



GINGER FORUM 2024

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

Saturday, November 23, 10am - 3pm

Joslin Diabetes Center



Welcome all to the Ginger Forum 2024!

Since 2023, A Taste of Ginger, annual premier food tasting event to support the efforts of the Asian American Diabetes Initiative (AADI) has evolved into the Ginger Forum, a major conference about improvements in prevention and management of diabetes in various groups of Asian Americans (AA). The Ginger Forum in 2024 will bring together patients, their families, caregivers, and health professionals in Massachusetts, who are involved in clinical practice, research, and health advocacy for Asian Americans.

The AADI has been leading this effort in Massachusetts and United States since 2000. We'll update our efforts in collaborations with community health clinics and advocacy groups such as South Cove Community Health Center, Quincy Asian Resource, Inc., Dorchester House, and Boston College to prevent and improve management regarding diabetes. At this conference, the agenda will include keynotes addressed from Mr. Leverett Wing, Executive Director of Commonwealth Seminar and Professor Frank Hu, Chair Department of Nutrition at Harvard School of Public Health. There will be four sessions regarding progress from Massachusetts Asian American Diabetes Summit, perspectives from patients and leaders of community health centers, update on nutrition, medical treatment and gestational diabetes, and the effect of diabetes on family health and children. There will be extensive time for panel discussion with participation from the audience. We hope to conclude with actionable steps that will have concrete results for the AA communities in MA to improve screening and managing diabetes in 2024-2025.

Due to the actions of AADI and many community health centers, the awareness of diabetes has significantly increased in the AA communities and their health care providers. A national program called Screen of 23, which increased awareness to screen Asian Americans with BMI at 23 for diabetes, is a shining example of a local idea that became a national program and contributed greatly to enhancing the awareness of diabetes at the national level.

Joslin ADDI started in 2000 and is the only Asian Clinic on the East Coast, which provides personalized and tailored care for Asian Americans with difficult to treat diabetes. AADI's website is the most downloaded website for information with prevention and treatment of diabetes, including educational tools, diet instructions, mental health, and more for the AA community.

We need support from individuals and organizations, such as yourself, with inputs in order for us to continue to serve this very important health issue affecting a very large number of Asian Americans.

Thank you again for your participation and support.



George L. King, MD

Chief Scientific Officer

Founder and Director, Asian American Diabetes Initiative

Joslin Diabetes Center

Joslin's Ginger Forum 2024

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



10am - 3pm

***Door opens at 9:30am**

[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.

- AGENDA -

<p>Welcome Messages</p>	<p>Mr. Leverett Wing, Board Member, Joslin Diabetes Center & Executive Director, The Commonwealth Seminar</p> <p>Ms. Adelline Ntatin, MPH, MBIM, MA, RN-BSN, Vice President, BILH Health Equity</p>
<p>Keynote - Food as Medicine: East Meets West</p>	<p>Dr. Frank Hu, MD MPH PhD, Professor and the Chair, Department of Nutrition, Harvard T.H. Chan School of Public Health</p>
<p>Forum Goals</p>	<p>Dr. George King, MD, Chief Scientific Officer, Founder of the AADI at Joslin Diabetes Center</p>
<p>Session 1: Goals and progress made through Massachusetts Asian American Diabetes Summit</p>	<p><i>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 & resources for our communities. Session 1 serves as the 3rd summit where we share updates on our efforts through the summit.</i></p> <p><i>*Facilitated by Dr. Tam Nguyen, PhD MSN/MPH RN (Boston College School of Nursing)</i></p> <p>Speakers</p> <p>Dr. Tu-Mai Tran, MD, MSc, Chief of IM/FM, Atrius Health, Quincy</p> <p>Dr. Atif Adam, MB BS PhD, Joslin Diabetes Center</p> <p>Mr. Philip Chong, President & CEO, 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

Dr. Elaine Shiang, Joslin's Asian Clinic 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 and
Networking**

Joslin Atrium

**Tribute to
Chef Jasper White**

Chef Jasper White was an award-winning chef and a respected restaurateur. He was also the founding chef who helped launch the "A Taste of Ginger" annual event to support Joslin's AADI expand its mission. We would like to take a moment and celebrate his life together. As Jasper always said, "Food is Love". Let us remember him and the profound impact he had on Asian American communities!

****Chef Jimmy Liang**, Founder, JP Fuji Group*

**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, Diabetes & Nutrition, St. Elizabeth Medical Center

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

If you have diabetes and plan to be pregnant, or if you develop gestational diabetes during your pregnancy, it's important to work with your diabetes specialists to ensure the health of you and your family. AA may have higher prevalence of gestational diabetes, knowing what's good for mothers and babies can benefit the entire family and there are many steps everyone can incorporate in their routines. Let's find out how you can support babies and children get a head start in leading a healthy life!

Facilitated by **Ms. Shunee Yee (the President and CEO of CSOFT International and CSOFT Health Sciences) and **Ms. Chihiro Sato** (Communications and Outreach Officer at Joslin's AADI)*

Speakers

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

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.

WELCOME MESSAGES



Leverett Wing

Leverett Wing has led the Commonwealth Seminar since 2015, after being one of its founding board members in 2003. Leverett is a well-known leader and community mobilizer whose ability to communicate to broad, diverse audiences, think innovatively, organize on a wide scale, and break down barriers across communities, has led to a number of landmark accomplishments benefiting organizations and causes locally and nationally.

Before joining the Commonwealth Seminar, Leverett led the Community Services Division at the Massachusetts' Department of Housing and Community Development. In that position, he oversaw a budget of over \$250 million and staff of over 50 employees while working with cities, towns and non-profit organizations to offer programs, funding, and technical assistance to support the advancement toward self-sufficiency of households as well as the revitalization of cities and towns throughout MA.

Leverett was also the Executive Director of the Asian and Pacific Islander American Vote (APIAVote); headquartered in Washington, D.C., APIAVote is the only non-partisan, national organization focusing on civic engagement in the Asian American community. Prior to that, Leverett helped envision and spearhead an effort to create the Massachusetts Asian American Commission, a permanent entity in state government to represent Asian American interests in Massachusetts. Having been instrumental in its creation, Leverett was named the Commission's first permanent Executive Director.

Over the past three decades, Leverett has consistently conceived, promoted and led innovative programs and initiatives, bringing the unique needs of various communities to the fore.

As a member of the Board of Overseers at Joslin Diabetes Center, an internationally known hospital and research center, Leverett helped found a first-of-its-kind, national project called the Asian American Diabetes Initiative (AADI), which seeks to improve the understanding and treatment of diabetes among Asian Americans. Leverett also founded and co-chaired the AADI's signature fundraising event "A Taste of Ginger" for its first five years, returning in 2019 to co-chair its Fifteenth Anniversary celebration.

Leverett also recently joined the Board of Beth Israel Deaconess Medical Center in Boston, where he Co-Chairs its Diversity Outreach Committee as it seeks to diversify its board and community outreach and inclusion efforts.

As a member of Boston Harbor Now's (BHN) Board of Advisors, Leverett founded the annual Asian American Community Harbor Cruise, which serves as a vehicle for the AAPI community to learn more about, gain better access, and achieve a greater appreciation for the Boston Harbor, its surrounding islands and the environment in general. Donated by BHN and led and organized by Leverett, the cruise annually draws upwards of 1,000 attendees with free tickets being claimed in less than 10 minutes.

Leverett also sits on the Board of Overseers of the nationally renowned Boston Children's Museum as well as the Board of Advisors for GBH-TV/Radio, Boston's nationally known Public Broadcasting affiliate where he founded the station's annual Asian American and Pacific Islander Heritage Month celebration in 2006. This is now an annual event drawing over 300 attendees each year.

In addition, Leverett sits on the Board of Trustees at Eastern Bank, the largest and oldest mutual bank in the United States. Leverett sits on the Bank's Nominating Committee to help diversify its board leadership. He also serves on the Board of Directors of Boston's Higher Ground in Roxbury, Massachusetts, which aims to better direct resources and services — including childcare, social services, and youth leadership development — to some of Boston's most challenged neighborhoods.

WELCOME MESSAGES



Adelline Ntatin

Adelline Ntatin serves as Vice President of Health Equity at Beth Israel Lahey Health (BILH), where she leads the strategic direction and implementation of system-wide initiatives to reduce structural barriers to health and improve outcomes for underrepresented communities. With over twenty years of healthcare leadership experience and a Lean Six Sigma Black Belt certification, she specializes in orchestrating transformative healthcare solutions through evidence-based programming and data analytics. Her work focuses on fostering collaborations between clinicians, researchers, and community advocates to enhance the provision of safe, high-quality care across the BILH system.

Recently recognized as a Health Equity Champion by Boston Business Journal's Innovators in Healthcare program, Adelline brings her expertise to various community and governmental boards, spearheading equity efforts beyond institutional boundaries. She holds master's degrees from Johns Hopkins Bloomberg School of Public Health, University of Canterbury, and Vrije Universiteit van Brussel, along with a Bachelor of Nursing from Towson University. Throughout her career, Adelline has successfully led quality improvement initiatives and value-based care programs, demonstrating her commitment to transforming healthcare delivery while addressing systemic disparities

KEYNOTE



Frank Hu

Frank Hu, MD, MPH, PhD, is the Fredrick J. Stare Professor of Nutrition and Epidemiology and Chair of the Department of Nutrition at the Harvard T.H. Chan School of Public Health. He is also Professor of Medicine at Harvard Medical School and Brigham and Women's Hospital. His major research interests include epidemiology and prevention of cardiometabolic diseases through diet and lifestyle; gene-environment interactions and risk of obesity and type 2 diabetes; nutritional metabolomics in type 2 diabetes and cardiovascular disease; and nutrition transition, metabolic phenotypes, and cardiovascular disease in low and middle-income countries. Dr. Hu serves as Director of Dietary Biomarker Development Center and Co-director of Obesity Epidemiology and Prevention Program at Harvard. Dr. Hu is the recipient of the Kelly West Award for Outstanding Achievement in Epidemiology by the American Diabetes Association in 2010. He was named the American Heart Association' Ancel Keys Memorial Lecturer in 2018. He has published a textbook on Obesity Epidemiology (Oxford University Press) and >1500 peer-reviewed papers with an H-index of 318. Dr. Hu served on the 2015 Dietary Guidelines Advisory Committee, USDA/HHS. He has served on the editorial/advisory board of The Lancet Diabetes & Endocrinology, Diabetes Care, and Clinical Chemistry. Dr. Hu is a member of National Academy of Medicine.

Session 1: Goals and progress made through Massachusetts Asian American Summit

Facilitator: Dr. Tam Nguyen, PhD MSN/MPH RN (Boston College School of Nursing) on Diabetes Prevention Program (DPP)



Tam. H. Nguyen

Tam. H. Nguyen, PhD, MPH, RN, is an Associate Professor and the Strakosch Family Faculty Fellow in Community Health at the Boston College Connell School of Nursing. Her primary lines of research focus on community-based participatory approaches to the prevention and management of diabetes among Asian American populations, and improving measurement of patient reported outcomes especially among priority populations. Over the last few years, she has received multiple grants to support this work, including: (i) a 3-year Gordon and Betty Irene Moore Foundation Grant to Transform the Paradigm of Diabetes Prevention among Vietnamese Americans, (ii) a 5-year CDC cooperative grant, together with QARI & Joslin, to implement and expand the diabetes prevention and management to the wider Asian community, (iii) a 2-year Academic Technology Innovation Grant from Boston College to innovatively scale the diabetes prevention program, and (iv) a 2-year PCORI grant to more effectively measure patient engagement.



Tu-Mai Tran

Tu-Mai Tran, MD., MSc. is currently the Chief of Internal Medicine and Family Medicine at Atrius Health for Quincy, overseeing physicians, NPs, and PAs to deliver quality valued-based care for approximately 14,000 patients in the South Shore. She continues to be engaged in current clinical guidelines and work to meet the needs of patients.

Dr. Tran is a family physician trained at Brown Family Medicine with a master's in science focused on epidemiology and healthcare delivery from Boston University School of Public Health. With over 22 years of clinical experience across multiple healthcare institutions in academia (Boston University and University of California in Irvine), Health Maintenance Organization (Kaiser Permanente HMO), Federal-Qualified Community Health Centers (DOThouse FQHC and Henry J. Austin CHC), Accountable Care Organizations (Boston Medical Center and Atrius Health ACO) in Massachusetts, California, New Jersey and private hospitals (Parkway and Family United) in Shanghai, China, she has amassed diverse experiences and skill sets. Her past and continuing contributions encompass leadership roles in instituting quality health care services, optimizing clinic operations, and providing effective teaching in academic institutions with emphasis in preventative and chronic disease management, women's health, and weight management. As a primary care provider who worked with the marginalized, unserved, and underserved in the inner cities of Los Angeles, Trenton, and Boston, she is committed to the care of this population. We can elevate their care through the enhancement of medical training. To this endeavor, she is passionate about teaching. Influenced by great mentors, her academic career path is inlaid with numerous noteworthy attributes. The commitment to teaching was recognized by the Society for Teachers of Family Medicine (STFM) with the Resident Teaching award while at Brown, extending to faculty teaching acknowledgements at Kaiser Permanente, University of California in Irvine, as well as at Boston University. Her most transformative contribution is helping to start Family medicine training in her native Viet Nam and Shanghai, China. She worked as an Associate Residency Director at Kaiser Family Medicine and returned to Boston University Department of Family Medicine as a Clinical Associate Professor to mentor medical student and Family Medicine residents. At Atrius Health, she precepts medical students for Tufts School of Medicine Primary Care longitudinal rotation and Family Medicine Clerkship.

Her research interests include clinical investigation in Diabetes Prevention Program (DPP), collaborating with Dr. Tam Nguyen, an Associate Professor from Boston College to study Vietnamese Americans diet and exercise health habits to prevent progression to and complications from Diabetes Mellitus. She is involved in local Asian-American healthcare consortiums and is a fellow at the American College of Family Medicine and involved member with Massachusetts American Medical Society. She recently contributed to the literature on weight management with Dr. Sergio Ramoa writing Weight Management Approaches: Essential Knowledge for The Urgent Care Clinician in The Journal of Urgent Care Medicine published in 2024. Understanding that healthy lifestyle is key to overall wellbeing and recognizing the high demand from our patients, she helped to establish Quincy as Center of Excellence for weight management.



Dr. Atif Adam

Dr. Atif Adam serves as Research Associate at Joslin Diabetes Center where he works on strategic data initiatives addressing healthcare disparities and improving patient outcomes. With over a decade of experience spanning public health, systems research, and digital health innovation, he combines clinical insights with advanced analytics to drive healthcare transformation. Dr. Adam holds a PhD in Public Health (Systems Science) from Johns Hopkins Bloomberg School of Public Health, where he also serves as Associate Faculty. His research expertise spans diabetes care, neurology, mental health, and health equity, with significant contributions to digital health innovation and social epidemiology research. Dr. Adam specializes in translating complex health data into actionable insights that improve patient outcomes and healthcare delivery systems.



Philip Chong

Philip Chong, a changemaker and social entrepreneur, joined QARI as President & CEO in 2017, bringing a background in management and strategic consulting from the private sector. Under Philip's leadership, QARI has evolved to approach social services with innovation and a vision to scale access to services for immigrants from all over the world. When QARI was founded in 2001, its only full-time employee was providing basic information about city services to non-English-speaking Asian immigrants — things as simple as where to pay a tax bill or how to enroll their children in the local school system. Today, QARI has grown into a regional organization across Massachusetts, New York City, and Rhode Island, expanding its immigrant-focused services to the workplace, community sites, and schools. With a mission to foster and improve the social, cultural, economic, and civic lives of immigrants, QARI empowers its community through English and citizenship classes, skills training, youth programs, multilingual resource navigation, and culturally tailored health programs.

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

Facilitator: Ms. Quynh Tu, RDN, LDN CDCES (Enhance Asian Community of Health/Boston College)



Quynh Vuong Tu, RD, LDN, CDCES

Quynh Vuong Tu, RD, LDN, CDCES is a Research Associate at Boston College, she works with Dr. Tam Nguyen in research that focuses on diabetes prevention and management in the Asian community. Quynh is also the Program Director at Enhance Asian Community on Health, Inc. Their focus is on teamwork and collaborating with local community leaders to breakdown barriers and bring diabetes prevention and management programs into the communities - using both in person and virtual modality. Quynh refers to herself as Cantonese from Vietnam. Quynh's background provides her with a first person understanding of the struggles and barriers to medical care across many Asian communities. Quynh has been involved in multiple volunteer roles as the changing agent for her profession, including: State Professional Recruitment Coordinator & Diversity Liaison for Massachusetts Academy of Nutrition and Dietetics. Member of the leadership team at Boston Alliance for Diversity in Dietetics. Steering Committee member of Massachusetts Statewide Diabetes Network. Quynh resides in North Central Massachusetts with her family. She enjoys gardening, cooking, reading and pickleball.



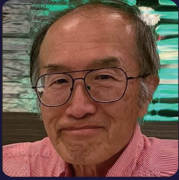
Elaine Shiang

Elaine Shiang, MD was born in Malden, MA and has lived most of her life in Boston. When she was a student at Wellesley College in the 1970s, she was a member of the Chinatown Health Task Force which helped to organize the South Cove Community Health Center. She then went to medical school and spent 35 years teaching and seeing patients at MIT's Medical Department. Although MIT had an endocrinologist, there were many patients who had additional questions about their diabetes. She referred many Chinese patients to Joslin Clinic. When she was diagnosed with diabetes 15 years ago, she also decided to become a patient at Joslin Clinic, wanting to learn more about how diabetes in Asian populations is different from other groups. She has been very impressed with the care at Joslin, from the entire clinical and support staff to the nutritional, physical therapy and exercise components, especially during the pandemic. Many of the patients she has referred to the clinic have benefited from excellent personalized care and consultation. Today, she will speak as a patient.



Rachel Lee

Rachel Lee is a Registered Dietitian (RD) and International Board Certified Lactation Consultant (IBCLC). Her area of expertise is at the intersection of Integrative and Functional Medicine (IFM) and fertility through postpartum with an emphasis on insulin resistance, diabetes, and gestational diabetes. After seeing the limited coverage for chronic conditions like diabetes, Lee returned to pursue her Master's in Public Health at Harvard School of Public Health. She now leads the CDC 2320 Diabetes and Health Equity initiative at a non-profit serving Asian and Hispanic immigrants across Massachusetts, Rhode Island, and New York. In addition to her work at the non-profit, she continues her passion for Maternal and Child Health (MCH) at a Boston-based health tech organization utilizing her clinical skills as an RD, IBCLC. Lee also serves as a Commissioner for the International Board of Lactation Consultant Examiners (IBLCE) where she is able to help support the next generation of IBCLCs from the lens of nutrition and health equity. She has previously served as the President of PhillyAND, and the Chair of Diversity and Inclusion at PAND on a district and state level for her profession.



Dr. Herman Harry Lee

Dr. Herman Harry Lee serves on the Board of Directors at South Cove Community Health Center (SCCHC) where he was the Medical Director from 1989-1992. He received his medical degree at Tufts School of Medicine in 1977 and completed his residency at VA Healthcare Boston and was the Staff Physician in primary care from 1977-2017. Harry is part of the "State Dragon" dragon boat team from 1979 to present.

During the period I served as Medical Director at SCCHC, Dr. Jean Lau Chin and I were co-investigators of a CDC grant "Hepatitis B Initiatives". Several AAPCHO Community Health Centers participated. SCCHC was to be the demonstration Vaccine Administration site. Examination of our prenatal patients showed a 12-13% carrier rate of Hepatitis B Antigen. The conclusion after a 3 year study was that a community health center model of vaccine administration was able to show 95% completion of a 3 dose regimen in the targeted pediatric population. CDC recommended adding Hepatitis B vaccine to the Child Immunization Schedule thereby requiring medical insurance programs to cover the cost of the vaccine.



Tuyet Tran

Tuyet Tran, a refugee from Vietnam, is the CEO of the Southeast Asian Coalition of Central MA (SEACMA). With a master's degree in social work from Boston College and an undergraduate degree in psychology from Emmanuel College, Ms. Tran brings 30 years of visionary leadership in the development and delivery of public health and social services. Her extensive career includes 18 impactful years as Director of Integrated Care at Community Healthlink, where her dedication earned her a place among Worcester Business Journal's "40 Under 40" rising stars for her contributions to the community.

In her most recent role, Ms. Tran led the Community Partner Program at Behavioral Health Partners of Metrowest (BHPMW), designing a pioneering, multiregional integrated care coordination program as part of the MA Executive Office of Health and Human Service's DSRIP Demonstration Project. Known for her unwavering commitment to social and health equity, she passionately champions accessible, inclusive healthcare and social services, with a particular dedication to supporting immigrants and refugees. She advocates for equitable care and essential resources, ensuring these often underserved communities receive the support they need to thrive.

TRIBUTE TO CHEF JASPER WHITE



Jimmy Liang

Founder of JP Fuji Group

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

Facilitator: Dr. Frank Hu, MD, MPH, PhD (Professor and the Chair, Department of Nutrition, Harvard T.H. Chan School of Public Health)



Dr. William Hsu

Dr. William Hsu is an endocrinologist with over two decades of experience, currently serving as Chief Medical Officer at L-Nutra since 2019. In this capacity, Dr. Hsu leads the Clinical Development team and oversees Medical and Scientific Affairs, with a particular focus on advancing therapeutic interventions for metabolic disorders. He is also the founder of the L-Nutra Health program, which is a clinical program aimed to achieve diabetes remission and regression.

Prior to his role at L-Nutra, Dr. Hsu held key leadership positions at Harvard's Joslin Diabetes Center, including Medical Director of the Asian Clinic and Vice President of International Programs. He led global healthcare advisory initiatives spanning 12 countries and contributed significantly to national professional committees, particularly in shaping the American Diabetes Association's Standards of Medical Care in Diabetes. His research interests include the pathophysiology of diabetes in Asian American populations and the application of telemedicine in chronic disease management.

Dr. Hsu earned his M.D. from the Icahn School of Medicine at Mount Sinai, followed by a residency in internal medicine at Yale School of Medicine. He pursued a fellowship in Endocrinology and Metabolism at Harvard Medical School, where he later served as Assistant Professor of Medicine.



Dr. Persis Commissariat

Dr. Persis Commissariat, PhD, CDCES is a licensed clinical psychologist and certified diabetes care and education specialist in the Joslin Diabetes Center's Pediatric, Adolescent, and Young Adult Section as well as an Assistant Investigator in the Section on Clinical, Behavioral, & Outcomes Research. She is an Assistant Professor of Psychology at Harvard Medical School. Dr. Commissariat provides individual and family therapy to children, teens, and young adults with diabetes at Joslin, with a special interest in adjustment to new diabetes diagnosis, coping, diabetes burnout, and treatment adherence challenges. Her research focuses on illness identity, new technologies, qualitative methods, and behavior change. She is the Principal Investigator on a K23 grant from the National Institutes of Health to study ways to improve health outcomes and diabetes technology use by promoting positive diabetes identities. Dr. Commissariat serves on leadership teams for the American Diabetes Association (ADA) Mental Health Advisory Group and the ADA Youth Strategies Committee. She previously served as an Advisor for the ADA Behavioral Medicine and Psychology Interest Group.



Dr. Henry He, MD, PhD

Henry He, MD, PhD is a practicing endocrinologist, Chief of Endocrine, Diabetes and Nutrition at St Elizabeth's Medical Center, BMC Health System. He is an Assistant Professor of Medicine at Tufts University School of Medicine. Dr. He is the Medical Director for Tully Diabetes and Nutrition Center at St. Elizabeth's Medical Center. He has completed his internal medicine residency at North Shore-Long Island Jewish Medical Center in New York and Endocrine fellowship at Beth Israel Deaconess/Joslin Program in Boston.

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

Facilitator: Ms. Shunee Yee (the President and CEO of CSOFT International and CSOFT Health Sciences) and Ms. Chihiro Sato (Communications and Outreach Officer at Joslin's AADI)



Shunee Yee

Shunee Yee serves as the President and CEO of CSOFT International and CSOFT Health Sciences, directing operations across three continents. With over 25 years in the language industry, Yee has garnered significant recognition for her leadership and contributions. Her remarkable achievements include being named one of Fortune's Top 10 Most Powerful Women Entrepreneurs in 2012 and distinguished by CNN Money as one of the 36 foremost technology disruptors.

In 2016, Yee was pivotal in releasing the Shenzhen 100 research report, a groundbreaking initiative that utilized qualitative indicators to strengthen global market strategies. During the same year, she collaborated with the White House, leading CSOFT's initiative to translate essential materials for the "Let Girls Learn" campaign to promote education and gender equality. Passionate about fostering women's leadership, Yee also served as the judge for the 2023 Stevie Awards in the Individual Women Entrepreneur & Thought Leadership Award category. Yee holds a master's degree in education from Rhode Island College and has further honed her leadership skills through completing an executive education program at Harvard Business School. Outside her corporate endeavors, she serves as a trustee of Joslin Diabetes Center, the world's largest diabetes clinic and an institution affiliated with Harvard Medical School, dedicated to advancing diabetes education and research. She resides in Boston where she continues to make a positive impact on both her professional field and her community.



Dr. Lucy Chie

Dr. Lucy Chie is OB/GYN Director at South Cove Community Health Center, whose mission is to improve the health and well-being of all medically underserved people in Massachusetts with a special focus on Asian Americans. She also serves as Director of the Women's Community Health Initiative at Beth Israel Deaconess Medical Center and is an Assistant Professor of Obstetrics, Gynecology and Reproductive Biology at Harvard Medical School. She received her medical degree at University of Massachusetts Medical School, completed residency training in OB/GYN at Beth Israel Deaconess Medical Center, and went on to earn a Master of Public Health degree from Harvard School of Public Health. She has several interdisciplinary collaborations addressing areas of health care equity, perinatal mental health, oral health, hepatitis B, and environmental health.



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.



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<https://www.medtronic.com/en-us/index.html>



MEM Tea
<https://memteaimports.com/>



Pho Le
<https://pholedorchester.com/>



180 Café
<https://www.180cafebos.com/>

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THANK YOU FOR YOUR SUPPORT!

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Questions? Contact aadi@joslin.harvard.edu