

# Joslin's Ginger Forum 2024

## - The Future of Health Resilience: Empowering Asian Americans in Diabetes Care



**Saturday, November 23, 10:00 AM - 03:00 PM**  
**Joslin Diabetes Center**

Joslin's Asian American Diabetes Initiative (AADI) is excited to host the 2nd interactive Ginger Forum, inviting patients, their families and caregivers, health professionals in clinical practice, research, and health advocacy to learn, network, and collaborate. Four sessions will cover topics from nutrition to wellness for the whole family.

\*The panel portion will be recorded and will be disseminated to a wider audience after the event.

### - AGENDA -

<b>Welcome Messages</b>	<p><b>Mr. Leverett Wing</b>, Board Member, Joslin Diabetes Center &amp; Executive Director, The Commonwealth Seminar</p> <p><b>Ms. Adelline Ntatin</b>, MPH, MBIM, MA, RN-BSN, Vice President, BILH Health Equity</p>
<b>Keynote</b>	<p><b>Dr. Frank Hu</b>, MD MPH PhD, Professor and the Chair, Department of Nutrition, Harvard T.H. Chan School of Public Health</p>
<b>Forum Goals</b>	<p><b>Dr. George King, MD</b>, Chief Scientific Officer, Founder of the AADI at Joslin Diabetes Center</p>
<p><b>Session 1: Goals and progress made through Massachusetts Asian American Diabetes Summit</b></p>	<p>Since February, the AADI has been working with leaders in the AA communities in Greater Boston Area through the "Massachusetts Asian American Diabetes Summit" to promote diabetes risk awareness and ensuring access to education &amp; resources for our communities. Session 1 serves as the 3rd summit where we share updates on our efforts through the summit.</p> <p><i>*Facilitated by <b>Dr. Tam Nguyen</b>, PhD MSN/MPH RN (Boston College School of Nursing)</i></p> <p><b>Speakers</b></p> <p><b>Dr. Tu-Mai Tran</b>, MD, MSc, Chief of IM/FM, Atrius Health, Quincy</p> <p><b>Dr. Atif Adam</b>, MB BS PhD, Joslin Diabetes Center</p> <p><b>Ms. Emily Canner</b>, COO, Quincy Asian Resources, Inc.</p>

**Session 2:  
Patients &  
Community Voices  
– Helpful resources  
for prevention and  
better management  
of our diabetes**

For anyone who is diagnosed with diabetes, it is critical to have access to education and information which can help learn self-care and prevent future complications. Understanding what is needed and connecting both providers and patients with appropriate resources requires systematic changes. Let's discuss what can be done.

*\*Facilitated by Ms. Quynh Tu, RDN LDN CDCES (Enhance Asian Community on Health / Boston College)*

**Speakers**

**A patient**

**Ms. Rachel Lee**, MPH RD LDN IBCLC, Quincy Asian Resources, Inc.

**Dr. Herman Harry Lee**, Board Member, South Cove Community Health Center

**Ms. Tuyet Tran**, MSW, LICSW, Executive Director, Southeast Asian Coalition of Central MA

**Luncheon &  
Networking at  
Joslin atrium**

**Tribute to Chef Jasper White**

**Session 3:  
Prevention  
& Nutrition –  
Prevention and  
better management  
of diabetes through  
lifestyle, food, and  
medication**

It's a common myth among AA patients newly diagnosed with diabetes to think that they will not be able to eat rice or noodles. Having diabetes does not mean you are restricted from certain foods. Knowing what you can do, or what to avoid allows us to make better choices in our lifestyle. Let's learn some of our options and who can help you navigate the process.

*\*Facilitated by Dr. Frank Hu, MD MPH PhD, Professor and the Chair, Department of Nutrition, Harvard T.H. Chan School of Public Health*

**Speakers**

**Dr. William Hsu**, MD, Chief Medical Officer, L-Nutra

**Dr. Persis Commissariat**, PhD CDCES, Joslin Diabetes Center

**Dr. Henry He**, MD PhD, Chief of Endocrinology and Diabetes, St. Elizabeth Medical Center

**Session 4:  
Gestational  
Diabetes (GDM),  
Family Health,  
and Children**

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*\*Facilitated by Dr. Frank Hu, MD MPH PhD, Professor and the Chair, Department of Nutrition, Harvard T.H. Chan School of Public Health*

**Speakers**

**Dr. Lucy Chie**, MD, OBGYN, BIDMC, South Cove Community Health Center

A patient

**Ms. Karen Lau**, RD, CDCES, Joslin Diabetes Center

**Closing Remarks**

**Ms. Shunee Yee**, Board Member, Joslin Diabetes Center & President and CEO of CSOFT International and CSOFT Health Sciences

## AADI TEAM



### **Dr. George L. King**

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**

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 Lau**

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. She is passionate in helping women who are going through pregnancy with diabetes. Her goal is to help them enjoy their journey while the mother and child stay healthy during the pregnancy and beyond.



### **Julia Li**

Julia Li is the Program Specialist at Joslin's AADI. She provides comprehensive and personalized support as the Asian Clinic liaison between patients and the doctors, dietitians and educators. She hopes her support can help patients as they navigate through their journey of living with diabetes. Growing up as first generation in the United States she understands the cultural and language barriers her family 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.