

GINGER FORUM 2023

Interactive forum by Joslin AADI: Experts to discuss the latest findings around diabetes among Asian Americans and share what WE can do!



Index

1. Welcome letter from Dr. King
2. About AADI
3. Agenda
4. Moderators and Speakers
 - a. Dr. George King
 - b. Dr. Henry He
 - c. Dr. Om Ganda
 - d. Dr. Lucy Chie
 - e. Dr. Sanjeev Mehta
 - f. Dr. Marc Yu
 - g. Ms. Chihiro Sato
 - h. Ms. Shunee Yee
 - i. Dr. Frank Hu
 - j. Dr. Persis Commissariat
 - k. Dr. Sally Ho
 - l. Mr. Leverett Wing
 - m. Ms. Danielle Kim
 - n. Ms. Nina Liang
 - o. Dr. Tam Nguyen
 - p. Ms. Julia Li
 - q. Ms. Bik Ng
 - r. Ms. Quynh Tu
5. Ginger Sponsors
 - a. Ginger
 - i. CSOFT Health Sciences
 - b. Saffron
 - i. Martin Pasqualini
 - ii. South Cove Community Health Center
 - iii. Tai Tung Pharmacy
 - c. Cardamom
 - i. Carol and Jeffrey Horvitz from the Jeffrey Horvitz Foundation
 - ii. C. Richard Carlson & Deb
 - iii. Diana and George King, MD
 - d. Coriander

- i. Carol Chin
- ii. Dexcom
- e. Rosemary
 - i. Boehringer Ingelheim

6. Restaurant Supporters

- a. Fuji Group
- b. Masala Art
- c. MEM Tea Imports
- d. Modern Pastry
- e. Pho Le
- f. 180 Café

7. Thank you/contact page

Joslin Diabetes
Asian American Diabetes Initiative

Sign In
English

About AADI - Am I at Risk? - Diabetes in Asian Americans - Free Resources - Drag 'n Cook - Ginger

AADI Video Series
Let's Talk About...
- Diabetes
- COVID-19
- Pregnancy
- Stress ...and more!
Tiffany Su Memorial Fund

Let's Talk About (Videos)

Asian Clinic since 2004

A Message from the AADI / Asian Clinic Regarding COVID-19 for Asian people with Diabetes
This message is available in Simplified Chinese, Traditional Chinese, Japanese,

Ginger Forum
Saturday, Oct 21st
9:30am - 2:00pm
at Joslin
Save your spot today!

Ginger Forum 2023

Events Calendar
7 Nov 12:00 AM
Panel Recording - Joslin Ginger Forum 2023

About AADI
Joslin's Asian Clinic
AADI Team
Join The Team
Events
Support AADI
AADI YouTube Channel
In Memory Of

Am I at Risk?
Asian BMI Calculator
Making an Appointment in the Asian Clinic
Free Diabetes Resources
Diabetes Reset

Diabetes in Asian Americans
Diabetes Materials In Asian Languages

Visit aadi.joslin.org for free educational materials on healthy living and more!

Stay in touch with AADI and learn more about the latest diabetes and prevention news

Questions? Contact aadi@joslin.harvard.edu



Dear Friends,

Welcome All to the Ginger Forum!

A Taste of Ginger, the annual food tasting event, has evolved into Ginger Forum 2023. This transformation into an educational forum was strongly urged by the Asian American (AA) community including patients, their families and caregivers, health professionals in clinical practice, research, and health advocacy. We will share updates on the Asian American Diabetes Initiative (AADI) efforts and the latest findings about diabetes among AA's – including; treatments, management, education, technologies, screenings, and prevention. The agenda will include several panels focusing on new treatments (medicine and devices), rising rates of diabetes during pregnancy, nutrition, exercise, advocacy, and patient perspectives. The panel discussions will be recorded and disseminated as a video after the event. Participants will learn actionable next steps for screening, better managing diabetes, and advocacy action they can take in their specialized fields or in their communities.

The rising rate of diabetes in Asian Americans is continuing and has become even more alarming in the post-pandemic world. Since the beginning, we have collaborated with local, national and international organizations for various advocacy, research and educational efforts to increase awareness and promote health equity. With these efforts, we have been able to implement guidelines for screening diabetes in Asian Americans at a BMI of 23, educating health providers that diabetes can affect Asian Americans even in the absence of being overweight. These screening guidelines have been adopted by national diabetes societies. Additionally, we have worked alongside the Center for Disease Control (CDC) to include Asian Americans in their major studies.

Joslin's AADI operates Asian Clinic, the only one in East Coast to provide diabetes care that is personalized to Asian Americans, with difficult to treat diabetes. AADI leads the country with providing culturally customized education tools, such as multiple webinars on medical management, diet instruction and mental health for managing diabetes during COVID-19. With the support of individuals and organizations like yourself, we will continue to meet our goals and expand our reach to AA communities, which have been underserved due to lack of knowledge about unique features of diabetes in AA's.

Thank you again for your dedicated support.

A handwritten signature in black ink that reads "George L. King".

George L. King, MD

Chief Scientific Officer

Founder and Director, Asian American Diabetes Initiative

Joslin Diabetes Center



Asian American Diabetes Initiative since 2000

To enhance the quality of life and health outcomes for Asian Americans living with diabetes, and diabetes prevention through research, education, outreach and culturally appropriate treatment.

Each arm of the AADI is closely linked and together reflect our passion for, and dedication to the Asian American community

Research

Study diabetes in the Asian American population and disseminate Joslin's research findings to healthcare providers and Asian American communities.

Education

Provide culturally appropriate education through technology and multilingual materials for the general public and healthcare professionals.

Outreach

In collaboration with local communities, provide diabetes awareness and education programs on prevention, management, and healthy living.

Asian Clinic

Deliver a culturally appropriate treatment program that is personalized and focused on the unique physiology and lifestyle of Asian Americans.

AADI Team



Dr. George L. King, is the Senior Vice President, Chief Scientific Officer, Head of the Section on Vascular Cell Biology and Founder/Director of the AADI at Joslin Diabetes Center, as well as the Thomas J. Beatson, Jr. Professor of Medicine in the Field of Diabetes at Harvard Medical School. In addition, he still sees patients in the Asian Clinic. Dr. King received his medical degree from Duke University School of Medicine. Dr. King's work focuses on finding the causes and treatment for diabetic complications, exploring insulin actions on blood vessels and understanding the reasons for the high rate of diabetes in Asian Americans. Dr. King has published over 300 articles and reviews, as well as “The Diabetes Reset”; a book to prevent, care for and even reverse diabetes.



Chihiro Sato is the Communications and Outreach Officer at Joslin's AADI, where she works to empower communities through culturally sensitive education on diabetes prevention and management. Decades of experience in public relations and business development across Asia and America have taught her the importance of interacting with individuals at all levels of the community for effective social outreach. Chihiro loves meeting with patients, community members, and healthcare professionals, drawing from their stories to develop and provide community-specific programs, events, and tools. She also organizes broader projects, advocating for health equity at the state and national level, developing mobile/web applications, websites, and print materials to increase awareness of diabetes risks and prevention strategies. Chihiro currently serves on CDC's Formative Evaluation Advisory Committee to identify suggested interventions to help people disproportionately affected by type 2 diabetes. Her ultimate goal is to promote healthier and happier lifestyles in Asian communities and beyond.



Karen is a Registered Dietitian (RD) and Certified Diabetes Care and Education Specialist (CDCES) originally from Hong Kong. Understanding the cultural differences in Asia and the United States, she creates educational materials and provides nutrition and diabetes care practices to the patients in the Asian Clinic that can be easily adapted to the culture of the patients. She is passionate about helping patients and the Asian American community to learn to integrate healthy and enjoyable meals into their daily meal plans for better health, and for

preventing and managing diabetes. One thing that she often emphasizes is “small changes can make a big difference in health” – she encourages patients to start healthy eating by making one or two substitutions in the classic recipes that are prepared at home. She is also involved in research to find better ways to help Asian Americans in preventing and managing diabetes through day-to-day eating, exercise and even resting habits.



Julia Li provides comprehensive and personalized support as the Asian Clinic liaison between patients and the doctors, dietitians and educators. Growing up as first generation in the United States she understands the cultural and language barriers her parents went through. She hopes to help bring down these barriers for not only those in the Asian Clinic, but in the Asian American community as well. Julia helps coordinate AADI outreach programs in the community and helps spread awareness for diabetes screening, prevention and healthy lifestyles.

GINGER FORUM 2023

Interactive forum by Joslin AADI: Experts to discuss the latest findings around diabetes among Asian Americans and share what WE can do!



Saturday, October 21 | 9:00am - 2:00pm EST

Joslin Diabetes Center

Patients, their families and caregivers, health professionals in clinical practice, research, and health advocacy will come together to learn, network, and collaborate together. The Asian American Diabetes Initiative (AADI) will share its updates and bring experts to discuss the latest findings around diabetes among Asian Americans – treatments, management, education, technologies, screenings, and prevention. All is welcome!

- AGENDA -

9:00am	Check-in
9:30am	Welcome video message by Mayor Michelle Wu
9:35am - 9:40am	Keynote: Dr. George L. King
9:45am	Morning Panel: "State of Diabetes among Asian Americans"
9:45am - 10:20am	Panel 1. Diabetes among Asian Americans Moderator: Dr. Henry He <ul style="list-style-type: none">• "Experiences with Asian American patients" Dr. Om Ganda, Joslin Diabetes Center, Dr. Lucy Chie, Beth Israel Deaconess Medical Center• "Latest findings on research, technology, prevention, reversing diabetes among Asian Americans, and what to come in the future" Drs. Sanjeev Mehta and Marc Yu, Joslin Diabetes Center
10:20am - 10:55am	Panel 2. What can YOU do? Moderators: Ms. Shunee Yee , CSOFT & Ms. Chihiro Sato , Joslin Diabetes Center <ul style="list-style-type: none">• "Overall wellness, diabetes prevention and management" Dr. Frank Hu, Harvard T. H. Chan School of Public Health• "Stress management and mental wellness" Dr. Persis Commissariat, Joslin Diabetes Center• "Physical activities and balance" Dr. Sally Ho, Ho Physical Therapy
10:55am - 11:15am	Break
11:15am - 11:50am	Panel 3. Advocacy for Asian American Health Moderator: Mr. Leverett Wing , Commonwealth Seminar <ul style="list-style-type: none">• "Challenges among immigrants" Dr. Tam Nguyen, Boston College• "Community engagement" Ms. Danielle Kim, Exec. Dir. of the Asian Community Fund at the Boston Foundation• "Staying active in local politics" Nina Liang, Quincy City Councilor
11:50am - 12:25pm	Discussion: "How to bring it into our communities" Moderators: Dr. Tam Nguyen , Boston College & Ms. Julia Li , Joslin Diabetes Center <ul style="list-style-type: none">• Takeaways from three panels, living with diabetes, and how to overcome its challenges• Q&A, Open Discussion: What can AADI do for the community in the future, future format for educational events
12:30pm - 2:00pm	Luncheon & Networking *AADI and sponsor tables during this time Endnote: Ms. Chihiro Sato

Keynote



Dr. George L. King, is the Senior Vice President, Chief Scientific Officer, Head of the Section on Vascular Cell Biology and Founder/Director of the AADI at Joslin Diabetes Center, as well as the Thomas J. Beatson, Jr. Professor of Medicine in the Field of Diabetes at Harvard Medical School. In addition, he still sees patients in the Asian Clinic. Dr. King received his medical degree from Duke University School of Medicine. Dr. King's work focuses on finding the causes and treatment for diabetic complications, exploring insulin actions on blood vessels and understanding the reasons for the high rate of diabetes in Asian Americans. Dr. King has published over 300 articles and reviews, as well as “The Diabetes Reset”; a book to prevent, care for and even reverse diabetes.

Panel 1: Diabetes among Asian Americans

Moderator: Dr. Henry He

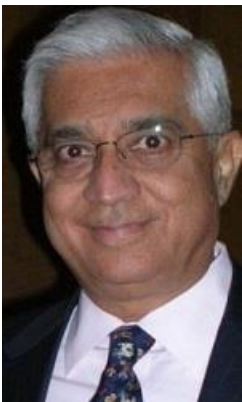


Dr. Zhiheng Henry He is the Chief of Endocrinology, Endocrinology at St Elizabeth Medical Center and the Medical Director of Steward Diabetes Care Centers. He is an Instructor in Medicine at Harvard Medical School. He completed his M.D. at Guangxi Medical University in China and his Ph.D. at McGill University in Montreal, Canada. Dr. He was a research fellow at Joslin Diabetes Center, Dr. George L. King was his mentor. He completed his clinical fellowship in endocrinology, diabetes and metabolism at Beth Israel Deaconess Medical Center, Joslin Diabetes Center , Harvard Medical School.



Dr. Chie is OB/GYN Director at South Cove Community Health Center, whose mission is to improve the health and well-being of all medically underserved people in Massachusetts with a special focus on Asian Americans. She also serves as Director of the Women's Community Health Initiative at Beth Israel Deaconess Medical Center and is an Assistant Professor of Obstetrics, Gynecology and Reproductive Biology at Harvard Medical School. She received her medical degree at University of Massachusetts Medical School, completed residency training in OB/GYN at Beth Israel Deaconess Medical Center, and went on to earn a Master of Public Health degree from Harvard School of Public Health. She has several interdisciplinary collaborations addressing areas of health care equity, perinatal mental health, oral health, hepatitis B, and environmental health.

Dr. Om Ganda



Dr. Om Ganda, MD; MACE is a senior physician and a clinical research scientist at Joslin Diabetes Center, and an Associate Professor of Medicine at Harvard Medical School. His research interests include prevention of cardiovascular complications in diabetes. Dr. Ganda has been engaged in clinical diabetes research for more than four decades. He was a Co-Investigator in the landmark Diabetes Control and Complications Trial (DCCT), completed in 1993. The DCCT demonstrated the importance of glucose control in preventing complications in type 1 diabetes. Dr. Ganda is now a Co-Investigator of Epidemiology of Diabetes Intervention and Complications (EDIC), an ongoing long-term follow-up study. This study continues to unravel long-term benefits of optimal glucose control. Previous to those studies, Dr. Ganda participated in seminal studies in monozygotic twins which established the immunological basis of type 1 diabetes.

In addition to his clinical research and teaching, Dr. Ganda directs the Lipid Clinic at Joslin, where he treats patients with complicated situations related to elevated cholesterol and triglycerides. He is also studying why patients with type 2 diabetes have increased susceptibility to elevated lipid particles and cardiovascular disease. Dr. Ganda was a co-investigator on clinical trials investigating the effects of Omega-3 fatty acids on cardiovascular outcomes (REDUCE-IT) and the effects of Pemafibrate on Cardiovascular outcomes (PROMINENT). He has also been a Co-Investigator of several clinical trials to identify better ways to treat people who have difficulty with exercise and diet control. Dr Ganda served as Commissioner on the Asian American Commission of the Commonwealth, Massachusetts (2012-2015). Dr Ganda has > 200 publications and review articles, including 33 book chapters.

Dr. Sanjeev Mehta



Dr. Sanjeev Mehta - As a pediatric endocrinologist and health services researcher, Dr. Mehta focuses his time on establishing his clinical expertise and innovation in the care of individuals with diabetes. Since completing fellowships in pediatric endocrinology and health services research, he has received funding from NIH, private foundations, industry, and local grants to support clinical investigations and quality improvement initiatives. His two major areas of expertise and innovation include nutrition research in youth with type 1 diabetes and health outcomes research in adults with diabetes.

His initial focus was on the evaluation of dietary behaviors and nutrition in the management of children living with type 1 diabetes. He transitioned his research and quality improvement (QI) efforts to assess care delivery and health outcomes across populations with diabetes leveraging electronic databases, including electronic health record (EHR) data and national diabetes registries. He led the redesign of the Joslin Diabetes Center's EHR to improve clinical efficiency and supported the development of the Joslin Data Warehouse and establish a research-oriented translational database for health outcomes analyses. More recently, he has focused efforts on EHR-based evaluations of health care delivery and outcomes for adults with diabetes and has published and presented the work in peer-reviewed journals and national scientific meetings. In 2012, he joined Joslin's Senior Leadership Team to formalize his role in quality improvement, clinical innovation, and IT/EHR-based health outcomes research. He currently serves as Joslin's Chief Medical Officer and CMIO and is focused on enhancing Joslin's multidisciplinary care model in addition to the evaluation of a new Joslin EHR.

Dr. Mehta is a staff physician in Joslin's Pediatric, Adolescent, and Young Adult Section and Assistant Investigator in the Section on Clinical, Behavioral, and Outcomes Research. He continues to teach and mentor medical students, pediatric residents, endocrinology fellows, and junior faculty in pediatric endocrinology and health services research. He plans to focus the majority of his time on research and QI efforts aimed at improving health outcomes for pediatric and adult populations with diabetes.

Dr. Mehta is an Assistant Professor of Pediatrics at Harvard Medical School. He received his medical degree from Northwestern University's Feinberg School of Medicine and his Master's degree in Public Health from the Harvard School of Public Health. He did his pediatric residency training at Cincinnati Children's Hospital Medical Center and his pediatric endocrinology fellowship training at Children's Hospital Boston and Joslin.

He serves on multiple, national collaboratives focused on clinical research and quality improvement for children and adults with type 1 or type 2 diabetes. He has played a central role in the design, implementation and evaluation of the largest U.S.-based diabetes registries, including the Type 1 Diabetes Exchange Clinic Registry and the American College of Cardiology's Diabetes Collaborative Registry. He was integrally involved with the High Value Healthcare Collaborative, an 18-member consortium focused on cost-effective care models for high-cost medical conditions, including diabetes. He previously chaired the American Diabetes Association's Scientific Sessions' Health Care Delivery/Economics Planning Committee.



Dr. Marc Gregory Y. Yu, is a research fellow in the Section of Vascular Cell Biology at Joslin Diabetes Center. He finished medical school at the University of the Philippines-Philippine General Hospital, and completed residency in internal medicine and fellowship in endocrinology at the same institution. His main research interests include evaluating cardiovascular disease in patients with long-standing Type 1 diabetes; looking at the interplay of autoimmunity, rare diabetes genes, and pancreatic beta-cell function; and studying more about how diabetes works in Asians. Aside from English, he speaks Filipino, Hokkien Chinese, and conversational Mandarin Chinese, and is eager to share his multilingual expertise with the AADI community.

Panel 2: What can YOU do?

Moderators: Ms. Chihiro Sato & Ms. Chihiro Sato



Chihiro Sato is the Communications and Outreach Officer at Joslin's AADI, where she works to empower communities through culturally sensitive education on diabetes prevention and management. Decades of experience in public relations and business development across Asia and America have taught her the importance of interacting with individuals at all levels of the community for effective social outreach. Chihiro loves meeting with patients, community members, and healthcare professionals, drawing from their stories to develop and provide community-specific programs, events, and tools. She also organizes broader projects, advocating for health equity at the state and national level, developing mobile/web applications, websites, and print materials to increase awareness of diabetes risks and prevention strategies. Chihiro currently serves on CDC's Formative Evaluation Advisory Committee to identify suggested interventions to help people disproportionately affected by type 2 diabetes. Her ultimate goal is to promote healthier and happier lifestyles in Asian communities and beyond.



Shunee Yee serves as the President and CEO of CSOFT International and CSOFT Health Sciences, directing operations across three continents. With over 25 years in the language industry, Yee has garnered significant recognition for her leadership and contributions. Her remarkable achievements include being named one of Fortune's Top 10 Most Powerful Women Entrepreneurs in 2012 and distinguished by CNN Money as one of the 36 foremost technology disruptors.

In 2016, Yee was pivotal in releasing the Shenzhen 100 research report, a groundbreaking initiative that utilized qualitative indicators to strengthen global market strategies. During the same year, she collaborated with the White House, leading CSOFT's initiative to translate essential materials for the "Let Girls Learn" campaign to promote education and gender equality. Passionate about fostering women's leadership, Yee also served as the judge for the 2023 Stevie Awards in the Individual Women Entrepreneur & Thought Leadership Award category. Yee holds a master's degree in education from Rhode Island College and has further honed her leadership skills through completing an executive education program at Harvard Business School. Outside her corporate endeavors, she serves as a trustee of Joslin Diabetes Center, the world's largest diabetes clinic and an institution affiliated with Harvard Medical School, dedicated to advancing diabetes education and research. She resides in Boston where she continues to make a positive impact on both her professional field and her community.

Dr. Persis Commissariat



Dr. Persis Commissariat, PhD, CDCES is a licensed clinical psychologist and certified diabetes care and education specialist in the Pediatric, Adolescent, and Young Adult Section of the Joslin Diabetes Center. She is also an Assistant Investigator in the Section on Clinical, Behavioral, & Outcomes Research at the Joslin

Diabetes Center, as well as an Instructor of Psychology at Harvard Medical School. She provides individual and family therapy to children, adolescents, and young adults with diabetes, with a special interest in coping skills and diabetes education. Her research focuses on identifying challenges to diabetes care and acceptance, and improving psychosocial outcomes through enhancing illness identity and diabetes technology use. She has a special interest in qualitative and mixed-methods research to amplify the voices of people living with diabetes. She is currently an advisor on the American Diabetes Association's Behavioral Medicine & Psychology Interest Group Leadership Team, and beginning January 2024, she will become a member of the ADA's distinguished Mental Health Advisory Group.

Dr. Sally Ho



Dr. Sally Ho, PT, DPT, MS, OCS received her B.S. degree in Physical Therapy from the National Taiwan University, Taiwan; her M.S. degree in Physical Therapy from the Medical College of Virginia, Virginia; and the advanced doctorate degree in Physical Therapy from the University of Southern California, California. Dr. Ho is an adjunct associate professor of the Department of Biokinesiology and Physical Therapy at the University of Southern California. She also holds associate professorship at the National Taiwan University of Taiwan. Dr. Ho has written text book chapters, published research articles in peer reviewed journals, and lectured nationally/internationally on topics related to Temporomandibular joint, chronic pain, and general orthopedic disorders.

Dr. Ho is American Physical Therapy board certified Orthopedic Clinical Specialist (OCS). Her specialty is in the area of head, neck, Temporomandibular joint disorders, and chronic pain management. But her expertise extends beyond to include general orthopedic, geriatric and neurologically challenged conditions.

Dr. Sally Ho established Ho Physical Therapy in 1981 with the goal of providing the best quality care to patients. Under her administration, Ho Physical Therapy has been the most stabilized and reputable practice in the Beverly Hills area for more than 40 years.

Dr. Frank Hu



Dr. Frank Hu, MD, MPH, PhD, is the Fredrick J. Stare Professor of Nutrition and Epidemiology and Chair of the Department of Nutrition at the Harvard T.H. Chan School of Public Health. He is also Professor of Medicine at Harvard Medical School and Brigham and Women's Hospital. His major research interests include epidemiology and prevention of cardiometabolic diseases through diet and lifestyle; gene-environment interactions and risk of obesity and type 2 diabetes; nutritional metabolomics in type 2 diabetes and cardiovascular disease; and nutrition transition, metabolic phenotypes, and cardiovascular disease in low and middle-income countries. Dr. Hu serves as Director of Dietary Biomarker Development Center at Harvard University. He has published a textbook on Obesity Epidemiology (Oxford University Press) and >1400 peer-reviewed papers with an H-index of 300. Dr. Hu served on the 2015 Dietary Guidelines Advisory Committee, USDA/HHS. He has served on the editorial/advisory board of The Lancet Diabetes & Endocrinology, Diabetes Care, and Clinical Chemistry. Dr. Hu was elected to the National Academy of Medicine in 2015.

Panel 3: Advocacy for Asian American Health

Moderator: Mr. Leverett Wing



Leverett Wing has led the Commonwealth Seminar since 2015, after being one of its founding board members in 2003. Leverett is a well-known leader and community mobilizer whose ability to communicate to broad, diverse audiences, think innovatively, organize on a wide scale, and break down barriers across communities, has led to a number of landmark accomplishments benefiting organizations and causes locally and nationally.

Before joining the Commonwealth Seminar, Leverett led the Community Services Division at the Massachusetts' Department of Housing and Community Development. In that position, he oversaw a budget of over \$250 million and staff of over 50 employees while working with cities, towns and non-profit organizations

to offer programs, funding, and technical assistance to support the advancement toward self-sufficiency of households as well as the revitalization of cities and towns throughout MA.

Leverett was also the Executive Director of the Asian and Pacific Islander American Vote (APIAVote); headquartered in Washington, D.C., APIAVote is the only non-partisan, national organization focusing on civic engagement in the Asian American community. Prior to that, Leverett helped envision and spearhead an effort to create the Massachusetts Asian American Commission, a permanent entity in state government to represent Asian American interests in Massachusetts. Having been instrumental in its creation, Leverett was named the Commission's first permanent Executive Director.

Over the past three decades, Leverett has consistently conceived, promoted and led innovative programs and initiatives, bringing the unique needs of various communities to the fore.

As a member of the Board of Overseers at Joslin Diabetes Center, an internationally known hospital and research center, Leverett helped found a first-of-its-kind, national project called the Asian American Diabetes Initiative (AADI), which seeks to improve the understanding and treatment of diabetes among Asian Americans. Leverett also founded and co-chaired the AADI's signature fundraising event "A Taste of Ginger" for its first five years, returning in 2019 to co-chair its Fifteenth Anniversary celebration.

Leverett also recently joined the Board of Beth Israel Deaconess Medical Center in Boston, where he Co-Chairs its Diversity Outreach Committee as it seeks to diversify its board and community outreach and inclusion efforts.

As a member of Boston Harbor Now's (BHN) Board of Advisors, Leverett founded the annual Asian American Community Harbor Cruise, which serves as a vehicle for the AAPI community to learn more about, gain better access, and achieve a greater appreciation for the Boston Harbor, its surrounding islands and the environment in general. Donated by BHN and led and organized by Leverett, the cruise annually draws upwards of 1,000 attendees with free tickets being claimed in less than 10 minutes.

Leverett also sits on the Board of Overseers of the nationally renowned Boston Children's Museum as well as the Board of Advisors for GBH-TV/Radio, Boston's nationally known Public Broadcasting affiliate where he founded the station's annual Asian American and Pacific Islander Heritage Month celebration in 2006. This is now an annual event drawing over 300 attendees each year.

In addition, Leverett sits on the Board of Trustees at Eastern Bank, the largest and oldest mutual bank in the United States. Leverett sits on the Bank's Nominating Committee to help diversify its board leadership.

He also serves on the Board of Directors of Boston's Higher Ground in Roxbury, Massachusetts, which aims to better direct resources and services — including childcare, social services, and youth leadership development — to some of Boston's most challenged neighborhoods.

Ms. Danielle Kim



Danielle Kim is the inaugural Executive Director of the Asian Community Fund at The Boston Foundation — the first and only philanthropic fund in Massachusetts dedicated to activating, convening, and supporting the Asian American and Pacific Islander (AAPI) community.

She previously served as Director of Public Policy at the United Way of Massachusetts Bay, where she organized state and federal advocacy efforts, stewarded relationships with city and state lawmakers, and managed a portfolio of grant making. Prior to that, she was the Director of Communications at Scholars Strategy Network, where she shaped messaging, oversaw research and publications, and advanced data-driven policymaking. She also worked as the Director of Policy and Communications for Boston After School & Beyond, and as a Communications Specialist in the New Jersey State Legislature, where she managed media relations for six state senators.

Danielle earned a Master's degree in Education Policy and Management from the Harvard Graduate School of Education and a Bachelor's degree in Government and Psychology from Smith College. Committed to expanding access to power and opportunity, Danielle serves as a Commissioner on the Massachusetts Asian American and Pacific Islanders Commission and on the Board of Directors for the Asian Community Development Corporation.

Ms. Nina Liang



Nina Liang is the first and only Chinese-American City Councilor elected in her hometown of Quincy, and served as the first minority City Council President. Born in Quincy to immigrant parents, Nina has experienced firsthand the challenges that minority children and families face, which has informed her approach to governance and community-led change.

As an elected official, small business owner, and community organizer, Nina has had the opportunity to be a part of organizations that work to expand services to everyone in the city as well as those dedicated to addressing the needs of people new to both the language and customs of American culture. On the Quincy City Council, Nina has worked to open the doors of government to every resident to ensure that everyone feels they are heard and have the opportunity to participate in decision making.

Since 2018, Nina has served as the Executive Director for Emerge, Massachusetts, a nonprofit organization that trains Democratic self-identifying women to run for political office across all levels of government. Drawing inspiration from her own work in local government, Nina has helped to promote and support women across the Commonwealth who want to effect change as elected officials or campaign organizers. Her civic engagement and political experiences have taught her the importance of collaborative efforts between local organizations,

businesses, and public agencies to better address the needs of a diverse population in which each voice has a chance to be heard to ensure equitable dialogue and representation.

Discussion: “How to bring it into our communities”

Moderators: Dr. Tam Nguyen and Ms. Julia Li

Dr. Tam Nguyen



Tam. H. Nguyen, Ph.D., M.S.N./M.P.H., RN, is an associate professor and the Strakosch Family Faculty Fellow in Community Health at the Connell School of Nursing. She teaches courses on evidence-based practice and population/public health. Dr. Nguyen’s primary line of research focuses on preventing chronic disease, such as high blood pressure and diabetes, among minority populations. Given the challenges many minorities have with health literacy her research also examines the association and impact of health literacy on health outcomes among minorities. Dr. Nguyen was the Principal Investigator on a grant titled, “Hypertension and Health Literacy among Vietnamese Americans in 2012,” and is currently engaged in research that aims to adapt and translate diabetes prevention interventions for Asian Americans.

Ms. Julia Li



Julia Li provides comprehensive and personalized support as the Asian Clinic liaison between patients and the doctors, dietitians and educators. Growing up as first generation in the United States she understands the cultural and language barriers her parents went through. She hopes to help bring down these barriers for not only those in the Asian Clinic, but in the Asian American community as well. Julia helps coordinate AADI outreach programs in the community and helps spread awareness for diabetes screening, prevention and healthy lifestyles.

Ms. Bik Ng



Bik Ng is the Retired Senior Neighborhood Business Manager for the City of Boston, in the Economic Development Office of Business Development. She learned traditional cooking from her mother and her grandmother and uses these techniques in her cooking today. Bik has 30 years' experience in the food and hotel industries. She taught Asian cooking at the Cambridge School of Culinary Arts and Boston University's special program, and operated a Food and Cultural tour of Boston's Chinatown on the weekends. She started being involved with the AADI at the inaugural A Spoonful of Ginger event with Chef Jasper White in 2004. Since then she has served many years as a member of an annual A Taste of Ginger planning committee, where she has been recognized as culinary chair several times. Because of her family history of diabetes, and as a patient of Joslin's Asian Clinic - she is passionate and committed to the mission of AADI. In 2014, the AADI published the paper "Improvement of insulin sensitivity by isoenergy high carbohydrate traditional Asian diet: a randomized controlled pilot feasibility study" where she has helped prepare the traditional Asian diet which was consumed by the study participants. Bik is actively involved in the Asian community and serves on the board of various local organizations. She travels extensively as a delegate on many cultural exchange programs, including to South Africa and Cuba; cultural and gastronomic tours to China and Southeast Asia for culinary professionals and adventurous travelers.

Ms. Quynh Tu



Quynh is a Registered Dietitian and Certified Diabetes Care Education Specialist. She is the Health and Wellness Program Director from Enhance Asian Community on Health. Quynh refers to herself as Cantonese from Vietnam. Quynh's background provides her with a first person understanding of the struggles and barriers to medical care from many Asian communities. Quynh has been involved in multiple volunteer roles as the changing agent for her profession, including: State Professional Recruitment Coordinator & Diversity Liaison for Massachusetts Academy of Nutrition and Dietetics. Member of the leadership team at Boston Alliance for Diversity in Dietetics. Steering Committee member of Massachusetts Statewide Diabetes Network. Quynh is also a provider of the National Diabetes prevention program (DPP) and Diabetes Self-Management Education and support (DSMES), with the focus on Chinese and Vietnamese speaking communities. Quynh resides in North Central Massachusetts with her family. During her off work hours, she enjoys gardening, cooking, reading and hiking.

Sponsorship

Thank you to our sponsors and supporters for their generosity!

Ginger



Saffron

Martin Pasqualini



south cove
community health center
華人醫務中心

大同藥房

TAI TUNG
PHARMACY

256 HARRISON AVE, BOSTON, MA 02111

Cardamom

C. Richard Carlson & Deb

Carol and Jeffrey Horvitz from the Jeffrey Horvitz Foundation

Diana and George King, MD

Coriander

Carol Chin



Rosemary



Edward Feener

Restaurant Supporters

JP Fuji Group <http://www.jpfuji.com/>

J P F U J I G R O U P
est. 1998

Masala Art <https://masala-art.com/>



MEM Tea <https://mementeaimports.com/>



Modern Pastry <https://modernpastry.com/>



Pho Le <https://pholedorchester.com/>



180 Café <https://www.180cafebos.com/>



Research – Clinic – Education – Outreach - Advocacy

THANK YOU FOR YOUR SUPPORT!

Visit aadi.joslin.org for diabetes prevention and wellness efforts

Questions? Contact aadi@joslin.harvard.edu