

Exploring factors impacting the self-management of Type 2 Diabetes in older adults of Black African and Afro-Caribbean ancestry living in London: A qualitative approach.

### Correspondence Author

Dionne Henry

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### New Vistas

Volume 12, Issue 1, 2026 UWL Annual Doctoral Students' Conference 2025

### Abstract

#### Background

Type 2 Diabetes (T2D) is a chronic metabolic disorder that contributes to substantial morbidity, mortality, and healthcare costs. Ageing increases the risk of developing health conditions such as type 2 diabetes, and disproportionate rates of T2D exist within Global Majority communities, especially among Black African and Afro-Caribbean People (BAACP). In the United Kingdom, older adults who are from the Global Majority are more disadvantaged, as their financial situation, employability, and social networks are gravely lower than those of their White Counterparts.

#### Aim

This study aims to explore the barriers and facilitators to self-management of T2D in older Black African and Afro-Caribbean People (BAACP) living in London from a multi-perspective standpoint. Methods A qualitative study with a phenomenological approach will be conducted in four phases. The Health Belief Model is the theoretical framework which will be used to understand the health beliefs and perceptions of the participating stakeholders. Purposive sampling and snowballing techniques will be used to recruit participants for all research phases. Interviews and focus groups will be used to collect data from older BAACP with T2D, healthcare practitioners, family members, and community leaders following appropriate ethical approval. A verbatim transcription will be done, and the transcribed data will be analysed thematically. NVivo software will be utilised in the data analysis process.

#### Conclusion

This research will assist in creating culturally sensitive interventions that can inform better healthcare practices, policies, and support mechanisms to improve T2D care. It will also provide more profound insights into the role of family members and social support in managing T2D in these individuals.

### Keywords

Type 2 diabetes, Black African, Afro-Caribbean, Self-management, Older adults, Phenomenology