

1. Identify the primary outcome(s) for your evidence-based intervention.
2. Describe how this will be measured (i.e., how the evidence-based intervention will be evaluated when it is fully implemented).

Answer:

1) The primary outcomes for an evidence-based intervention targeting diabetes type 2 in African Americans could include:

Improved blood sugar control (as measured by HbA1c levels)

Reduced risk of cardiovascular disease (CVD)

Improved quality of life

Reduced incidence of diabetes-related complications, such as neuropathy, retinopathy, and nephropathy.

2) The evaluation of the evidence-based intervention will depend on the chosen outcome measures. For example:

Blood sugar control can be measured through HbA1c levels. The intervention's success can be assessed by comparing pre- and post-intervention HbA1c levels in participants.

Risk of CVD can be evaluated by measuring blood pressure, cholesterol levels, and body mass index (BMI). Reductions in these factors can indicate the success of the intervention.

Quality of life can be evaluated using validated surveys, such as the Diabetes Quality of Life Questionnaire or the Short Form-36.

Diabetes-related complications can be evaluated by monitoring the incidence of conditions such as neuropathy, retinopathy, and nephropathy. The intervention's success can be assessed by comparing the incidence rates pre- and post-intervention in participants.

In summary, the success of the evidence-based intervention targeting diabetes type 2 in African Americans can be evaluated by measuring the chosen primary outcomes using validated methods and comparing pre- and post-intervention data in participants.

REFERENCES

"African Americans and Diabetes: Understanding the Risks and Prevention" by the American Diabetes Association (<https://www.diabetes.org/resources/statistics/african-americans-and-diabetes>)

"Interventions to improve culturally appropriate diabetes care in African Americans: a systematic review" by Shuko Liao and colleagues (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3830807/>)