COVID-19 Care Tips for Asians with Diabetes

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COVID-19

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

  - Cough
  - Fever
  - Chills
  - Muscle pain
  - Shortness of breath or difficulty breathing*
  - Sore throat
  - New loss of taste or smell

*Please consult the Johns Hopkins ABX Guide for more information.
Age Increased Risk for Hospitalization

![Bar chart showing rates of hospitalization for COVID-19 increase with age.](chart.png)

- Everyone, especially older adults, should:
  - Stay home
  - Use face coverings in public settings
  - Wash hands frequently

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

BMI ≥ 30 kg/m²
**BMI Increased Severity of COVID-19 (China)**

A BMI ≥ 25 kg/m²

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

As of midnight on April 6, 86.2% of the state's 5,489 COVID-19 deaths involved at least one comorbidity.

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!

Mortality Rate

- Diabetes and/or uncontrolled hyperglycemia: 28.8% (n=53)
- No diabetes or uncontrolled hyperglycemia: 6.2% (n=24)

Adjusted HR, 0.14 (95% CI, 0.03 - 0.60)

P = 0.008

p-value < 0.001
What is Well-Managed Diabetes?

Fasting Glucose: \( \leq 130 \text{ mg/dL} \)

1-2 Hours After a Meal: \( \leq 180 \text{ mg/dL} \)

A1C: \( \leq 7.0\% \)
How to Better Manage Diabetes?

Self-monitoring diabetes

Healthy eating

Adequate sleep

Staying active

Staying positive

Healthy weight
Self-Managing Diabetes at Home

- Take all medications
- 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

½ nonstarchy vegetables

¼ whole grain bread, rice, pasta, potato

¼ poultry, fish, lean meat

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Healthy Eating Tips During COVID-19

- Fruits and vegetables
- Salmon
- Eggs
- Milk
- Nuts
- Tuna
- Egg Substitute
- Milk
Staying Active

Frequency  Intensity  Time

Moderate Intensity

Talk Test

150 min per week
Staying Active

30 min, 5x/week

5 + 5 + 10 + 10 = 30 min

150 min per week
Tips for Staying Active

F I T T E D

Frequency  Intensity  Time  Type  Enjoyable  Do It!
Adequate Sleep: Sleep 6-9 Hours Each Night

The more the better?
Tips to Sleep Better

- 30 minutes before bed
- 60 – 67°F
- Nap ≤ 30 min

- Avoid caffeine
- Exercise
- Meditate
Staying Positive
Maintain Healthy Weight

BMI (AA) 18.5 – 22.9

BMI (General) 18.5 – 24.9
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

Available at: aadi.joslin.org

BMI (AA) 18.5 – 22.9
BMI (General) 18.5 – 24.9

WEIGHT

<table>
<thead>
<tr>
<th>BMI (AA)</th>
<th>BMI (General)</th>
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</thead>
<tbody>
<tr>
<td>18.5</td>
<td>18.5 – 24.9</td>
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</table>

*Note: BMI may not apply to athletes who tend to have large muscle mass, elderly people, pregnant women and children.
### Diabetes Risk Screening Test for Adults in the United States

<table>
<thead>
<tr>
<th>Risk Level</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low Risk</td>
<td>≤ 2 points</td>
</tr>
<tr>
<td>Moderate Risk</td>
<td>3-9 points</td>
</tr>
<tr>
<td>High Risk</td>
<td>≥ 10 point</td>
</tr>
</tbody>
</table>

### Criteria

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:**
   - Yes (1 point)
   - No (0 point)
   - Blood pressure of 130/80 mmHg or higher, or
   - You have been told that you have high blood pressure.

6. **Are your cholesterol (lipid) levels not within goal:**
   - Yes (1 point)
   - No (0 point)
   - HDL cholesterol ("good" cholesterol) is less than 35 mg/dL, or
   - Triglyceride level is 250 mg/dL or higher.

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)

### Total Score

My total score is: [Calculate total score based on answers to criteria above]
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