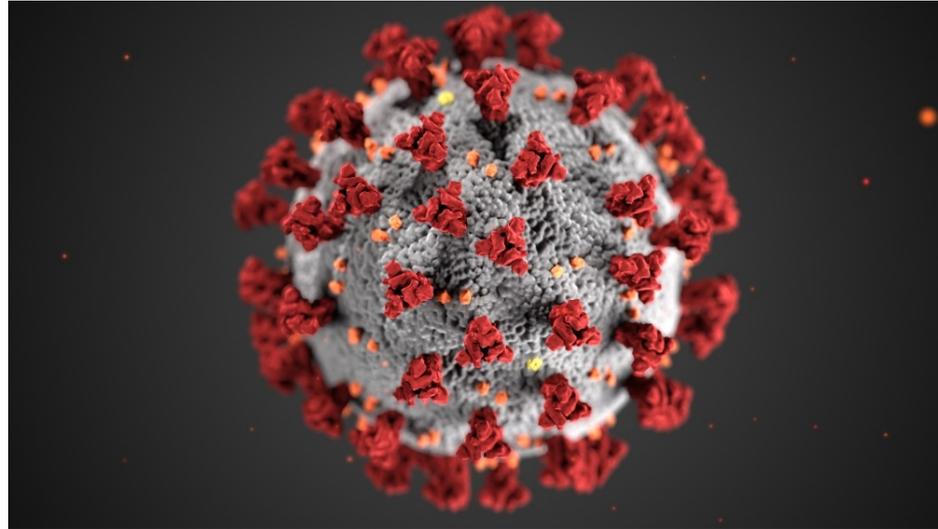


COVID-19 Care Tips for Asians with Diabetes



June 13, 2020

Ka Hei Karen Lau, MS, RDN, LDN, CDCES
Asian American Diabetes Initiative (AADI)
Joslin Diabetes Center
Affiliated with Harvard Medical School

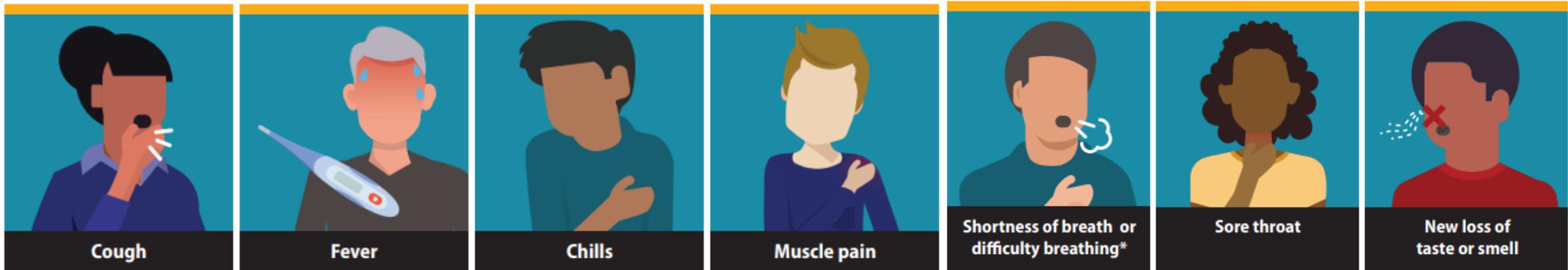


Joslin Diabetes Center
Asian American Diabetes Initiative

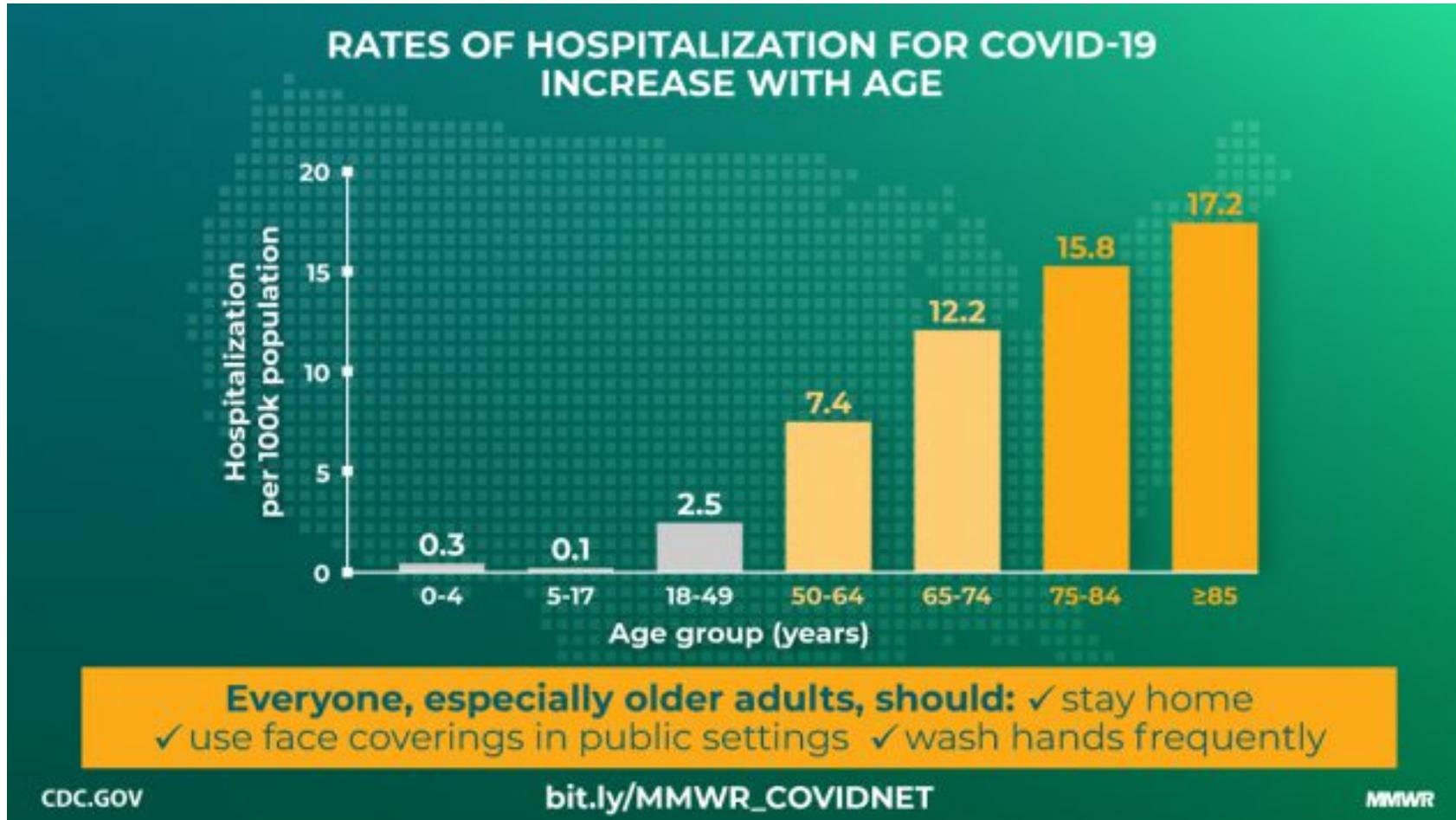


COVID-19

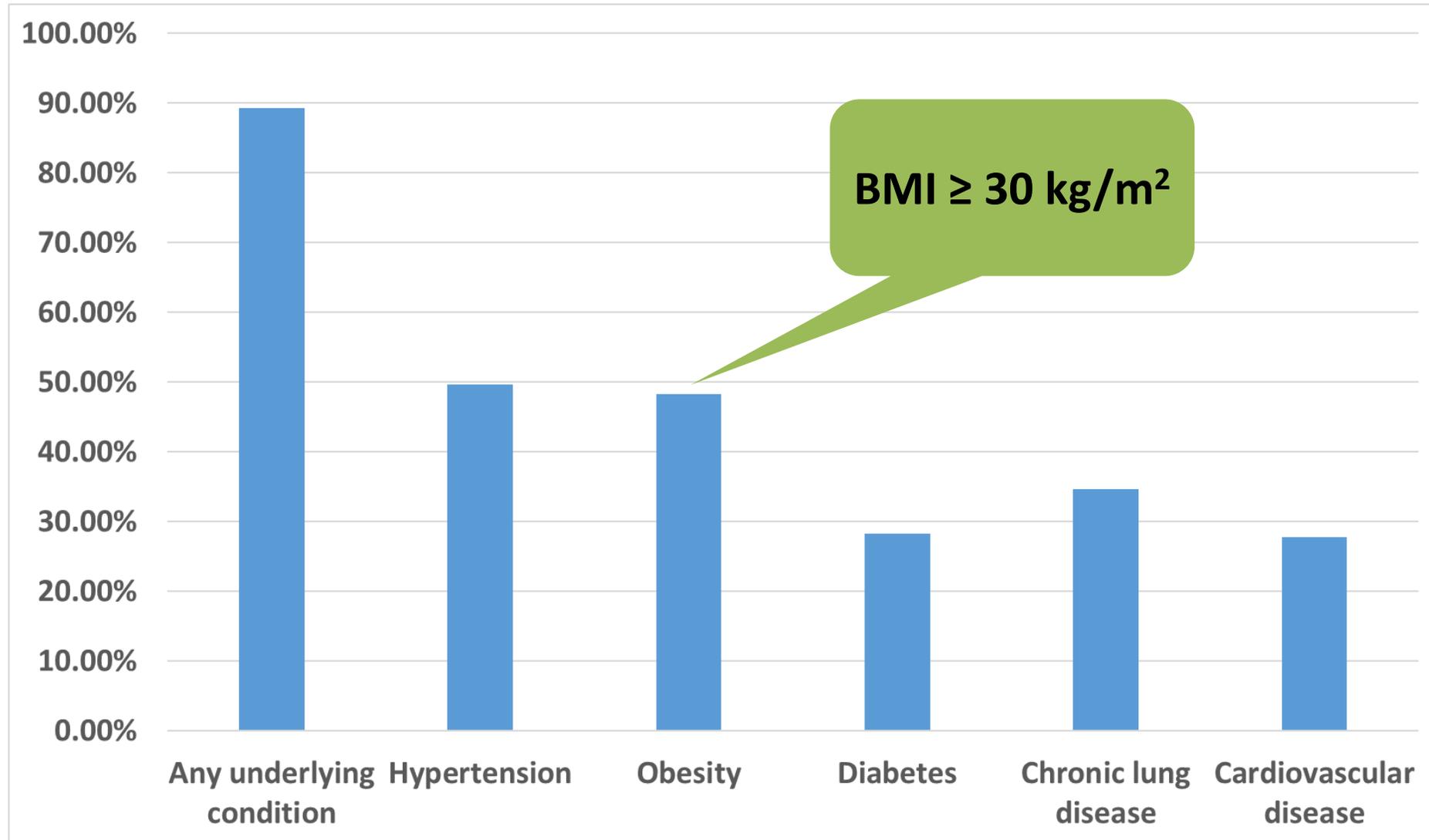
- >2M confirmed cases, >100K deaths in USA
- Transmitted by respiratory droplets
- Average incubation time: 5-6 days; ranges 2-12 days
- Symptoms:



Age Increased Risk for Hospitalization



90% COVID-19 Hospital Admissions Involved Comorbidities



Underlying Conditions among Adults (≥ 18 years) with COVID-19 and Associated Hospitalizations in 14 States (March 1-30, 2020)

BMI Increased Severity of COVID-19 (China)

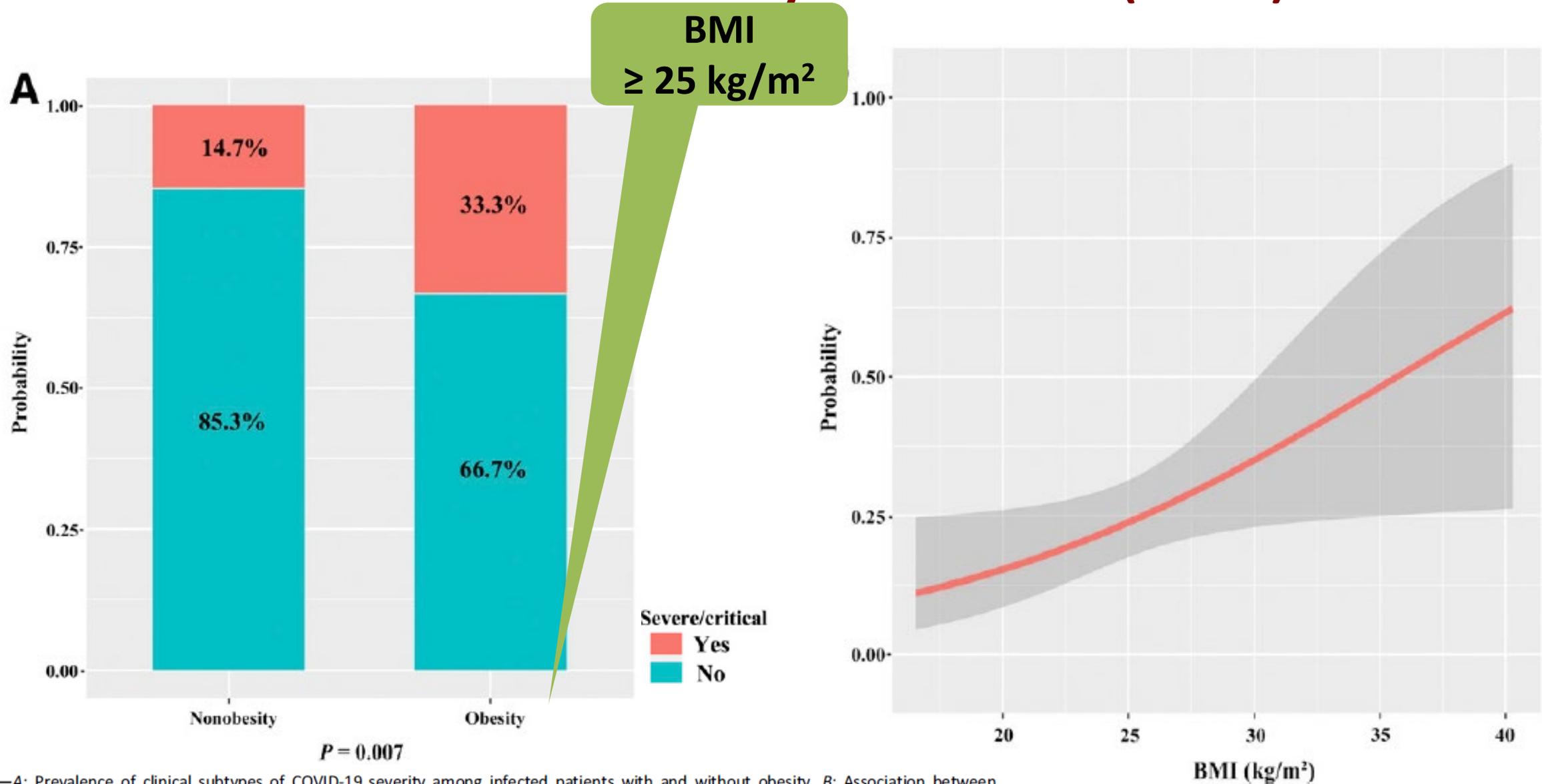
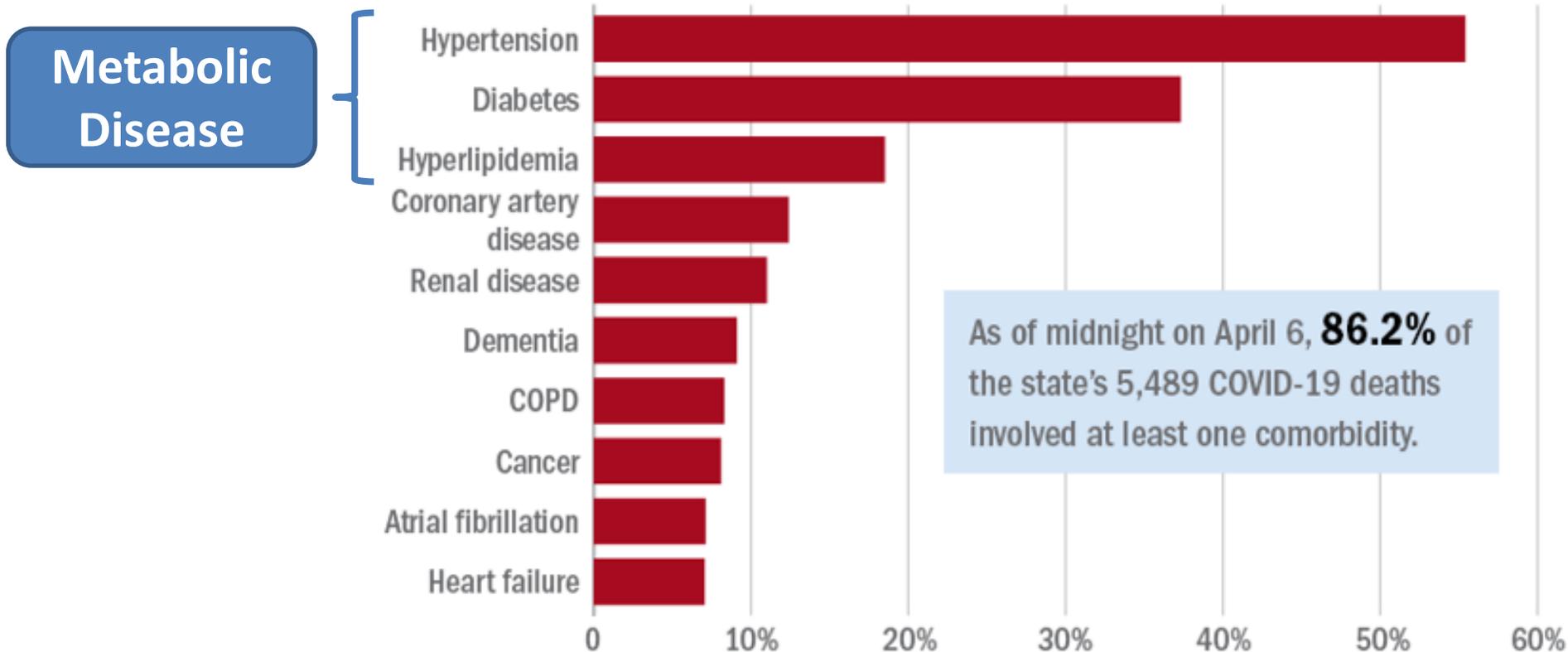


Figure 1—A: Prevalence of clinical subtypes of COVID-19 severity among infected patients with and without obesity. B: Association between increasing BMI values and COVID-19 severity.

86% Death Involved with Comorbidities

Leading comorbidities among COVID-19 deaths in New York



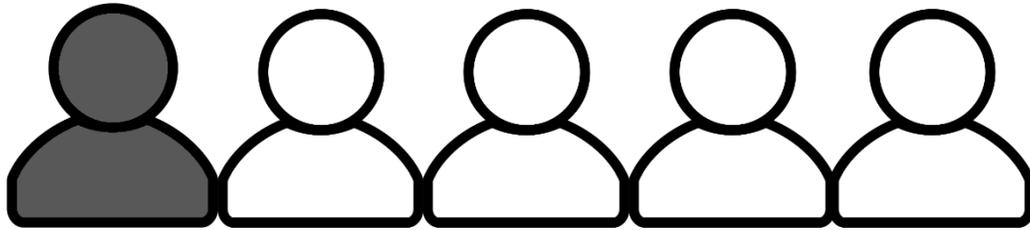
Note: Data reported on a daily basis by hospitals, nursing homes, and other health care facilities.

Source: New York State Department of Health

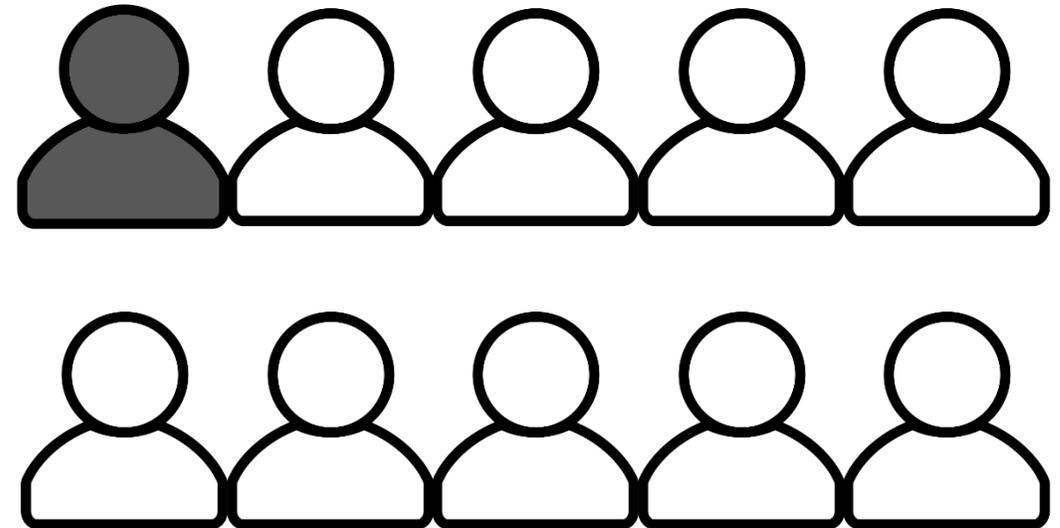


COVID-19 Patients with Diabetes

Within 1 week of hospitalization

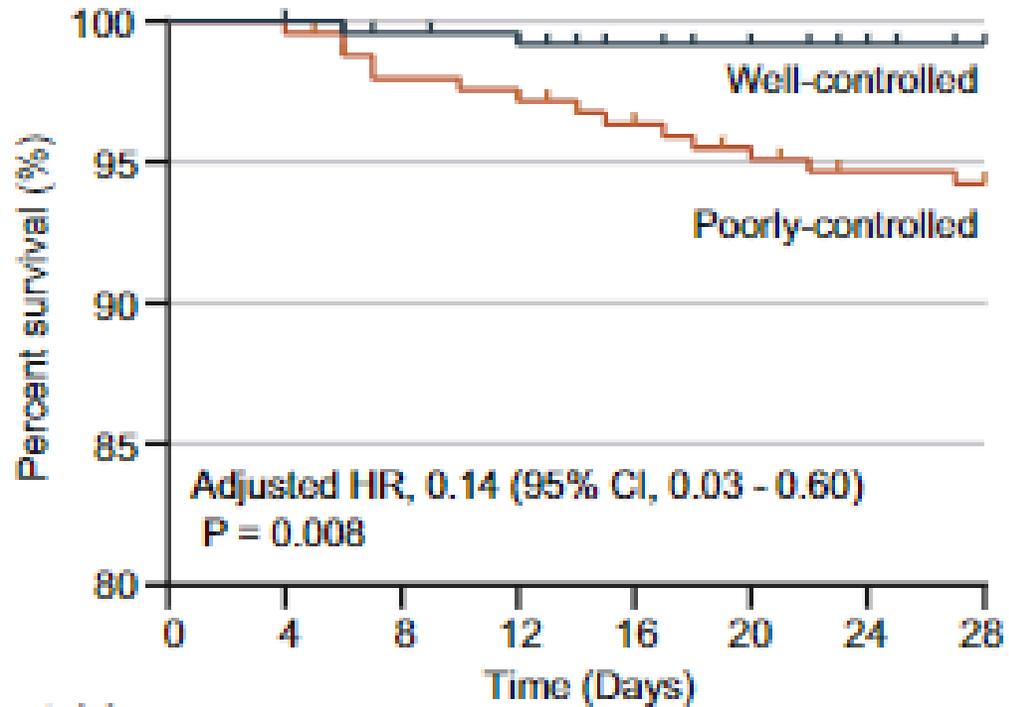


Required ventilator

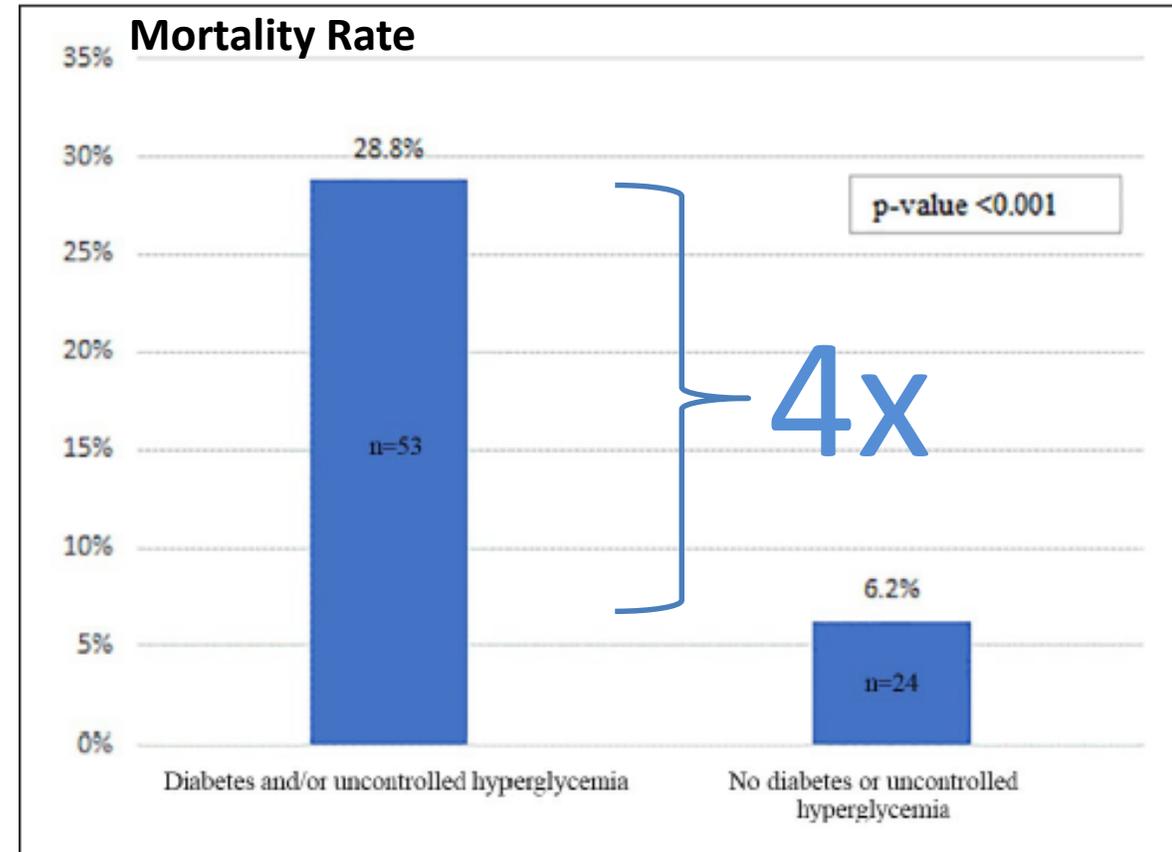


Died

The Good News: Well-Managed Diabetes Increases Survival Rate!



No. at risk	0	4	8	12	16	20	24	28
Well-controlled	250	249	242	241	232	228	223	222
Poorly-controlled	250	248	240	239	223	217	214	211



What is Well-Managed Diabetes?

Fasting Glucose

≤ 130 mg/dL

**1-2 Hours
After a Meal**

≤ 180 mg/dL

A1C

$\leq 7.0\%$



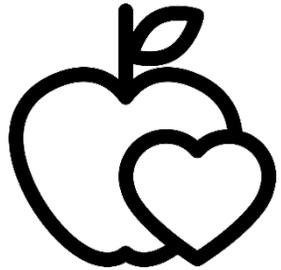
How to Better Manage Diabetes?



Self-monitoring diabetes



Adequate sleep



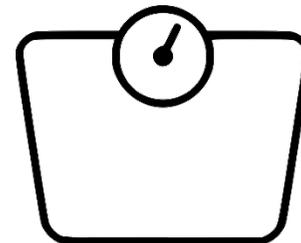
Healthy eating



Staying positive



Staying active



Healthy weight

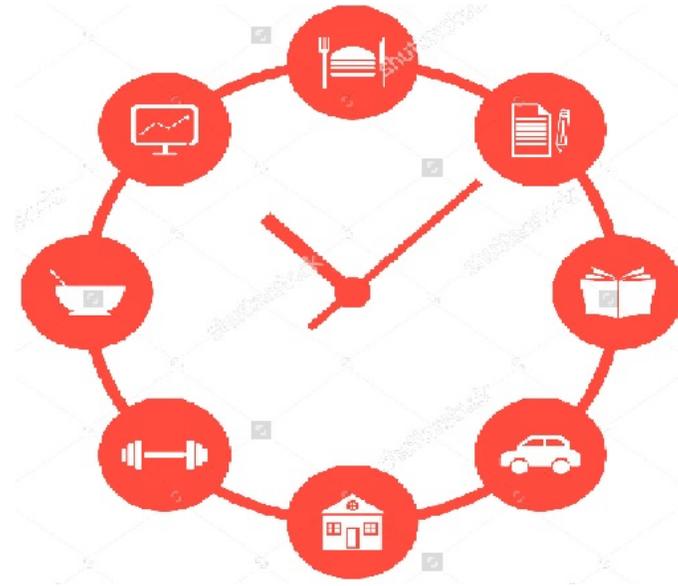




Self-Managing Diabetes at Home



2 times per day
(or more)



Continue with usual
daily routine



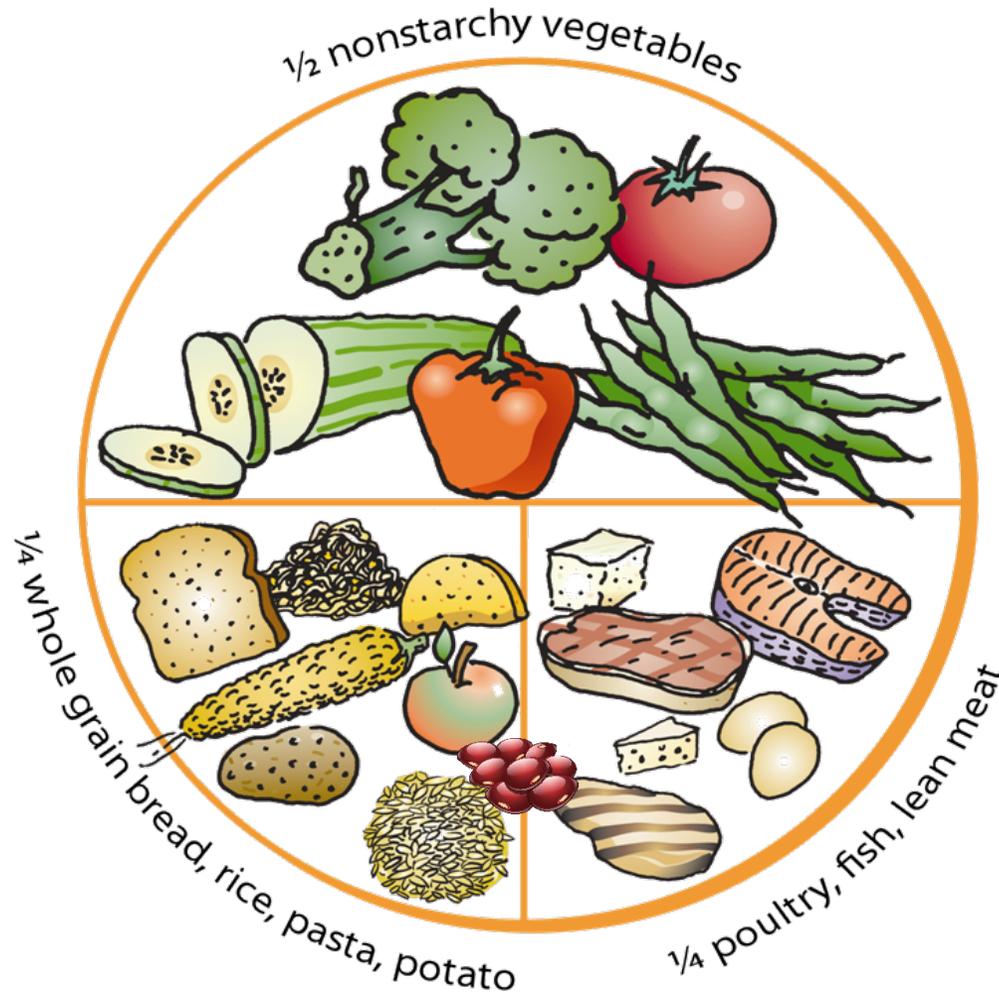
Take all medications





Healthy Eating

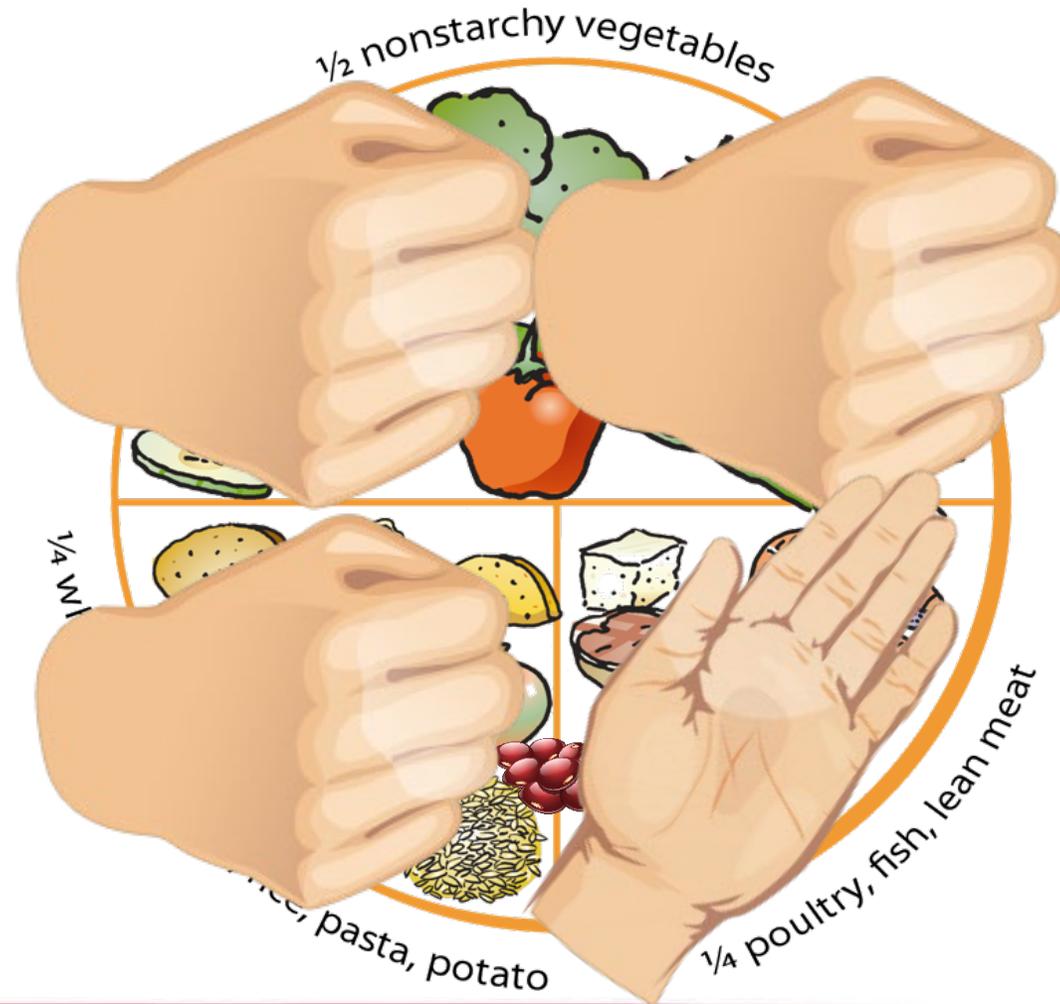
Minimize glucose fluctuations | Prevent weight gain | Increase immunity





Healthy Eating

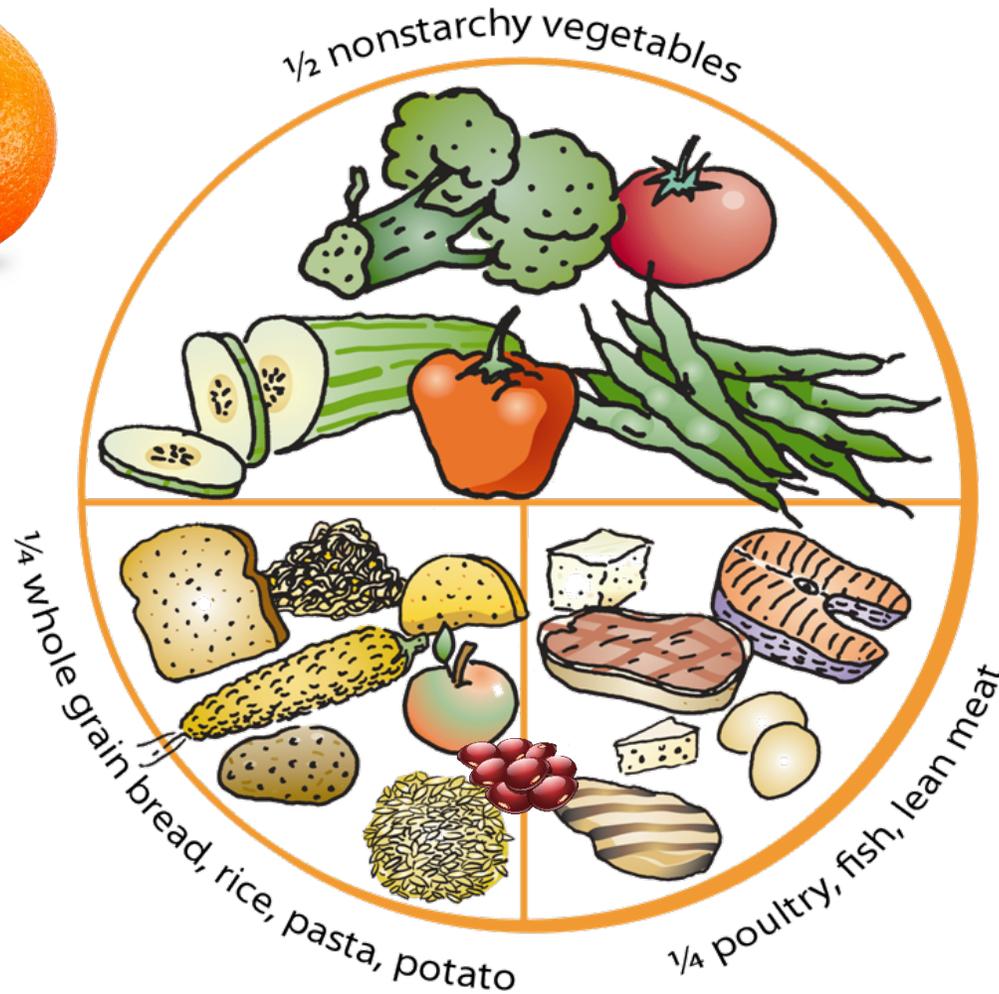
Minimize glucose fluctuations | Prevent weight gain | Increase immunity





Healthy Eating

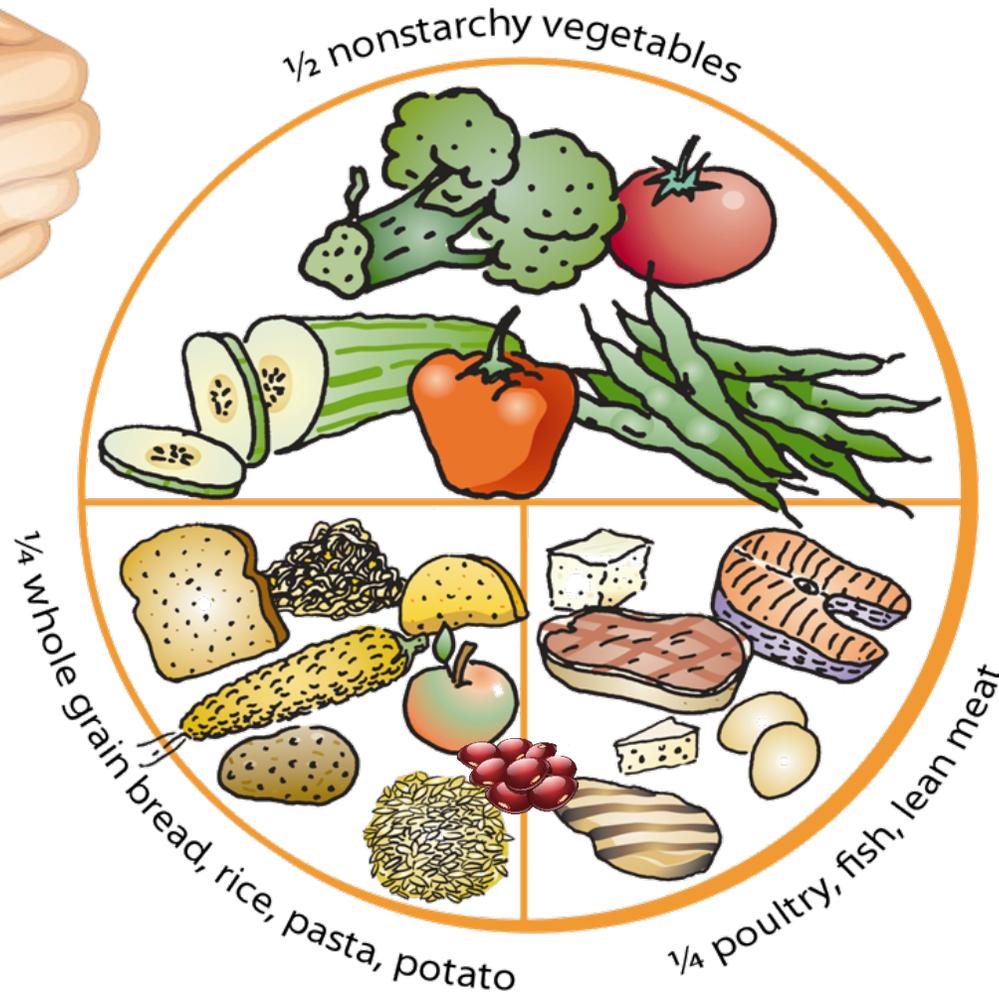
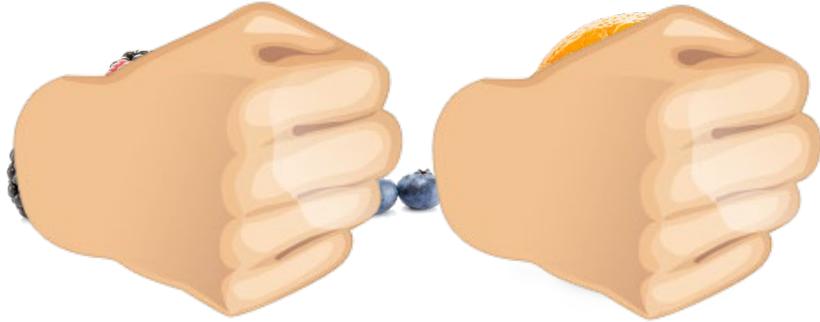
Prevent glucose spikes | Prevent weight gain | Increase immunity





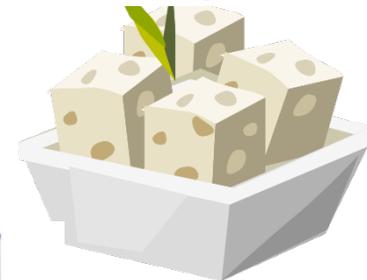
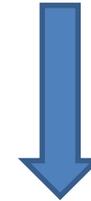
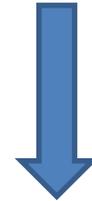
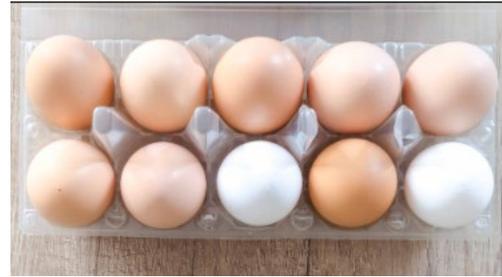
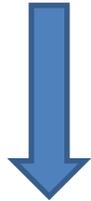
Healthy Eating

Prevent glucose spikes | Prevent weight gain | Increase immunity





Healthy Eating Tips During COVID-19



Staying Active



F **I** **T**
Frequency Intensity Time

150 min
per week

Moderate
Intensity

 Talk Test





Staying Active

30 min, 5x/week

5 + 5 + 10 + 10
= 30 min

F **I** **T**
Frequency Intensity Time

150 min
per week

Moderate
Intensity

 Talk Test



5 min



Tips for Staying Active



F

Frequency

I

Intensity

T

Time

T

Type

E

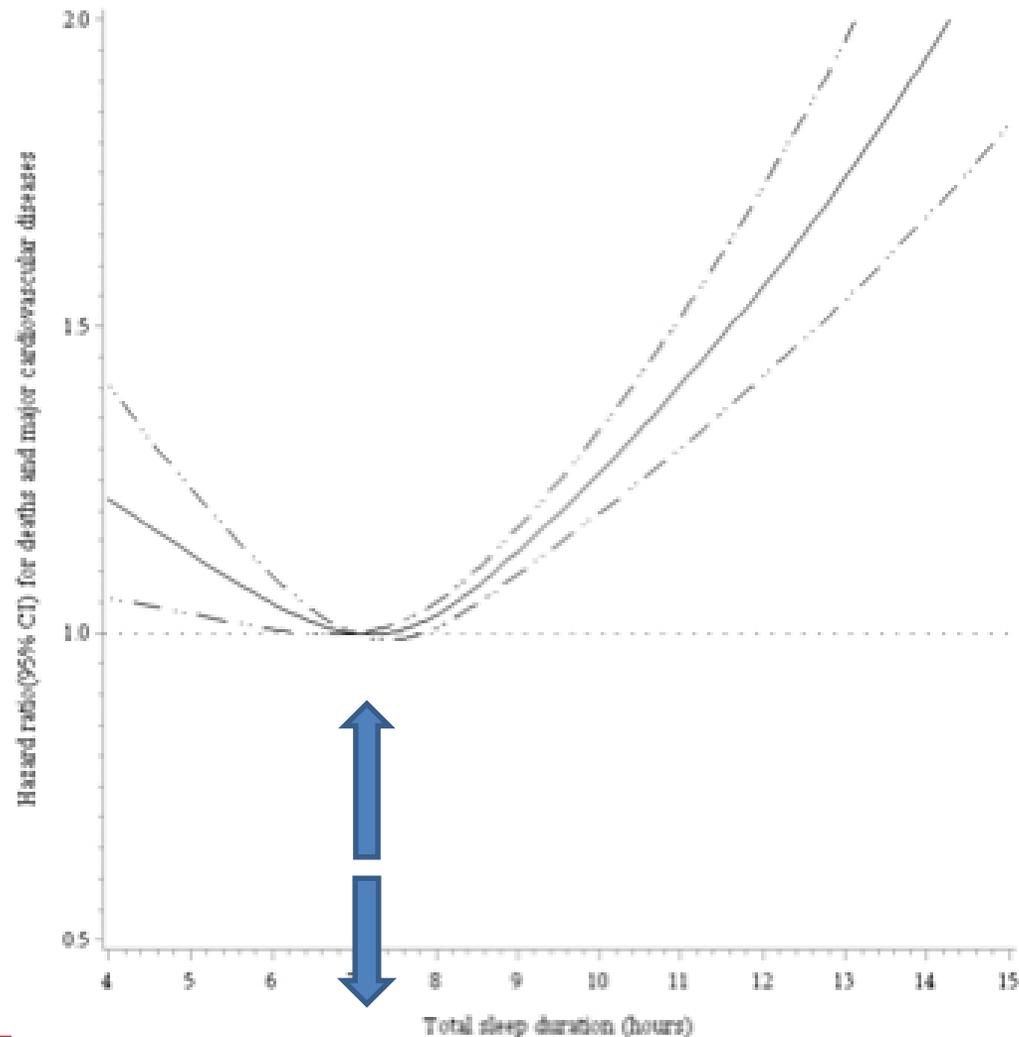
Enjoyable

D

Do It!



Adequate Sleep: Sleep 6-9 Hours Each Night



Tips to Sleep Better



**30 minutes
before bed**



60 – 67°F



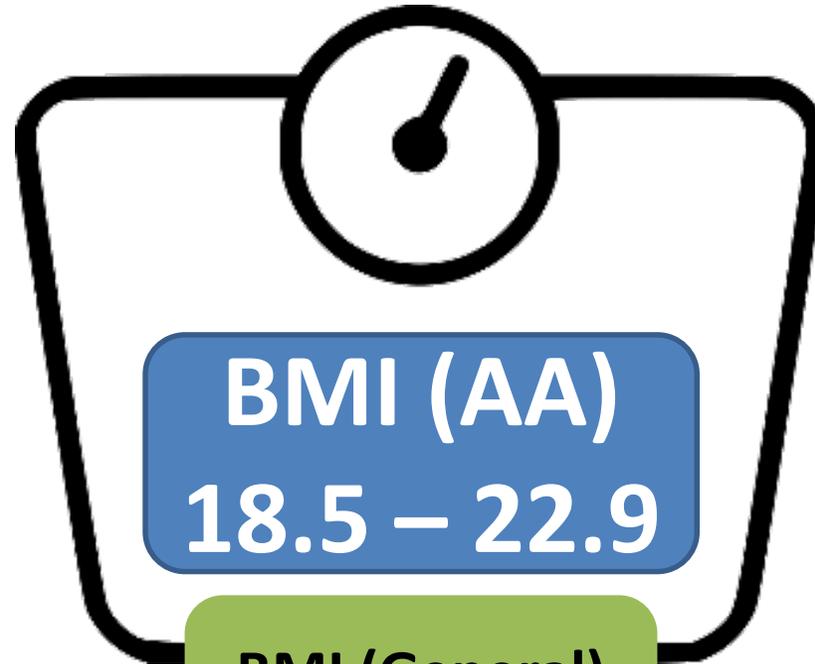
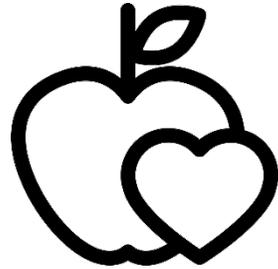
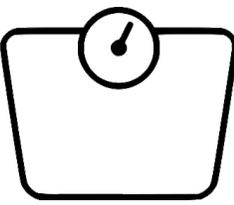
Nap ≤ 30 min



Staying Positive



Maintain Healthy Weight



Protecting Yourself & Others from COVID-19



Clean your hands often



Avoid close contact



**Cover your mouth and nose
with a cloth face cover
when around others**



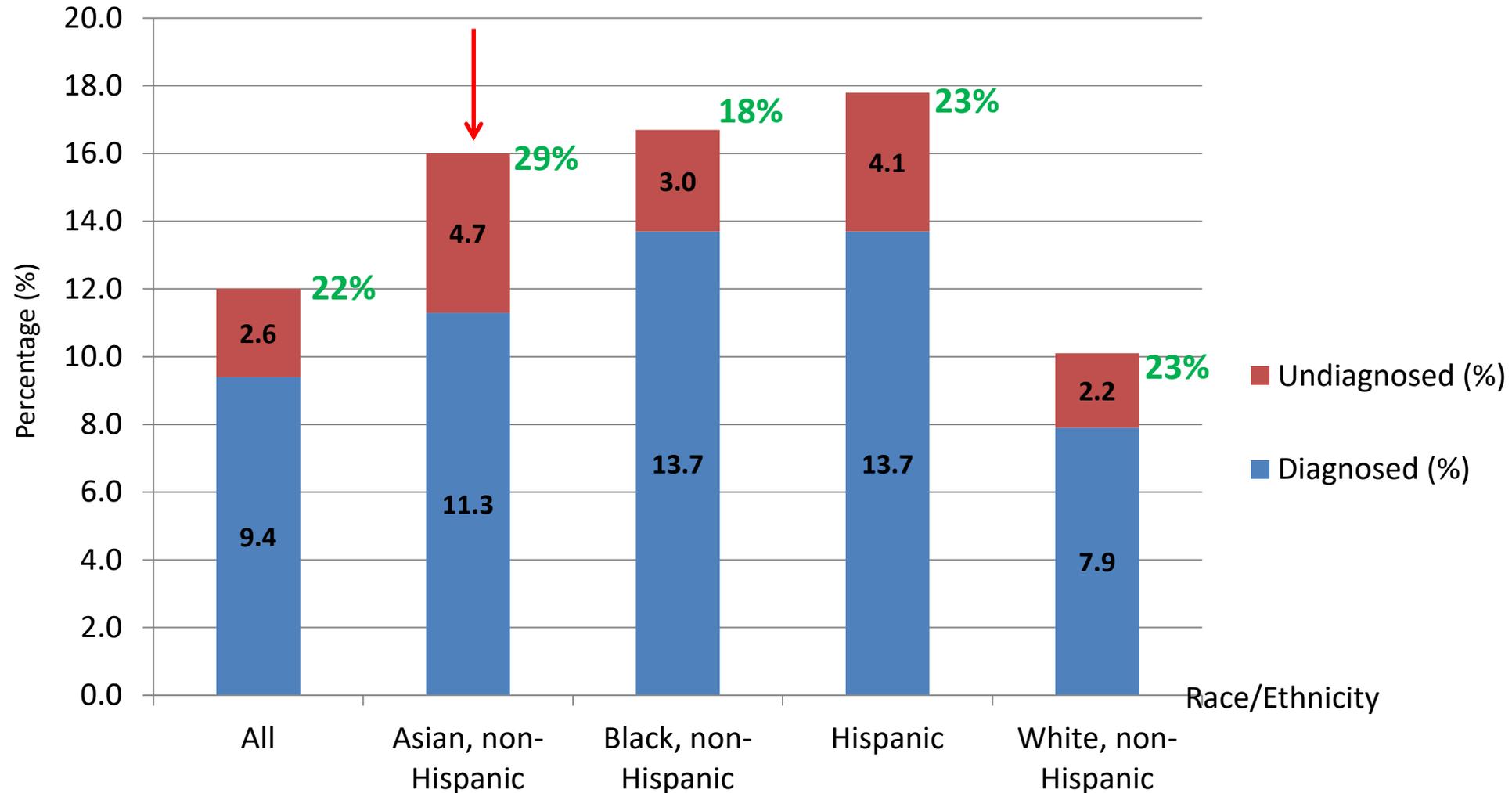
Cover coughs and sneezes



Clean and disinfect

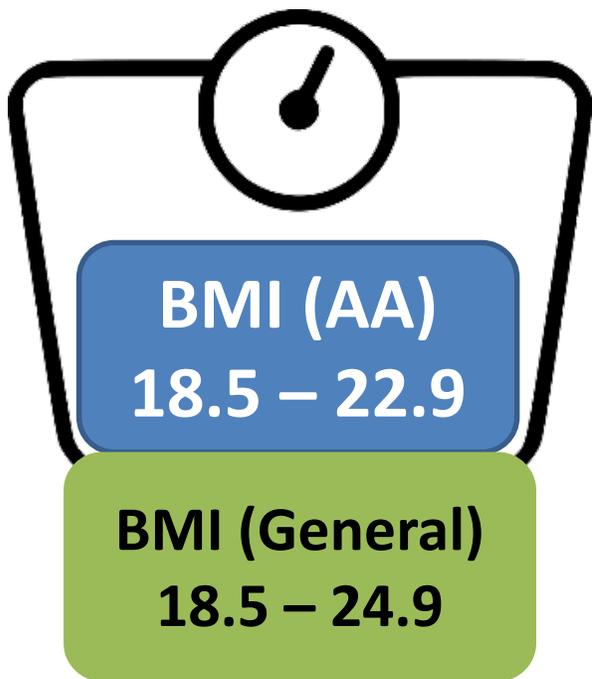
Beware of Undiagnosed Diabetes

30% AA Did Not Know They Have Diabetes



Age-adjusted Prevalence of Diagnosed & Undiagnosed Diabetes among Adults aged ≥ 18, USA, 2013-2016

Screen for Diabetes with BMI ≥ 23



		WEIGHT																											
		90	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	
		kg	40.9	43.2	45.5	47.7	50.0	52.3	54.5	56.8	59.1	61.4	63.6	65.9	68.2	70.5	72.7	75.0	77.3	79.5	81.8	84.1	86.4	88.6	90.9	93.2	95.5	97.7	100
HEIGHT	4'10" (147cm)	18.8	19.9	20.9	22.0	23.0	24.1	25.1	26.2	27.2	28.3	29.3	30.4	31.4	32.5	33.5	34.6	35.6	36.7	37.7	38.7	39.8	40.8	41.9	42.9	44.0	45.0	46.1	
	4'11" (150cm)	18.2	19.2	20.2	21.3	22.3	23.3	24.3	25.3	26.3	27.3	28.3	29.3	30.4	31.4	32.4	33.4	34.4	35.4	36.4	37.4	38.5	39.5	40.5	41.5	42.5	43.5	44.5	
	5'0" (152cm)	17.6	18.6	19.6	20.5	21.5	22.5	23.5	24.5	25.4	26.4	27.4	28.4	29.4	30.3	31.3	32.3	33.3	34.2	35.2	36.2	37.2	38.2	39.1	40.1	41.1	42.1	43.1	
	5'1" (155cm)	17.0	18.0	18.9	19.9	20.8	21.8	22.7	23.7	24.6	25.6	26.5	27.5	28.4	29.3	30.3	31.2	32.2	33.1	34.1	35.0	36.0	36.9	37.9	38.8	39.8	40.7	41.7	
	5'2" (157cm)	16.5	17.4	18.3	19.2	20.2	21.1	22.0	22.9	23.8	24.7	25.7	26.6	27.5	28.4	29.3	30.2	31.2	32.1	33.0	33.9	34.8	35.7	36.7	37.6	38.5	39.4	40.3	
	5'3" (160cm)	16.0	16.9	17.8	18.6	19.5	20.4	21.3	22.2	23.1	24.0	24.9	25.7	26.6	27.5	28.4	29.3	30.2	31.1	32.0	32.8	33.7	34.6	35.5	36.4	37.3	38.2	39.1	
	5'4" (163cm)	15.5	16.3	17.2	18.1	18.9	19.8	20.6	21.5	22.4	23.2	24.1	24.9	25.8	26.7	27.5	28.4	29.2	30.1	31.0	31.8	32.7	33.5	34.4	35.3	36.1	37.0	37.8	
	5'5" (165cm)	15.0	15.8	16.7	17.5	18.3	19.2	20.0	20.8	21.7	22.5	23.3	24.2	25.0	25.8	26.7	27.5	28.3	29.2	30.0	30.8	31.7	32.5	33.4	34.2	35.0	35.9	36.7	
	5'6" (168cm)	14.6	15.4	16.2	17.0	17.8	18.6	19.4	20.2	21.0	21.8	22.6	23.5	24.3	25.1	25.9	26.7	27.5	28.3	29.1	29.9	30.7	31.5	32.3	33.2	34.0	34.8	35.6	
	5'7" (170cm)	14.1	14.9	15.7	16.5	17.3	18.0	18.8	19.6	20.4	21.2	22.0	22.8	23.5	24.3	25.1	25.9	26.7	27.5	28.3	29.0	29.8	30.6	31.4	32.2	33.0	33.7	34.5	
	5'8" (173cm)	13.7	14.5	15.2	16.0	16.8	17.5	18.3	19.0	19.8	20.6	21.3	22.1	22.9	23.6	24.4	25.1	25.9	26.7	27.4	28.2	28.9	29.7	30.5	31.2	32.0	32.8	33.5	
	5'9" (175cm)	13.3	14.1	14.8	15.5	16.3	17.0	17.8	18.5	19.2	20.0	20.7	21.5	22.2	22.9	23.7	24.4	25.2	25.9	26.6	27.4	28.1	28.9	29.6	30.3	31.1	31.8	32.6	
	5'10" (178cm)	12.9	13.7	14.4	15.1	15.8	16.5	17.3	18.0	18.7	19.4	20.1	20.8	21.6	22.3	23.0	23.7	24.4	25.2	25.9	26.6	27.3	28.0	28.8	29.5	30.2	30.9	31.6	
	5'11" (180cm)	12.6	13.3	14.0	14.7	15.4	16.1	16.8	17.5	18.2	18.9	19.6	20.3	21.0	21.7	22.4	23.1	23.8	24.5	25.2	25.9	26.6	27.3	28.0	28.7	29.4	30.0	30.7	
	6'0" (183cm)	12.2	12.9	13.6	14.3	14.9	15.6	16.3	17.0	17.7	18.3	19.0	19.7	20.4	21.1	21.7	22.4	23.1	23.8	24.5	25.1	25.8	26.5	27.2	27.9	28.5	29.2	29.9	
	6'1" (185cm)	11.9	12.6	13.2	13.9	14.5	15.2	15.9	16.5	17.2	17.8	18.5	19.2	19.8	20.5	21.2	21.8	22.5	23.1	23.8	24.5	25.1	25.8	26.4	27.1	27.8	28.4	29.1	
	6'2" (188cm)	11.6	12.2	12.9	13.5	14.2	14.8	15.4	16.1	16.7	17.4	18.0	18.7	19.3	19.9	20.6	21.2	21.9	22.5	23.2	23.8	24.4	25.1	25.7	26.4	27.0	27.7	28.3	

*Note: BMI may not apply to athletes who tend to have large muscle mass, elderly people, pregnant women and children.

Available at: aadi.joslin.org

In English, Traditional Chinese, Simplified Chinese

Screen For Diabetes

Diabetes Risk Screening Test for Adults in the United States*		
1. Is your BMI above healthy range (≥ 23 for Asians or ≥ 25 for others)?	Yes (1 point)	No (0 point)
2. Do you have a parent, brother or sister with diabetes?	Yes (1 point)	No (0 point)
3. Are you an Asian or a Pacific Islander?	Yes (1 point)	No (0 point)
4. Did you have gestational diabetes when you were pregnant or you gave birth to at least one baby weighing 9 pounds (4 kg) or more?	Yes (1 point)	No (0 point)
5. Is your blood pressure not within goal: <ul style="list-style-type: none"> • Blood pressure of 130/80 mmHg or higher, or • You have been told that you have high blood pressure? 	Yes (1 point)	No (0 point)
6. Are your cholesterol (lipid) levels not within goal: <ul style="list-style-type: none"> • HDL cholesterol ("good" cholesterol) is less than 35 mg/dL, or • Triglyceride level is 250 mg/dL or higher? 	Yes (1 point)	No (0 point)
7. Do you exercise fewer than 3 times a week?	Yes (5 points)	No (0 point)
8. Are you between 45-64 years old?	Yes (5 points)	No (0 point)
9. Are you 65 years or older?	Yes (9 points)	No (0 point)
My total score is:		

High Risk:
 ≥ 10 point

Moderate Risk:
3-9 points

Low Risk:
 ≤ 2 points

Available at: aadi.joslin.org

In English, Traditional Chinese, Simplified Chinese

More Resources – aadi.joslin.org

Free Resources - COVID-19 Related Info for Asian people with Diabetes

The AADI/Asian Clinic has put together resources as well as created FAQs on self care and put together some resources that are relevant to Asian communities (patients, their caregivers, family, and community members). Information in different Asian languages are available under “3. National and Local resources”.

According to Centers for Disease and Prevention (CDC), those at high-risk for severe illness from Coronavirus Disease 2019 (COVID-19) are:

- People aged 65 years and older
- People who live in a nursing home or long-term care facility
- People of all ages with underlying medical conditions, particularly if not well controlled, including:
 - People with diabetes
 - People with chronic lung disease or moderate to severe asthma
 - People who have serious heart conditions
 - People who are immunocompromised
 - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
- People with obesity
- People with chronic kidney disease undergoing dialysis
- People with liver disease
- People who are pregnant should be monitored since they are known to be at risk with severe viral illness, however, to date data on COVID-19 has not shown increased risk

1. Information about Coronavirus Disease 2019 (COVID-19)
2. AADI/Asian Clinic FAQ on self care FAQs on self care, what to eat, how to stay active, stress management, sleep, etc.
3. National and local resources
4. Resources from Asia
5. Other resources

About AADI
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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
Asian American Resources in Your Area
Organizations and Statistics on Diabetes
Diabetes Basics
Diagnosing Diabetes
Screen at 23
Journal Publications
Free Resources