

# Diabetes og innvandrere

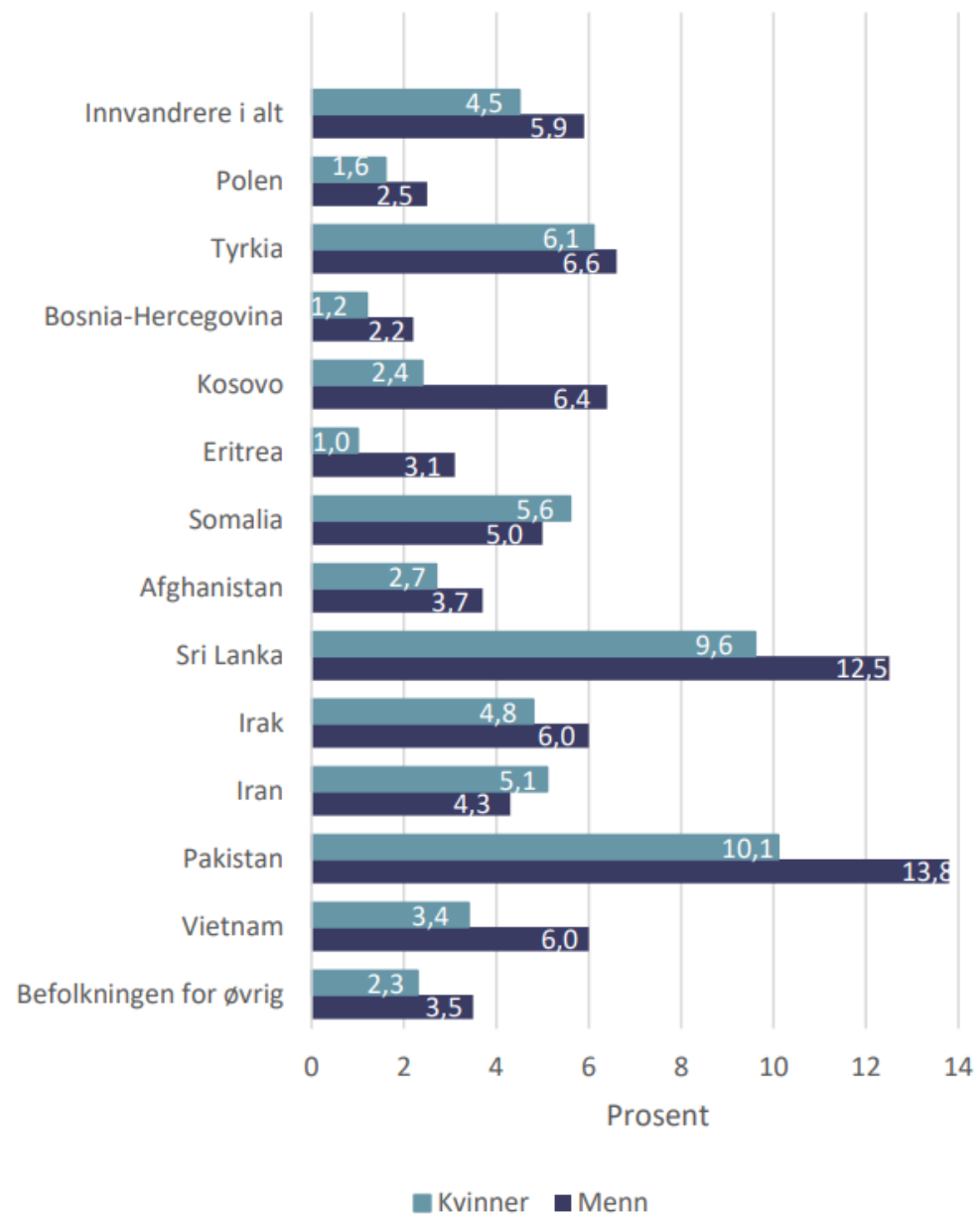
Betül Cokluk, styremedlem i  
Folkehelseforeningen og PhD-stipendiat ved  
OsloMet, 06.11.24

# Diabetes og innvandrere

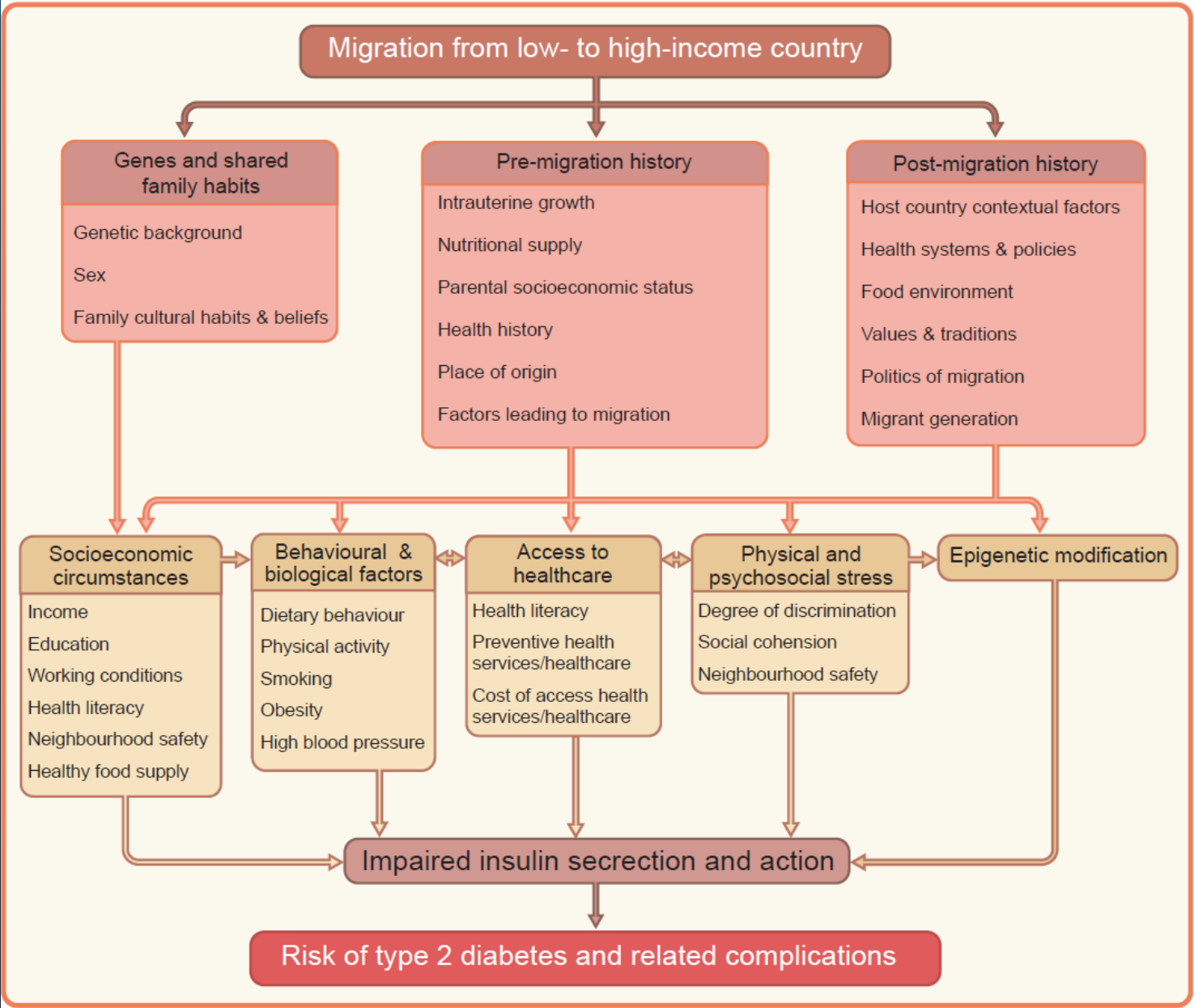


# Selvrapportert diabetes etter landbakgrunn og kjønn

Kilde: Levekårsundersøkelsen blant innvandrere 2016 (Kjøllestad et al., 2019)



- Høyere forekomst blant menn enn kvinner
- Øker raskere med alder
- Tidligere forekomst
- Høyere grad av komplikasjoner, sykkelighet og dødelighet
- En del uoppdaget diabetes



# Self-management of type 2 diabetes among Turkish immigrants in Norway: A focus group study

Journal of Public Health Research  
2023, Vol. 12(1), 1–9  
© The Author(s) 2023  
DOI: 10.1177/22799036231154680  
journals.sagepub.com/home/phj



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## Abstract

The prevalence of Type 2 Diabetes Mellitus (T2DM) is higher among Turkish immigrants than the general population in Norway. The aim of the study is to describe the challenges and experiences faced by Turkish immigrants in Norway in the self-management of T2DM. The study design is based on descriptive research using a qualitative approach. The sample group contained 13 persons participating in three focus group interviews: nine women and four men. A phenomenological-hermeneutical approach was employed to achieve a deeper understanding of the experience of self-management of T2DM among Turkish immigrants in Norway with regard to HL. The participants described experiences of the T2DM self-management with regard to HL and revealed three major themes: (1) understanding the role and responsibility of health care staff in T2DM treatment, (2) assessing T2DM education course and information and (3) applying knowledge and motivation to adapt to life with T2DM. Findings from this study revealed that self-management of patients with T2DM among Turkish immigrants is related to their cultural, religious and socio-economical background and experiences. By understanding the cultural features, a well-tailored intervention according to the needs of Turkish immigrants regarding self-management can be developed. Health care staff are recommended to consider patients' HL when interventions are developed.

## Keywords

Diabetes, Turkish immigrants, Norway, health literacy, focus groups

Date received: 24 June 2022; accepted: 16 January 2023

## Introduction

The prevalence of type 2 diabetes is high and rising across the world.<sup>1</sup> There are inequalities in the prevalence of T2DM in Europe; minorities develop T2DM at an earlier age than the host European population.<sup>2,3</sup> T2DM in Norway is diagnosed up to 15 years earlier in first-generation immigrants from Asia.<sup>4</sup> Research studies from Denmark, Austria, the Netherlands and Norway show that the preva-

self-perceived empowerment. No empirical evidence strengthening either the link between HL and glycaemic control or the link between HL behaviours was found.<sup>9</sup> The Norwegian government defines HL as 'a person's ability to understand, assess and apply health information enabling them to make knowledge-based decisions related to their health. This applies to decisions related to lifestyle choices, disease prevention measures, self-management of



# Kurs, oppfølging av helsepersonell og informasjon

*'At the general practitioner, the diagnosis was made, then he wrote (the prescription for) the injection (. . .) I bought it from the pharmacy, the girl there said a few words (about how to use the medicine). I came home and used it. I never got any other kind of help. I don't know any more, was it necessary to go to the hospital, to receive such a diabetes education course? They (the GP) never offered anything like that'. (P11)*

*'When it isn't explained properly, you just do what you think is best (. . .) people need to be given advice that is closer to their own culture and language'. (P10)*

*' . . . You feel more secure (in Turkey). You're saying, here's a Turkish doctor, let me pour it out, completely (. . .) My nephew is a dietitian in Istanbul (. . .) I ask him, and he sends me things monthly'. (P5)*

# Kurs, oppfølging av helsepersonell og informasjon

*'I always go both here and in Turkey (. . .) There is no queue in Turkey, it's quick, the system is good, there's no problem if you have money'. (P8)*

*'My cousin's daughter is a doctor in Turkey. She told me to watch my sugar (T2DM)'. (P13)*

*I don't trust Turkey as much as you do. More precisely, for some reason, as far as possible, I prefer the health sector in Norway rather than Turkey'. (P7)*



## Motivasjon og begrensninger

*'So we all came from our country to another country. We experienced traumas, but we lived them without knowing it was trauma. And of course, eating habits. I also gained weight after that. I gained a lot of weight'. (P13)*

*'There is also the effect of our being in a foreign country (. . .) We cannot be involved in family matters when it is necessary to go to Turkey or when we need to go. We're obsessing over this'. (P7)*

*'It's good when I am alone in the house [and don't need to prepare more dishes]'. (P13)*

*'In fact, if people were left alone (. . .) then they would more pay attention (to themselves). For example, in my case'. (P10)*

# Diskusjon og oppsummering

- Kostholdsvaner en del av den kulturelle identiteten
- Støtte fra familie
- Mangel på startkurs
- Second opinion og sterke bånd til Tyrkia
- Tyrkisk som foretrukket språk

Helsefremmende

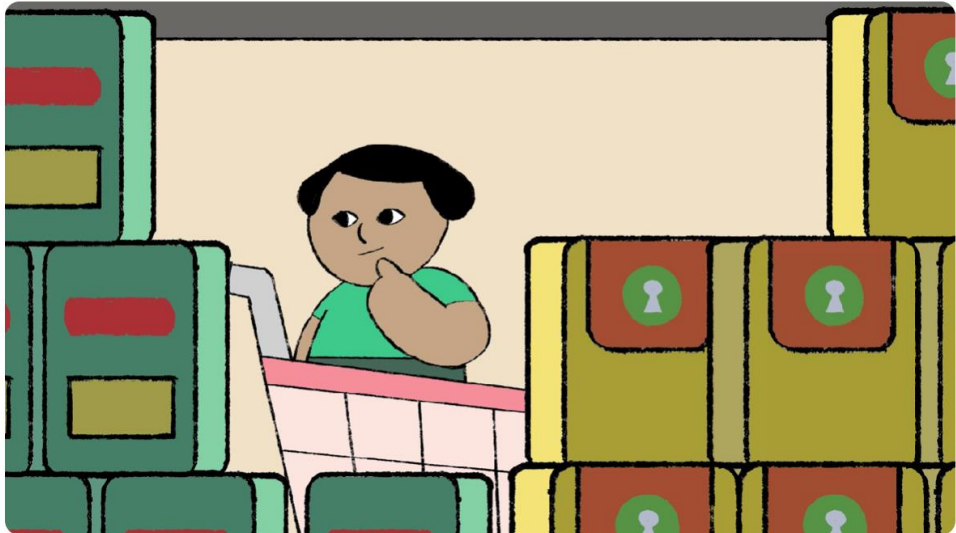
Forebyggende

Folkehelse

Sykdomsforebyggende

Rehabilitering

# Helsefremmende arbeid



The video player shows a cartoon illustration of a young child with dark skin and hair, wearing a green shirt, standing in a grocery store aisle. The child is looking thoughtful, with one hand on their chin. The aisle is filled with colorful boxes of food, some with green keyhole icons. The background is a simple, light-colored wall.

**Jeg liker sunn mat (norsk)**  
Diabetesforbundet - 1/4

Diabetesforbundet 2,44k abonnenter

37 likes, 0 comments, 0 shares, 0 downloads

Sett 3,1k ganger for 3 år siden  
Hva er sunn mat for barn? Filmen gir enkle råd om sunne matvalg, og er rettet mot familier med barn i alder 1-5 år. ...mer

**Jeg liker sunn mat**  
Diabetesforbundet - 1/4

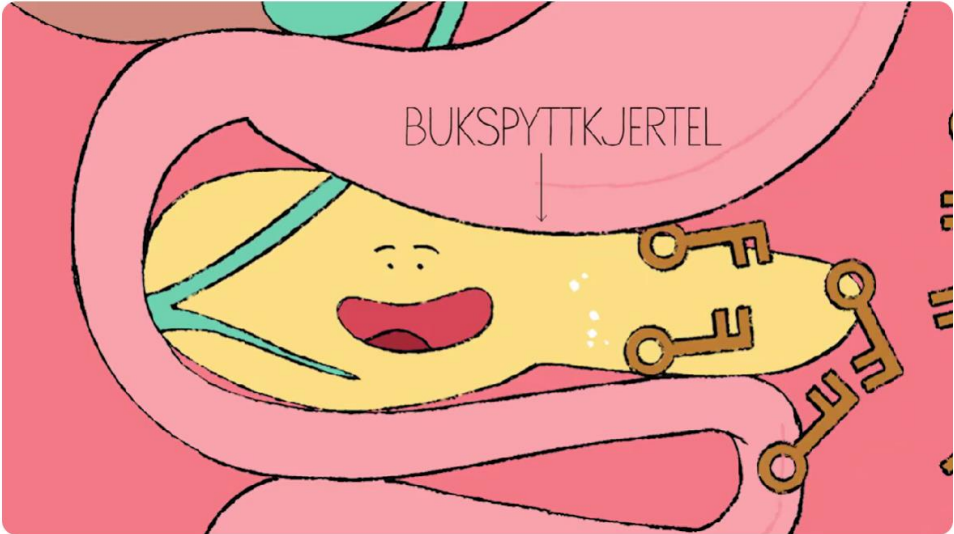
- 1 Jeg liker sunn mat (norsk) Diabetesforbundet 1:53
- 2 Jeg liker sunn mat (arabisk) Diabetesforbundet 1:53
- 3 Jeg liker sunn mat (somal) Diabetesforbundet 1:53
- 4 Jeg liker sunn mat (urdu) Diabetesforbundet 1:53

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Alle Relatert For deg

# Forebyggende arbeid

YouTube <sup>NO</sup> diabetesforbundet



**Hva er diabetes?**

Diabetesforbundet  
2,44k abonnenter

Abonner

74 1 Del Last ned

Sett 21k ganger for 4 år siden  
Insulin er et hormon som produseres i bukspyttkjertelen og som har som hovedoppgave å senke blodsukkeret. Insulinet

**Kan du "vise" meg diabetes?**  
Diabetesforbundet - 1/4

- 1 **Hva er diabetes?**  
Diabetesforbundet 1:06
- 2 **Symptomer diabetes**  
Diabetesforbundet 0:51
- 3 **Raske og langsomme karbohydrater**  
Diabetesforbundet 0:51
- 4 **30 minutter om dagen**  
Diabetesforbundet 1:01

Alle Fra Diabetesforbundet Relatert

- Slik setter du insulin**  
Diabetesforbundet  
Sett 35k ganger · for 9 år siden 8:30
- Webinar: Diabetesinformasjon for helsepersonell 17.04.2024**



# Forebyggende arbeid

YouTube <sup>NO</sup> diabetesforbundet

DIABETESFORBUNDET CUNTADA MA AHA  
OO KALIYA CUNTADA SOOMAALIYA

diabetesforbundet  
MAT ER IKKE BARE MAT  
SOMALIA

Runtii waa inla qeexaa aqoonsigena.

Mat er ikke bare mat- Soomaali/Somali

Diabetesforbundet  
2,44k abonnenter

Abonner

1 1 Del Last ned

Sett 180 ganger for 1 år siden  
Somali tekst. ...mer

Mat er ikke bare mat  
Diabetesforbundet - 9/12

- 0 9:08 Diabetesforbundet
- 7 7:18 Mat er ikke bare mat- Ingriis/English  
Diabetesforbundet
- 8 7:18 Mat er ikke bare mat- Noorwiji/Norsk  
Diabetesforbundet
- ▶ 7:18 Mat er ikke bare mat- Soomaali/Somali  
Diabetesforbundet
- 10 7:52 Mat er ikke bare mat- العربية/Arabisk  
Diabetesforbundet
- 11 Mat er ikke bare mat- الإنجليزية/English  
Diabetesforbundet

Alle Fra Diabetesforbundet Relatert

Trygge og enkle betalinger  
Oversiktlig pris: Du betaler 0,95 % av transaksjonsbeløpet for alle kort  
Sponset · Nets



# Helsekommunikasjon

- Avsender eller kilde
- Budskapet
- Kanal
- Mottaker eller publikum

# Kilder

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