Asian American Diabetes Initiative

Joslin Diabetes Center

Asian American Diabetes Initiative

Did you know?

Despite having a lower body weight, Asian Americans are at increased risk for developing diabetes. It is important to stay informed in order to learn how to prevent or manage diabetes.

Stay Informed – Eat Well – Be Active

Mission

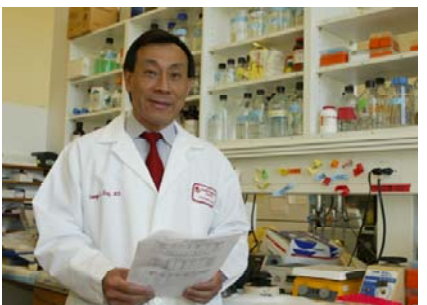
In response to the rising rate of diabetes among Asians worldwide, the Asian American Diabetes Initiative (AADI) was established in 2000 at Joslin Diabetes Center to promote awareness of the diabetes epidemic to the Asian American population. Our four arms, **Research**, **Education**, **Outreach** and **Clinical Care (Asian Clinic)** have been established to improve the quality of life and health outcomes for Asian Americans living with diabetes. Each arm is closely linked with one another. Together, they reflect our dedication to the Asian American community.

Our Collaborators

Om Ganda, MD
Hillary Keenan, PhD
Eyiuche Okeke, MD
Michael See, MS, RCEP, CDE
Alissa Segal, PharmD
Sabera Shah, MD
Jacqueline Shahar, MEd, RCEP, CDE
Greeshma Shetty, MD
Jennifer Sun, MD
AADI interns and volunteers

AADI student volunteers from:
Brandeis University
Harvard Medical School
Harvard School of Dental Medicine
Massachusetts College of Pharmacy and Health Sciences (MCPHS)
Northeastern University
Simmons College
Tufts University
University of Massachusetts Amherst
University of Massachusetts Boston

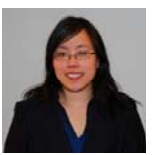
Research



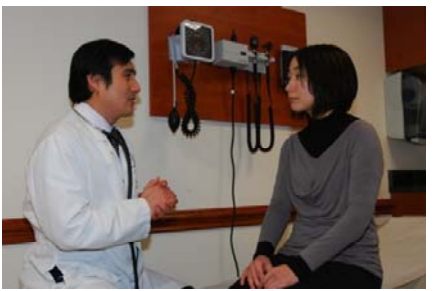
We engage in research to explore the most promising ways to prevent, manage and treat diabetes for the Asian American population. We actively look for ways to translate our research findings to clinical care. The ultimate goal of our research is to disseminate Joslin's research findings to healthcare providers and Asian American communities.

Asian Clinic

A critical component of AADI's mission, the Asian Clinic provides comprehensive diabetes care through a team of endocrinologists, ophthalmologist, optometrist, registered dietitian, a care coordinator, a behavioral health specialist, and medical assistant. Diabetes diagnosis, treatment, and management are offered through linguistically appropriate and culturally relevant approaches.



Asian Clinic



The Asian Clinic serves a total of 450 patients. These patients range in age from 18 to 91 and are from a variety of ethnic backgrounds, including Chinese, Japanese, Indian, Vietnamese, and more.

At Asian Clinic, we tailor our treatment to fit the needs of each patient. Our team meets regularly to discuss patient cases and coordinate care among our interdisciplinary providers.

Education

Optimal diabetes management involves learning skills to make healthy food choices, being physically active, and monitoring blood glucose levels. It is important for Asian Americans to have access to health resources. We provide culturally appropriate diabetes education for the general public through technology and develop multilingual materials for local communities and healthcare professionals.

Education

Operating through three languages, the AADI website equips individuals with diabetes, family members, caregivers, health care providers, and interested friends with the necessary tools to remain proactive in diabetes prevention and self-management.

Outreach

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

We have worked with Asian language schools, public libraries, churches, and universities to teach Asian Americans how to lead healthy lifestyles.

Outreach

Our programs include A1C screenings, workout sessions with an exercise physiologist, BMI measurement, nutrition recommendations and advice from a Joslin dietitian, and more.

AADI 2012

Our 2012 focus is on promoting a balanced and healthy lifestyle by encouraging physical activity and providing nutrition education for the Asian American "Sandwich Generation". This group is characterized by adults who care for both their children and their aging parents. In order to educate the community on doing simple exercises at home, eating a balanced diet, reading food labels, and evaluating the nutritional content of everyday foods, we have created and distributed tools such as our AADI pedometers, exercise bands, and *AADI Wellness Booklet*. In addition, we continue to expand the information we provide in our educational materials. Along with nutrition, exercise, and healthy living, our 30 educational handouts now cover the topics of stress management and depression.

AADI 2012

AADI has also been working on advocacy on the national level. This year, we have initiated and co-chaired the first national diabetes conference specific to Asian Americans, Native Hawaiians and Pacific Islanders on diabetes issues. As a result of the conference, two of our papers have been accepted to *Diabetes Care*, and we are excited to share the results of the conference with the community at large. At the legislative level, we continue to bring these urgent diabetes issues to the attention of lawmakers in order to make an impact on diabetes-related legislation. We have been in discussion with the FDA regarding the BMI criteria that is specific to the Asian community. We are planning to hold another second national conference in May in D.C.

Physical Activity

Incorporating physical activity into daily life is an important part of healthy living. In order to reach a healthy weight, it is necessary to burn calories. Walking is great exercise that anyone can do to burn calories. For example, in the case of a person who weighs 155 lbs, walking only 30 minutes will burn almost 150 kcal.

Try to set a goal for yourself by creating an easy exercise routine and gradually increasing the intensity and duration.

Calories burned by 30-min activities

Activities	125lb (57kg) person	155lb (70kg) person	185lb (84kg) person
Physical Exercises			
Running: 6 mph (9.6 km/hr)	300	372	444
Bicycling, Stationary: moderate	210	260	311
Swimming: general (not laps)	180	223	266
Dancing: ballroom	165	205	244
Walk: 4.5 mph (7.2 km/hr)	150	186	222
Walk: 4.0 mph (6.4 km/hr)	135	167	200
Walk: 3.5 mph (5.6 km/hr)	120	149	178
Tai Chi	120	149	178
Home Activities			
Gardening: general	135	167	200
Playing with kids (moderate effort)	120	149	178
Pushing shopping cart	105	130	155
Child-care (bathing, feeding, etc)	105	130	155
Cooking	75	93	111
Standing in line	38	47	56
Reading: sitting	34	42	50
Watching TV	23	28	33

Adapted from:
http://www.health.harvard.edu/newsweek/Calories-burned-in-30-minutes-of-leisure-and-routine-activities.htm

Do I Have Diabetes?

Only your healthcare provider can tell if you have diabetes. Your provider may do one of the following tests to confirm:

Tests	Results that Indicate Diabetes
Blood glucose tested anytime of the day (Including those tested after meals)	200 mg/dL or higher and you have symptoms of diabetes
FPG Fasting Plasma Glucose (No food for at least 8 hours)	126 mg/dL or higher
OGTT 2 hour Oral Glucose Tolerance Test (Glucose level checked 2 hours after drinking 75 g of glucose)	200 mg/dL or higher
A1C Blood test that measures average blood glucose control over past 3 months (No fasting needed)	6.5% or higher

All of the tests on the previous page need to be repeated to confirm if you have diabetes.

Diagnosing Pre-Diabetes

If your blood glucose is higher than normal but not high enough to be diagnosed as diabetes, you may have "pre-diabetes." Test results that could indicate pre-diabetes are as follows:

Tests	Results that Indicate Pre-Diabetes
FPG	100 - 125 mg/dL
OGTT 2-hour blood glucose	140 - 199 mg/dL
A1C	5.7% - 6.4%

*This guide is an approximation and is not a replacement for testing done by your doctor. If you have any questions, please visit your family doctor for further discussion.

What is a pedometer?

The pedometer counts each step you take by detecting the motion of your hip. Wearing it on the part of your waistband or belt directly over your knee will ensure the most accurate results. Because the length of each person's stride is different, it is recommended that the pedometer be calibrated before use. Note that if motion is not detected for 1 minute, the pedometer automatically turns off. It resumes once again when motion is detected.

How do I set up my pedometer?

1. Set your preference - *Metric or U.S. Conventional*

Set to either Metric *(kg, cm, and km)* or U.S. Conventional *(lb, ft, and mile)* system. To change the mode, press and hold the MODE button until the display blinks and digits revert to zero. To see the current mode setting, press the MODE button until the bottom of the display shows DIST.

2. Count your steps

Press the MODE button until the bottom of the display shows the word "STEP". The step counter will start counting once motion is detected. To reset the step counter, press and hold the RESET button until the digits revert to zero. (Note that the pedometer does not display the step count for the first 4 steps to avoid recording sudden movements as steps. Once you continue walking for more than 4 steps, the display will show the first 5 steps walked and continue to count.)

3. See the distance you traveled

Press the MODE button until the bottom of the display shows "DIST MILE". Press the SET button and the digits on the display will start to flash. Press the RESET button as needed to adjust the stride distance (the range is from 12 in to 60in). Stride distance is the length of each step you take. Once the value is set, leave the unit idle for 5 seconds and it will revert to show the distance traveled. The distance traveled counter will start counting once motion is detected. To reset the Distance Traveled counter, press and hold the RESET button until the digits revert to zero.

4. Count the calories you burned

Press the MODE button until the bottom of the display shows the word "KCAL". Press the SET button and the digits on the display will start to flash. Press the RESET button as many times as necessary to adjust your body weight value (you can set it from 60 lb – 300 lb). To reset the Calories counter, press and hold the RESET button until the digits revert to zero.

Conversion Chart

Blood Glucose

1 mmol/L	=	18 mg/dL

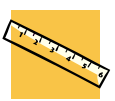
Volume

1 Tbsp	=	3 tsp
1 cup	=	16 Tbsp
1 cup	=	8 fl oz
1 cup	=	237 ml/237 cc
1 fl oz	=	30 ml

Weight

1 oz	=	28.4 g
1 lb	=	16 oz
1 lb	=	454 g/0.454 kg
1 kg	=	2.2 lb

Use these conversions for your daily activities!



Length/Distance

1 inch	=	2.5 cm
1 foot	=	12 in
1 mile	=	1.6 km
1 km	=	1000 m

Temperature

32°F	=	0°C
212°F	=	100°C

Interested in supporting AADI?

AADI is committed to promoting healthy living in your community through educational programs.
You can support AADI by:

- making a donation for the pedometer
- becoming a volunteer

For more information, feel free to talk to an AADI member or email us at aadi@joslin.harvard.edu.

Joslin Diabetes Center

Asian American Diabetes Initiative

aadi.joslin.org
617-732-2606
aadi@joslin.harvard.edu