



ISPAD-Breakthrough T1D Research Progress Report: 6 Months

Project Title: DULCE-T1D: *The Perceptions of Nutrition Among Hispanic/Latino Caregivers in the Context of Type 1 Diabetes Management: A Qualitative Study*

Grantee Organization: Children's Hospital at Montefiore

6-Month Funding Period: February 23, 2026–August 21, 2026

Principal Investigator: Xinyi Xu, MS, RD

Mentor: Charlotte Chen, DO

Team Members: Shoshana Liu, BS; Gabriela Gonzalez, MS; Sean Pereira, PhD; Kandree Hicks, PhD; Jessica Mena, BS

Stated Aim and Scientific Progress (Accomplishments)

The overall goal of the DULCE-T1D project is to understand how Hispanic/Latino caregivers perceive nutrition in the context of Type 1 Diabetes (T1D) management and to identify culturally relevant opportunities to improve nutrition education and support for families living with T1D.

During the first six months of the funding period, the study team made progress in study development, community engagement, interviewer training, and participant recruitment and data collection.

Study Development and Community Engagement

The study was presented at the Montefiore Hospital Clinical Research Scholars Seminar Series on December 18, 2025, providing an opportunity to obtain feedback from colleagues and strengthen the study design. In addition, the study team held its first Community Advisory Board meeting to obtain community input regarding the study design and

qualitative interview guide. The team incorporated advisory board feedback into the study materials, refining the protocol and interview questions to improve cultural and contextual relevance.

The Montefiore Institutional Review Board (IRB) approved the study materials and protocol.

Interviewer Training and Data Collection

All study team members involved in qualitative data collection have completed qualitative interview training led by the Principal Investigator, Xinyi Xu, MS, RD, and psychologist Sean Pereira, PhD. The training focused on qualitative interviewing techniques, establishing rapport with participants, culturally responsive interviewing, and maintaining consistency across interviews.

To date, the study team has completed five qualitative interviews with Hispanic/Latino caregivers of children with T1D. Recruitment and interviews are ongoing. The study team plans to enroll approximately 15–25 participants, with the final sample size determined by thematic saturation.

Challenges and Strategies to Address Them

The study team has encountered several challenges related to recruitment, technology, and language and cultural considerations.

Recruitment and research participation: Some families may have hesitancy about participating in research. To address this, the team has strengthened communication with primary endocrinology providers, who can introduce the study to eligible families. It has increased study visibility through diabetes-focused community events, including Diabetes Family Day at Children’s Hospital at Montefiore Einstein.

Technology access: Because interviews are conducted virtually, some participants have experienced technical difficulties or have limited familiarity with the virtual platform. To minimize this barrier, an additional team member is available during interviews to provide technical assistance and troubleshoot technology-related issues so that participants can focus on the interview.

Language and cultural considerations: Language and cultural differences are important considerations in this study population. The team includes two native Spanish-speaking members who can conduct interviews in Spanish. The team also uses translation services to support accurate transcription and translation of interview data. In addition, the team plans to hold a second Hispanic/Latino Community Advisory Board meeting to gather community input during the interpretation phase and help ensure the findings are culturally appropriate and accurately reflect participants’ perspectives.

Next Steps and Goals for the Next Six Months

During the next phase of the project, the study team will:

1. Continue participant recruitment and qualitative interviews, with a target sample of approximately 15–25 participants or until thematic saturation is achieved.
2. Begin inductive qualitative data analysis concurrently with ongoing data collection.
3. Conduct Hispanic/Latino Community Advisory Board meeting to obtain feedback on emerging themes and support culturally appropriate interpretation of findings.
4. Continue recruitment through clinical and community-based settings and diabetes-related community events.

5. Use study findings to inform the development of culturally tailored nutrition education materials for Hispanic/Latino families affected by T1D.
6. Disseminate findings through abstracts and presentations, with the goal of submitting the study results to the ADCES and ISPAD conferences in the next year.

Overall, the project has established the infrastructure needed for successful qualitative data collection, including IRB approval, community engagement, interviewer training, and the start of participant interviews. The next phase will focus on expanding recruitment, completing data collection, analyzing the qualitative data, and translating findings into culturally responsive resources for Hispanic/Latino families managing T1D.