

Form Approved

OMB No.: 0920-1154

Exp. Date: 1/31/2020

Minority Men Focus Group Questions – Men at risk for type 2 diabetes

Revised July 1, 2019

CDC estimates the average public reporting burden for this collection of information as 90 minutes per response, including the time for reviewing instructions, searching existing data/information sources, gathering and maintaining the data/information needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to CDC/ATSDR Information Collection Review Office, 1600 Clifton Road, NE, MS D-74, Atlanta, GA 30333, ATTN: PRA (0920-1154).

INTRODUCTION [MEN AT RISK FOR TYPE 2 DIABETES]

Welcome and introduction of moderator:

My name is <<name of moderator>>. I would like to welcome you to today's group discussion. This evening we would like to hear your thoughts on what you like and don't like about health programs. We will talk for about 90 minutes. My role as moderator is to help guide the conversation and make sure you all get a chance to speak. Thank you for being willing to share your perspectives with us. We look forward to a full discussion.

You were invited to participate in this focus group because you:

- Are a <<indicate specific group i.e. Black/African American, Hispanic/Latino, American Indian>> man and there is a high chance you could get type 2 diabetes

We want to understand:

- what things make it easier and harder for you to be healthy
- what you think of your chances of getting type 2 diabetes
- what things would make it easier for you to be in a program that lowers the chance of you getting type 2 diabetes
- what you think about some different types of programs that could help lower the chance of you getting type 2 diabetes
- what you think the best program to help lower the chance of getting type 2 diabetes would look like

We will use this information to:

- modify programs that focus on or consider <<indicate specific group i.e. Black/African American, Hispanic/Latino, American Indian>> men so that the programs better meet the needs of <<indicate specific group i.e. Black/African American, Hispanic/Latino, American Indian>> men and help them stay healthy

Reaching Minority Men Where They Are

Set ground rules

- We are video recording this session, so we make sure we accurately capture what you all share with us. After we leave today, we will use the video recording to type out the conversation word for word, without including names or any identifying information, then permanently delete the recording after our analysis is complete. Any reports we create using information from our discussion today will not contain your name, voice, or photograph, and you will not be able to be identified as a participant.
- The final report will not have your name, voice or photo. The notes of this session will contain no information that would allow you to be linked to specific statements.
- This study has been funded by a group of researchers interested in improving the lives of Black, African American, Hispanic and American Indian men who have a higher chance of getting type 2 diabetes. Your participation will be private.
- If you see someone you know here or bump into someone from this group later on, we ask that you respect each other's privacy.
- There are no right or wrong answers to the questions.
- To protect your identity, we use first names only in the group. If it makes you more comfortable, you can use a different name and not your real name. We will write the names you choose on the card in front of you, so it is easier for us to talk to each other. Remember, we will not use your name when we create reports about this discussion.
- It is okay if we disagree with each other but please be respectful.
- If there are any questions or discussions that you do not wish to answer or participate in, you do not have to do so; however, please try to answer and be as involved as possible.
- Please no cell phones, tablets, or electronic devices during the session.
- There may be the temptation to jump in when someone else is talking but please wait until they have finished and let only one person speak at a time.
- When you do have something to say, please do so. It is important that we obtain the views of each of you.
- It is okay to ask the moderator to explain if a question doesn't make sense to you.
- *[Moderator - Request additional ground rules from the group]*

Housekeeping: **1) Food, 2) Incentives, 3) Restroom, 4) Break**
[Moderator insert short break if needed at half time]

Brief review of health terms:

Reaching Minority Men Where They Are

To get started, I am going to define a few terms that we will use throughout this study to make sure we are all defining them in the same way throughout our conversation. Feel free to ask me to explain them again if they come up.

- **Healthy:** this means when you are at your best in body, mind, and spirit; it's more than just not being sick.
- **Program:** a set of services or events that are designed to help individuals be as healthy as they can be or to stop people from getting sick, or to help people better deal with the illnesses they may have.
- **Health Care Provider/Advisor:** who you go to for medical and health care or information. This could include people such as your doctor, nurse practitioner, physician assistant, registered nurse, dietitians, pharmacist or community health workers.

- **Before we move on are there any questions or thoughts you want to share?**

[Moderator: Pause to accept feedback, allow reflection and provide a summary of intro before proceeding to questions. Make name tents.]

QUESTIONS [MEN AT RISK FOR TYPE 2 DIABETES]-

Guiding Question 1) *format - Round Robin-*

To help us all get to know each other, please tell us the name you want to use for this group and describe your favorite meal or food.

[Moderator, begin with yourself]

Guiding Question 2)

We gave you one definition for what “healthy” means, we would like to hear from you what “healthy” means to you?

Probing Question:

- a) What are your health goals?
- b) Tell us about how your thinking about being healthy has changed over your lifetime.
- c) Think about all the things you need to focus on in your life, how important is being healthy compared to other things you have to deal with?
- d) Think about the top three things that are on your mind most of the time, is your health one of them? Why or why not?

Guiding Question 3)

Please tell us some things you do to try to keep yourself healthy.

Reaching Minority Men Where They Are

For example, you can tell us about experiences with food, exercise, going to the doctor, going to a hospital, etc.

Probing Question:

- a) What gets in the way of you staying healthy?
- b) How often do you go to your health care provider/advisor?
- c) How often do you do things like eat healthy and exercise?
- d) What do you do when you try to eat healthy and exercise?
- e) What health tips have you learned from your friends and family members?
- f) Can you tell us about any family members or friends who lowered their chance of getting sick and what they did?
- g) What motivates you to try to stay healthy?

Guiding Question 4)

What might increase your chance of getting type 2 diabetes? Remember that type 2 diabetes is a condition that causes blood sugar to be higher than normal. Improper management of type 2 diabetes can lead to nerve damage, heart disease, damage to the kidneys, vision problems, hearing problems, and damage to other parts of the body, even erectile dysfunction or ED -

Probing Questions:

- a) Tell us about anyone in your family or a friend that has type 2 diabetes, and what that means for you.
- b) Did your health care provider tell you that you have a higher chance of getting type 2 diabetes or do you think that you have a higher chance of getting type 2 diabetes?
- c) How likely would you be to attend a group session on healthy living that provided information about ways to prevent or delay ED and other type 2 diabetes complications that were mentioned?

Guiding Question 5)

What are some things you can do to lower your chance of getting type 2 diabetes?

Probing Questions:

- a) Tell us about any efforts you have made to lose weight?
- b) If you have tried to make your meals healthier, how did you do so?
- d) What actual steps have you taken to lower your chance of getting type 2 diabetes?
- e) What role do you think finances and money play in lowering your chance of getting type 2 diabetes?
- f) Tell us about the availability of healthy food in your neighborhood.
- g) What could you do to be more active or exercise more frequently?

Guiding Question 6)

Have you participated in a program that is designed to help you

Reaching Minority Men Where They Are

prevent a disease or condition? If you have, why did you decide to participate? [These programs are designed to help people be healthier and reduce the risk of getting a condition like type 2 diabetes. Some programs involve exercise, or cooking classes, weigh-ins or health coaches.]

Probing Questions:

- a) How did you hear about the program?
- b) What did you like and not like about it?
- c) Was the program worth your time and effort?
- d) For those who have not participated in this type of program, why have you not participated?

Guiding Question 7)

Can you think of two or three things that would make it easier for you to participate in programs that are designed to make you healthier and lower your chance of getting type 2 diabetes?

Probing Question

- a) If you could design the perfect program to make you healthier what would it look like? What would be the important parts?

Guiding Question 8)

We are considering a number of changes to diabetes prevention programs. I am going to go through a list of some of the changes we are considering. Please tell us what you think of each one. What if we...

- 1) Made a program that (a) had men only groups, (b) had only men of your same race, (c) had men of your same age-range (*address each*)
- 2) Made it so men could go to the program with their kid(s)
- 3) Held the program in a place of worship or community center you could easily access
- 4) Made sure the program was free or low cost
- 5) Made sure the people leading the program shared your ethnic/racial background
- 6) Made it so you could receive incentives (like gifts and prizes) for doing well in individual or team competition against other men in the program
- 7) Used technology, like a Fit Bit or Apple Watch to track physical activity, weight, etc.
- 8) Held the program in your local barbershop or similar gathering place for men in your community
- 9) Talked about how taking care of your body is just like taking care of your car such as keeping it on a maintenance schedule

[Moderator: Other examples include 1) how pain or headaches are like the warning lights in the car, 2) how dirty gas in an engine is like

Reaching Minority Men Where They Are

unhealthy food for the body.]

10) Hired people from your neighborhood to run the program.

Guiding Question 9)

I want to take a moment to summarize some of the main things I heard from the group...Is there anything else you want to add about preventing type 2 diabetes?

Closing

- This is the end of our session. Thank you for participating and making this a successful discussion
- Your opinions will be a valuable asset to the study
- We hope you found the discussion interesting and thought-provoking
- I would like to remind you that your participation will be kept private and your name will not appear in any reports