

Joslin's Ginger Forum 2023
State and Future of Diabetes among Asian Americans
Saturday, October 21st at Joslin Diabetes Center

Patients, their families and caregivers, health professionals in clinical practice, research, and health advocacy will come together to learn, network, and collaborate together. The Asian American Diabetes Initiative (AADI) will share its updates and bring experts to discuss the latest findings around diabetes among Asian Americans – treatments, management, education, technologies, screenings, and prevention. Participants will learn actionable next steps for screening, better managing diabetes, and advocacy actions they can take in their specialized fields or in their communities.

*The panel portion will be recorded and will be disseminated to a wider audience after the event.

Proposed Agenda

9:00am **Check-in**

9:30am **Welcome video message by Mayor Michelle Wu (requested)**

9:35-9:40am **Keynote: Dr. George L. King**

9:45am **Morning Panel: "State of Diabetes among Asian Americans"**

9:45-10:20am ***Panel 1. Diabetes among Asian Americans***

Moderator: Dr. Henry He

- "Experiences with Asian American patients" Dr. Om Ganda, Joslin Diabetes Center, Dr. Lucy Chie, Beth Israel Deaconess Medical Center
- "Latest findings on research, technology, prevention, reversing diabetes among Asian Americans, and what to come in the future" Drs. Sanjeev Mehta and Marc Yu, Joslin Diabetes Center

10:20-10:55am ***Panel 2. What can YOU do?***

Moderators: Ms. Shunee Yee, CSOFT & Ms. Chihiro Sato, Joslin Diabetes Center

- "Overall wellness, diabetes prevention and management" Dr. Frank Hu, Harvard T. H. Chan School of Public Health
- "Stress management and mental wellness" Dr. Persis Commissariat, Joslin Diabetes Center
- "Physical activities and balance" Dr. Sally Ho, Ho Physical Therapy

10:55-11:15am **Break**

11:15-11:50am ***Panel 3. Advocacy for Asian American Health***

Moderator: Mr. Leverett Wing, Commonwealth Seminar

- "Challenges among immigrants" Dr. Tam Nguyen, Boston College
- "Community engagement" Exec. Dir. of the Asian Community Fund at the Boston Foundation Ms. Danielle Kim
- "Staying active in local politics" Quincy City Councilor Nina Liang

11:50-12:25pm **Discussion: "How to bring it into our communities"**

Moderators: Dr. Tam Nguyen, Boston College & Ms. Julia Li, Joslin Diabetes Center

- Takeaways from three panels, living with diabetes, and how to overcome its challenges
- Q&A, Open Discussion: What can AADI do for the community in the future, future format for educational events

12:30-2pm **Luncheon & Networking** *AADI and sponsor tables during this time

Endnote: Ms. Chihiro Sato