

## Background

The prevalence of diabetes in the country of Guinea continues to grow at alarming rate. Over the years, diabetes has started to infiltrate younger members of the population and affect more people across the various regions of the country. While first-world countries have the resources and medical aid to treat their residents affected by diabetes, developing countries such as Guinea simply do not have the resources to help those infected with the disease. Therefore, preventative measures prove to be crucial in these settings. In working with public health officials and physicians in both Guinea and the United States, this research aims to understand the reasons for the growing rates and provide culturally appropriate solutions towards creating an effective diabetes awareness and prevention program.



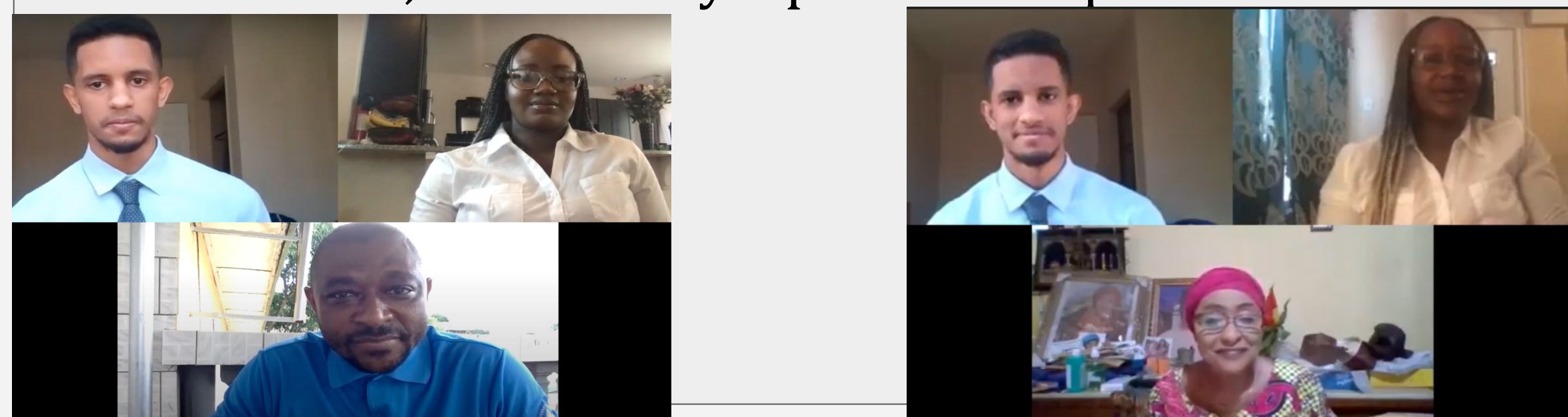
### References

<sup>1</sup>Balde, Naby M. "Prevalence and Awareness of Diabetes in Guinea: Findings from a WHO STEPS." Taylor & Francis,

<sup>2</sup>WHO, WHO. "World Health Organization - Diabetes Country Profiles, 2016." World Health Organization, 2016, [www.who.int/diabetes/country-profiles/gin\\_en.pdf?ua=1](http://www.who.int/diabetes/country-profiles/gin_en.pdf?ua=1).

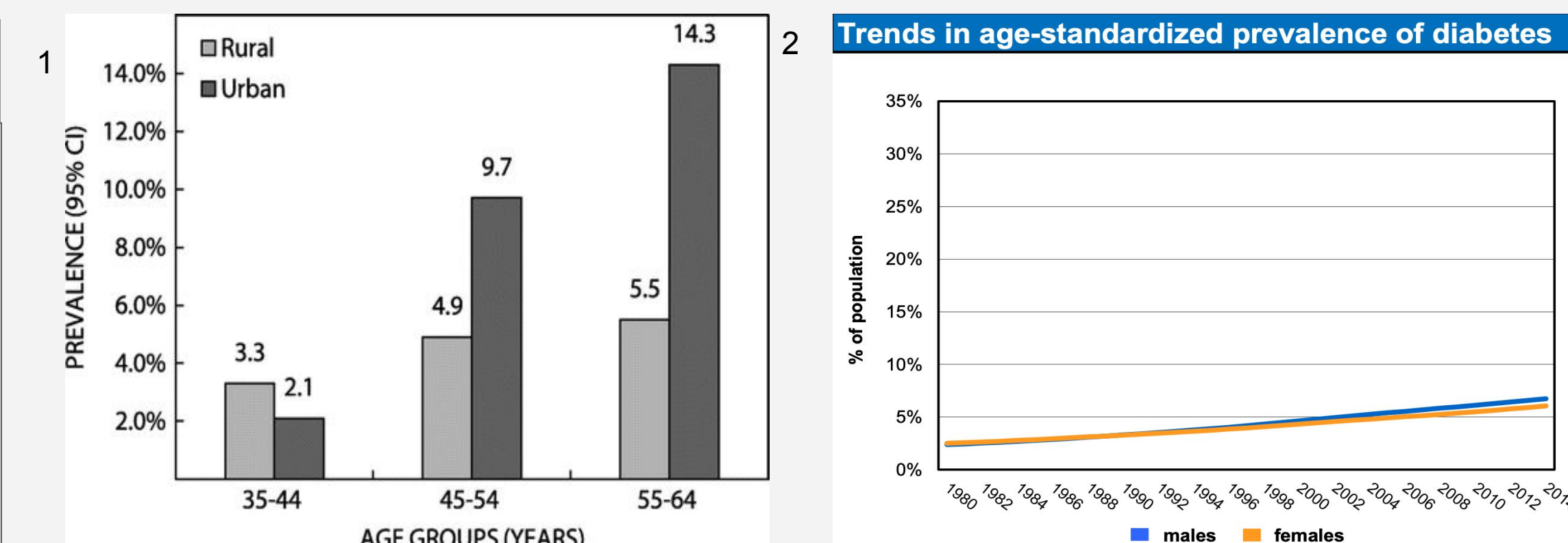
## Methods and Materials

While originally planning on traveling to Conakry, Guinea to investigate and research the rising rates of diabetes in person, due to COVID-19, we decided on going through a virtual path which consisted of virtual interviews and research. We were able to connect with various medical professionals including diabetologists, nurses, public health officials, primary care providers, and patients diagnosed with diabetes. In conducting the interviews and research, we were able to receive first hand accounts on how Guineans are affected by the increasing diabetes rates, and what would be appropriate solutions and intervention. Additionally, through open dialogue and conversation, we were able to assess commonalities, and solidify a prevention plan.



## Introduction

Originally, Rouguiatou introduced the possibility of creating a prevention and awareness plan that targeted aiding diabetes patients. Being Guinean and having quite a few family members and friends back in Guinea who were diagnosed with diabetes, she saw that there seemed to be very little awareness or effective preventative measures taken to combat the rising rates. Abraham, being Eritrean, was also very interested, since he was aware of how underfunded and scarce health resources could impact huge populations. Given that that both Rouguiatou and Abraham major in Health and Societies and have taken many public health courses, they understand the necessity of proper prevention and awareness education for diseases especially in developing countries.



## Findings

While our own individual research and experiences pointed to a severe undercount of cases and awareness of diabetes in Guinea, our interviews revealed that the problem was much more widespread than we initially thought. Consistent themes we encountered in our interviews were lack of a balanced diet, physical activity, and general awareness and preventive measures of diabetes. This has helped us to mold our program layout to have major emphasis in reaching out to cultural leaders in the community for awareness and stressing culturally appropriate cooking and physical activity workshops.

## Acknowledgments

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