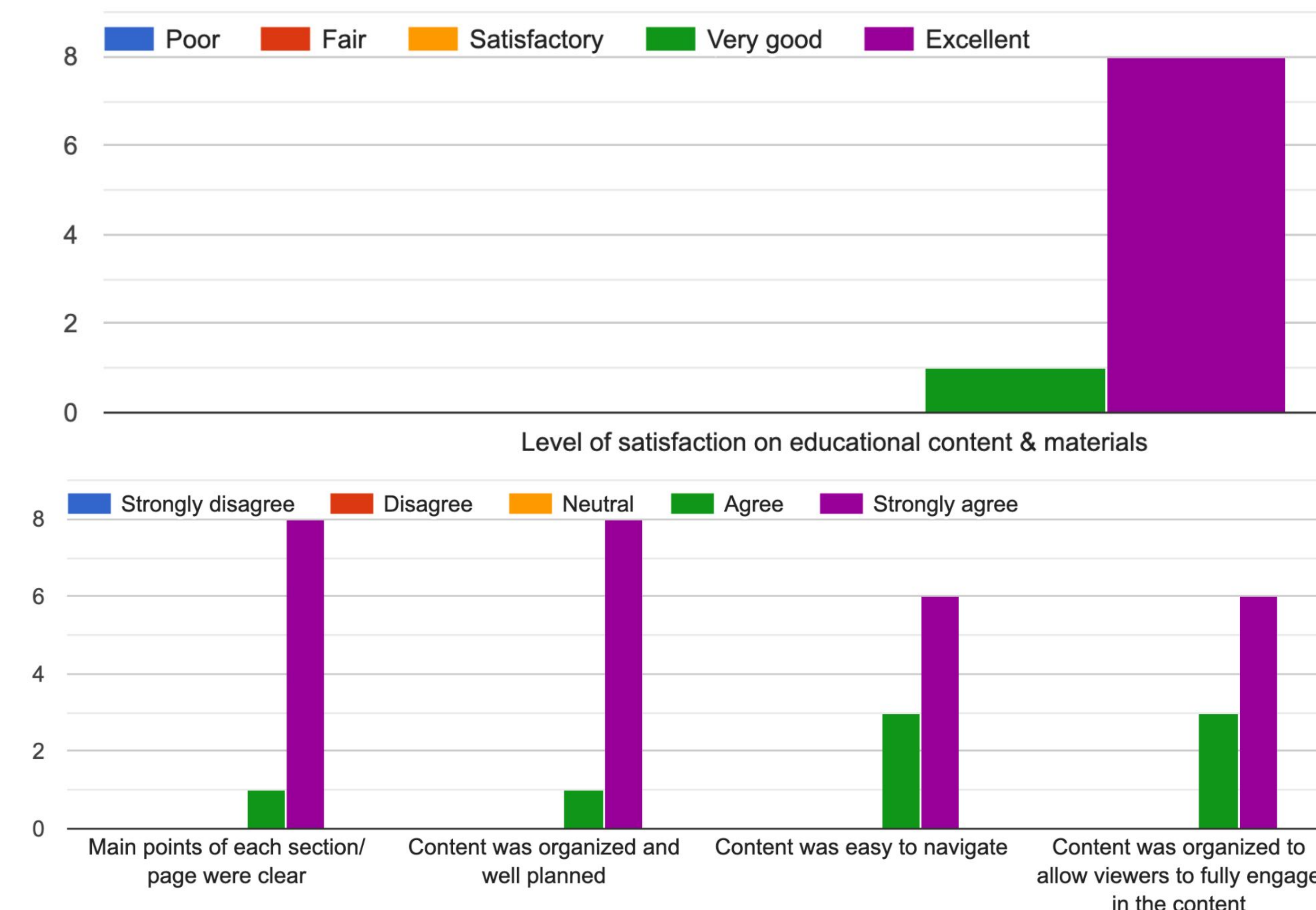


Methods

- Obtained evidence-based information from scholarly sources and created an outline.
- Utilized Canva to create the website and structured it into multiple sections covering important aspects of understanding diabetes.
- Shared the website with rehab practitioners and patients admitted at Kahuku Medical Center.
- Provided cards with a QR code, allowing patients to access the website with their mobile device.
- Displayed flyers with the QR code at Kahuku Medical Center.
- QR code posted on Kahuku Medical Center’s website.

Results/Outcomes

- A 5-point Likert scale was used to assess content satisfaction and organization (n = 9).



Discussion

The 5-point Likert scale responses show:

- Very good to excellent level of satisfaction on educational content and materials.
- Majority strongly agreed that the main points were clear and the content was organized, easy to navigate, and engaging.

Project significance:

- Address the seriousness of diabetes and provide educational information to encourage health promoting behaviors.

Limitations:

- Low hospital consensus when sharing the website with patients.
- Lack of feedback responses from patients and/or caregivers.
- Patient receptiveness to the information provided.

References

