



Joslin Diabetes Center

Asian American Diabetes Initiative

Joslin Diabetes Center Asian American Diabetes Initiatives (AADI)

Founded in 2000, the AADI is dedicated to enhancing the quality of life and health outcomes for Asian Americans living with diabetes and its prevention through research, education, outreach, and culturally appropriate treatments.

The Asian Clinic

- Established in 2004 to provide culturally appropriate treatment and education
 - Provides over 1,000+ appointments every year for local and international patients with diverse backgrounds
 - Designated liaison to support patients and their caregivers in-between their appointments
 - Direct phone line for patients
 - Patients' preferred language includes Burmese, Cantonese, English, Japanese, Korean, Mandarin, Thai, and Vietnamese
- Successfully removed disparities in our Asian American patient populations, sustaining better clinical outcomes than the national average despite greater barriers
- Developed the "Asian Social Club" series, workshop style educational seminars
 - Patients and their family members learn various ways to better manage diabetes and incorporate healthier lifestyles
 - Topics include cultural festival celebrations, virtual supermarket tours, and ideas for indoor exercise
 - Held in English, Mandarin, and Cantonese
- Established "Walking Club" – a weekend exercise / social event held at the Boston Common
 - Asian Clinic patients and their friends / family members enjoy walking with the AADI team along with a group of dedicated volunteers
 - Participants learn how to better manage their glucose while exercising safely
- Switched in-person clinic appointments to remote / telehealth to continue providing care and education to patients safely during the COVID-19 pandemic
- Created resources with COVID-19 related info as well as webinars on self-care tips for Asian people with diabetes

Education

- Created 78 educational materials on diabetes, diabetes prevention and management, physical activities, nutrition, healthy meal preparation, and diabetes friendly recipes all to download on our multilingual website (aadi.joslin.org)
- Developed Drag 'n Cook®, an interactive app with over 550 ingredients that are essential to Chinese, Indian, Japanese, Korean, and Vietnamese cuisines to provide nutritional information and recommendations to support healthy cooking prepared at home
- Designed a culturally tailored healthy lunch-creating program, "Bento workshop", targeting parents with preschoolers to learn how to incorporate healthy eating habits utilizing lunch box (Bento box) for their children
- Established the Wing Lectureship series with speakers, including Drs. Howard Koh, Happy Araneta, and Frank Hu, who have impacted the health of Asian Americans on a national level
- Hosted community health events and workshops to raise awareness in Asian American (AA) communities
 - Asian language schools
 - Community health and cultural centers
 - Church, temple, and other places of worship



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- Invited speakers on Asian focused news outlets - newspapers, tv, radio
- Presented the risk of diabetes among Asian Americans and how to prevent it at Northeastern University
- Collaborated with an organization focusing on Asian women to provide COVID-19 related info and self-care followed by Q&A session
- Led “Head Start Program”, government program targeting low-income families to provide comprehensive early childhood services including health and nutrition, in Quincy, MA
- Delivered a lecture to Harvard Medical School Asian Pacific American Medical Student Association on “AAPI Health, Diabetes, and Screen at 23”

Research

- Current research:
 1. Conducting a 5-year clinical outcome analysis of patients in the Asian Clinic. The latest results to be presented at the 2021 American Diabetes Association (ADA) Annual Scientific Session, titled “Impact of Culturally-Specific Care Teams on Mitigation of Racial Disparities in Diabetes Care: A 5-year EHR-based study”
 2. Analyzing the effectiveness of telemedicine for patient care in the Asian Clinic during 2020-2021
- Previous publications:
 1. Evert AB, Dennison M, Gardner CD, Garvey WT, Lau KHK, MacLeod J, et al. Nutrition Therapy for Adults With Diabetes or Prediabetes: A Consensus Report. *Diabetes Care* 2019; 42(5): 731-754.
 2. Lau KHK, Poher DM, M SN, Hsu WC, King GL. Culturally-Specific Diabetes Care Reduces Disparities in Metabolic Control. *Diabetes* 2018; 67(Supplement 1):1328-P.
 3. Araneta MRG, Kanaya AM, Hsu WC, Chang HK, Grandinetti A, Boyko EJ, et al. Optimum BMI cut points to screen Asian Americans for type 2 diabetes. *Diabetes Care* 2015;38(5):814-820.
 4. Hsu WC, Araneta MRG, Kanaya AM, Chiang JL, Fujimoto W. BMI cut points to identify at-risk Asian Americans for type 2 diabetes screening. *Diabetes Care* 2015;38(1):150-158.
 5. Lau KHK, Hsu WC, He Z, Cheung V, Hernandez C, King GL. Elimination of Disparity of Diabetes Care in an Asian American Tailored Program in a Tertiary Care Diabetes Center. *Diabetes* 2014; 63(Supplement 1): A84.
 6. Hsu WC, Lau KHK, Matsumoto M, Moghazy D, Keenan H, King GL, et al. Improvement of insulin sensitivity by isoenergy high carbohydrate traditional Asian diet: a randomized controlled pilot feasibility study. *PloS one* 2014;9(9):e106851.
 7. Le H, Wong S, Iftikar T, Keenan H, King GL, Hsu WC, et al. Characterization of factors affecting attainment of glycemic control in Asian Americans with diabetes in a culturally specific program. *Diabetes Educ* 2013;39(4):468-477.
 8. Tseng J, Halperin L, Ritholz MD, Hsu WC. Perceptions and management of psychosocial factors affecting type 2 diabetes mellitus in Chinese Americans. *J Diabetes Complications* 2013;27(4):383-390.
 9. Okeke EN, Keenan HA, Weinger K, Abrahamson MJ, Hsu WC. Do ethnic disparities extend to subspecialty diabetes care? *Endocr Pract* 2013;19(3):431-438.
 10. Hsu WC, Boyko EJ, Fujimoto WY, Kanaya A, Karmally W, Karter A, et al. Pathophysiologic differences among Asians, Native Hawaiians, and other Pacific Islanders and treatment implications. *Diabetes Care* 2012;35(5):1189-1198.
 11. King GL, McNeely MJ, Thorpe LE, Mau MLM, Ko J, Liu LL, et al. Understanding and addressing unique needs of diabetes in Asian Americans, Native Hawaiians, and Pacific Islanders. *Diabetes Care* 2012;35(5):1181-1188.



Joslin Diabetes Center

Asian American Diabetes Initiative

12. Hsu WC, Okeke E, Cheung S, Keenan H, Tsui T, Cheng K, et al. A cross-sectional characterization of insulin resistance by phenotype and insulin clamp in East Asian Americans with type 1 and type 2 diabetes. *PloS one* 2011;6(12):e28311.
13. Hsu WC, Cheung S, Ong E, Wong K, Lin S, Leon K, et al. Identification of linguistic barriers to diabetes knowledge and glycemic control in Chinese Americans with diabetes. *Diabetes Care* 2006;29(2):415-416.

Advocacy and Outreach

- Constant evaluations of Joslin's Asian Clinic's clinical outcomes which shows better than the national average despite greater barriers
- Worked with national institutions such as CDC, NIH, and ADA to ensure AA data to be included in National Health and Nutrition Examination Survey (NHANES), which resulted in updates for federal health and reimbursement policies
- Worked with ADA to change diabetes screening guidelines for AA populations
 - The Body Mass Index (BMI) was lowered to 23 kg/m² for Asian Americans to be screened for diabetes while for the general population diabetes is screened at BMI 25 kg/m² or higher
- Led Massachusetts House and Senate to pass the joint resolution to urge state's public health system and healthcare providers to use BMI 23 kg/m² when screening Asian Americans for diabetes
- Established Asian American, Native Hawaiian, and Pacific Islander Diabetes Coalition (AANHPI DC) with nation's leading organizations to advance the study and treatment of diabetes in AANHPI populations and communities, in order to effectively prevent and treat diabetes
- Held the 6th AANHPI Diabetes National Conference at Joslin Diabetes Center, where many clinicians, patients' advocates, scholars, and community leaders gathered from across the nation
- Co-authored "2019 Nutrition Therapy for Adults With Diabetes or Prediabetes: A Consensus Report", appropriately representing AAs for the first time in ADA nutrition recommendations
- Held diabetes screenings at Wang YMCA, South Shore YMCA, and other community events along with Screen at 23 information session for healthcare and community leaders in Quincy
- Presentations and lectures overseas
 - GBA Health 2020 Rising to Meet Cross-Border Opportunities and Cross-Cultural Challenges - Virtual (2020 Dr. King)
 - Diabetes Research and Treatment Forum - Nanjing, China by Nanjing government and NEJM Yi Xue Qian Yan (2019 Dr. King)
 - Lifestyle Medicine to Improve Diabetes Management - Wuhan, China by Kane Life (2019 Dr. King)
 - Diabetes Management Forum by Shenzhen Long Gang People's Hospital - Shenzhen, China (2019 Dr. King)
 - 2019 GBA International Summit on Endocrinology and Metabolism - Guangzhou, China (2019 Dr. King)
 - China GLP-1 Summit - Guangzhou (2019 Dr. Hsu)
 - Astrazeneca Lecture Tour in China: Beijing, Harbin, Shanghai, Tianjin (2015 Dr. Hsu)
 - Sunstar Dental and Diabetes Conferences: China, Japan, Spain conferences (2012-2018 Dr. King and Dr. Hsu)