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TUFH 2020 Abstracts

Title	**Patient empowerment: A essential approach to kidney disease prevention in early-onset type 2 diabetes.**
Type	Oral Presentation *Working with Underserved Populations towards Community Empowerment*
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Content	Patient empowerment indicates the assumption of their health responsibility meanwhile the provider acknowledges that the patients take control of their care, promoting critical thinking and informed decisions by increasing their autonomy in the health decision-making process. Increasing evidence suggest a growing trend in the prevalence of early-onset type 2 diabetes (eoT2DM) in Mexico with 1 662 870 cases reported in 2006. eoT2DM, onset before 40 years of age, generates a prolonged disease exposure that will increase the incidence of complications. In fact, Mexican mestizos have an increased susceptibility to develop diabetic nephropathy and end-stage renal disease that can result in not only personal and social problems but also in high financial costs. Furthermore, these patients will retire prematurely due to physical limitations making them vulnerable and in consequence reducing the economically active population in Mexico. An inadequate health literacy may contribute to a disproportionated burden disease among vulnerable population. Efforts should emphasize the development of interventions to enhance health literacy by the integration of techniques and tools in diabetes self-management education programs such as booklets, manuals, cell phone calls, websites, software, mobile apps and telemedicine that have shown to be an efficacious and cost-effective prevention alternatives leading to the improvement of biomedical, behavioral, and psychosocial outcomes. As kidney disease in eoT2DM has important public health implications in Mexico, our purpose is to provide an overview of interactive care models and highlight the impact of establishing such models to kidney disease prevention or delay its development.