



AAPCHO

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Asian American and Pacific Islander Diabetes Related Resources

Association of Asian Pacific Community Health Organizations

Introduction

The Association of Asian Pacific Community Health Organizations would like to share with you this resource sheet of AAPI diabetes related resources. Due to the paucity of diabetes related resources tailored to the AAPI community, we hope these resources will be of value and meet the needs of the communities you serve. The resource sheet is organized into six categories: 1) Educational Materials; 2) Government; 3) Literature; 4) Nutrition; 5) Providers; 6) Research Centers, Institutions, Professional Associations, Community-Based Organizations. The resources were compiled using AAPCHO's partner networks and on-line searches.

Please note that extra consideration should be taken when downloading translated AAPI health education materials over the Internet. Most health education materials are created for direct distribution to consumers, and were not intended to be downloaded and printed from the Internet. Due to the intricacies and nuances of many AAPI languages, a great deal of miscommunication can occur if a material and its contents are printed inaccurately. AAPCHO encourages providers to request hard copies of a specific translated material directly from the developer.

Educational Materials

BALANCE Program for Diabetes, *Steps to Manage Your Diabetes* brochures

These brochures provide bilingual facts and steps for effective diabetes self-management. BALANCE offers *Steps* brochures in Chinese, Korean, Samoan, Tagalog, and Vietnamese. Brochures are free to download from the AAPCHO website in PDF form as well as free to order in hard copy form.

Order form: <http://www.aapcho.org/download/aapcho.pdf>
Chinese <http://www.aapcho.org/download/StMYD-Chinese.pdf>
Korean <http://www.aapcho.org/download/StMYD-Korean.pdf>
Samoan <http://www.aapcho.org/download/StMYD-Samoan.pdf>
Tagalog <http://www.aapcho.org/download/StMYD-Tagalog.pdf>
Vietnamese <http://www.aapcho.org/download/StMYD-Vietnamese.pdf>

BALANCE Program for Diabetes, Recommended list of multilingual diabetes educational materials

BALANCE has compiled this recommended list based on evaluations from teams of bilingual reviewers and their recommendations.
http://www.aapcho.org/download/RecList_Topic.doc

EthnoMed: Ethnic medicine information from Harborview Medical Center

EthnoMed contains information about cultural beliefs, medical issues, and other related issues pertinent to the health care of recent immigrants and/or refugees primarily in Seattle.
http://ethnomed.org/ethnomed/clin_topics/index.html#diabetes

Multicultural Diabetes Resources

Prepared by the Minnesota Diabetes Program, the site contains links to cultural competency resources.
<http://www.health.state.mn.us/diabetes/pdf/multiculturalresources.pdf>

This grant was supported by
CDC, Office of the Secretary of
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U58-CCU921077.

New South Wales Multicultural Health Communication Service

Funded by NSW Department of Health, the site provides articles and resources to help health professionals communicate with non-English speaking communities throughout New South Wales.

<http://www.health.nsw.gov.au/health-public-affairs/mhcs/publications/Diabetes.html>

Selected Patient Information Resources in Asian Languages (SPIRAL)

SPIRAL provides electronic access to health information for consumers and health care providers as well as consumer information in AAPI languages, specifically: Chinese, Cambodian, Vietnamese and Laotian.

<http://www.library.tufts.edu/hsl/spiral/>

Government

Centers for Disease Control and Prevention, CDC Diabetes Public Health Resources

This site offers the latest diabetes national and state data, fact sheets, and resources.

<http://www.cdc.gov/diabetes/>

National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health (NIDDK)

NIDDK provides a Diabetes Prevention Program Fact Sheet: Diabetes and Asian and Pacific Islanders.

<http://www.preventdiabetes.com/images/pdf/asamfactsheet.pdf>

National Diabetes Education Program (NDEP)

NDEP offers diabetes and prediabetes facts as well as resources for providers in AAPI languages for download.

http://www.ndep.nih.gov/campaigns/campaigns_index.htm

National Diabetes Information Clearinghouse, National Institutes of Health (NIH)

The site provides a Diabetes Dictionary as well as statistics and reports on AAPIs.

<http://diabetes.niddk.nih.gov/dm/pubs/asianamerican/index.htm>

National Women's Health Information Center: Minority Women's Health

The site offers facts and educational links on minority women's health issues, including diabetes.

<http://www.4woman.gov/minority/asiandiabetes.cfm>

Racial and Ethnic Approaches to Community Health (REACH) Program

REACH includes a Diabetes Meal Planning guide in multiple AAPI languages.

<http://www.metrokc.gov/health/reach/diabetes.htm>

State Diabetes Prevention and Control Programs

The following states have multilingual materials available:



California Diabetes Prevention and Control Program

<http://www.caldiabetes.org/>

Hawaii State Diabetes Prevention and Control Program

<http://www.hawaii.gov/health/family-child-health/chronic-disease/diabetes/index.html>

Minnesota Diabetes Program

<http://www.health.state.mn.us/diabetes/>

New York Diabetes Prevention and Control Program

<http://www.health.state.ny.us/nysdoh/consumer/diabetes>

Texas Diabetes Council

<http://www.tdh.state.tx.us/diabetes/default.htm>

Utah Diabetes Prevention and Control Program

<http://health.utah.gov/diabetes/>

U.S. Department of Health and Human Services Minority Information Link

DHHS offers health links relevant to AAPIs.

<http://www.hhs.gov/specificpopulations/index.shtml#ethnic>

U.S. Food and Drug Administration

News, facts, and Q&A on diabetes

<http://www.fda.gov/diabetes/>

Diabetes Materials from the Take Time to Care Campaign

<http://www.fda.gov/womens/taketimetocare/diabetes/TTTCaboutdiabetes.html>

Literature

AAPCHO AAPI Health Literature Database

The AAPI Health Literature Database is a list of literature citations comprised of 725 books, journal articles, and reports, each highlighting important factors affecting AAPI health.

<http://www.aapcho.com/links/DataWebPages/Webpages/lithome.htm>

Center for Disease Control and Prevention, Morbidity and Mortality Weekly Report

Physical Activity Among Asians and Native Hawaiian or Other Pacific Islanders - 50 States and the District of Columbia, 2001-2003

CDC analyzed physical activity data from the Behavioral Risk Factor Surveillance System (BRFSS) surveys from 2001, 2002, and 2003 for the Asian and NHOPI populations from all 50 states and the District of Columbia (DC).

<http://www.cdc.gov/mmwr/PDF/wk/mm5333.pdf>

A Brown Paper: The Health of South Asians in the United States

The South Asian Public Health Association has published a brown paper containing South Asian health information as well as a resource directory of over 100 nationwide organizations providing services to South Asian communities.

<http://www.sapha.net/brown.html>

National Healthcare Disparities Report 2004

The site offers a full download of the report that examines quality of care for racial and ethnic minority groups, low-income Americans, and other vulnerable populations.

<http://www.qualitytools.ahrq.gov/disparitiesreport/>

U.S. National Library of Medicine, MEDLINE Plus

The world's largest medical library has the latest news and information on diabetes as well as AAPI health.

Diabetes: <http://www.nlm.nih.gov/medlineplus/diabetes.html>

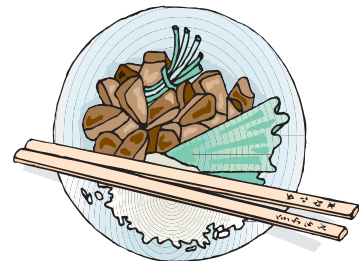
Asian American Health: <http://www.nlm.nih.gov/medlineplus/asianamericanhealth.html>

Nutrition

Indian Foods: AAPI's Guide to Health, Nutrition, and Diabetes

American Association of Physicians of Indian Origin has produced an AAPI Nutrition Book with a focus on South Asian cooking.

<http://www.aapimsr.org/Diabetes/index.htm>



The American Diabetes Awareness and Education in the Community (DAEC) Project

The site has contact information to order their Diabetes and Nutrition Handbook and food guide pyramid magnet in Vietnamese and Mandarin Chinese.

To order publications: <http://www.tdh.state.tx.us/diabetes/publications/patient.htm>

Chinese: <http://www.tdh.state.tx.us/diabetes/PDF/nutritionhandbookch.pdf>

Vietnamese: <http://www.tdh.state.tx.us/diabetes/PDF/nutritionhandbookvn.pdf>

FoodShapes

The site has more than 150 images of foods from China and Southeast Asia (Thailand, Laos, Cambodia, and Vietnam).

<http://www.foodshapes.com/fsca/asian1.html>

Georgia State University, Nutrition Education for New Americans Project

The Project is no longer funded, however there are a number of multilingual diabetes handouts.

<http://monarch.gsu.edu/multiculturalhealth>

Hawaii Dietetic Association (HDA)

The HDA site has nutritional facts, a health food guide, and additional nutrition resources.

<http://www.nutritionhawaii.org/public/healthfood.html>

Hawaii State Department of Health

Healthy Hawaii Initiative: provides tips and information for healthy eating

<http://www.healthyhawaii.com/default.asp?sid=1>

Nutrition and Physical Activity Section: offers food guides for download

<http://www.hawaii.gov/health/healthy-lifestyles/nutrition/index.html#Publications>

Providers

AAPCHO Provider/Cultural Competence Curriculum

AAPCHO provides workshop facilitation on cultural competency/humility concepts. Please contact AAPCHO for further information.

<http://www.aapcho.org>



Asian Pacific Islander American Health Forum: Cardiovascular Resources

APIAHF's Chronic Diseases Program has information on cardiovascular risk in Filipino, Vietnamese and Cambodian communities as well as an AAPIs and Cardiovascular Disease Health Brief.

<http://www.apiahf.org/programs/cdp/cardio.htm>

National Diabetes Education Initiative (NDEI)

NDEI is an on-line resource for healthcare professionals on medical diabetes education programs.

<http://www.ndei.org>

Management Sciences for Health: Provider's Guide to Quality and Culture

Management Sciences for Health's Electronic Resource Center has created a Provider's Guide on cultural competency including specific data and information on AAPIs and ethnic-specific health disparities.

Asian Americans: <http://erc.msh.org/mainpage.cfm?file=5.4.3.htm&module=provider&language=English>

Pacific Islanders: <http://erc.msh.org/mainpage.cfm?file=5.4.8.htm&module=provider&language=English>

Data and Information on AAPI health disparities (diabetes is mentioned):

<http://erc.msh.org/mainpage.cfm?file=7.20.htm&module=provider&language=English>

<http://erc.msh.org/mainpage.cfm?file=7.2.3.htm&module=provider&language=English>

Research Centers, Institutions, Professional Associations, Community-Based Organizations

American Association of Diabetes Educators (AADE)

The AADE site offers information on diabetes as well as referrals to diabetes educators.

<http://www.diabeteseducator.org/index.html>

AAP1 Diabetes Related Resources

Association of Asian Pacific Community Health Organizations

*AADE has an **AAP1 Specialty Practice Group** comprised of members with a common interest in providing quality and comprehensive diabetes care and prevention education and leadership that is culturally and linguistically relevant and improves the quality of life for AAP1 communities.*

<http://www.aapcho.org/download/AnnSPG.doc>

American Diabetes Association: Resources for Asian American and Pacific Islanders

ADA has a list of resource links on AAP1 health and diabetes information. They have also developed an AAP1 work group. Please contact your local chapter for additional information.

<http://www.diabetes.org/communityprograms-and-localevents/asianamericans/resources.jsp>

American Dietetic Association

American Dietetic Association offers nutrition and food tips and guidelines.

<http://www.eatright.org/Public/NutritionInformation/92.cfm>

Center for the Study of Asian Pacific Health

CSAPH provides links to AAP1 community based organizations as well as a discussion on AAP1 health resources.

<http://www.med.nyu.edu/csaah/>

Diabetes and Hormone Center of the Pacific

The center's Diabetes page has tests on diabetes knowledge and self-management.

<http://www.endocrinologist.com/>



Hawaii Association of Diabetes Educators

The Hawaii chapter of the American Association of Diabetes Educators (AADE) makes referrals to culturally competent diabetes educators.

<http://www.hawaiidiabeteseducators.com/>

Hawai`i EXPORT Center

The Hawai`i EXPORT Center focuses on reducing diabetes health disparities in Native Hawaiians and Pacific Peoples through "grass roots" partnerships that will foster research, research capacity building and community outreach.

<http://www.hawaiiexportcenter.hawaii.edu/>

Hawaii Medical Service Association (HMSA)

The Hawaii Medical Service Association site provides health information as well as a community calendar of health and fitness events.

<http://www.hmsa.com/myhealth/programs/>

Joslin Diabetes Center

Joslin's Asian American Diabetes Initiative has a bilingual website of diabetes education.

<http://aadi.joslin.harvard.edu/aadi/site/index.asp>

Khmer Health Advocates

KHA provides innovative outreach and therapeutic care to Cambodians living in New England.

<http://www.khmerhealthadvocates.org/about.asp>

National Asian Women's Health Organization (NAWHO)

NAWHO's program, "Transforming Information into Action: The National Asian American Diabetes Project" offers links to diabetes education.

<http://www.nawho.org/diabetes.html>

National Center for Cultural Competence

NCCC has products that promote cultural competence in public health care settings.

<http://gucchd.georgetown.edu/nccc/>

National MultiCultural Institute

NMCI has for on-line purchase, training manuals on cultural competency, in particular for health care.
<http://www.nmci.org/>

Papa Ola Lokahi

Papa Ola Lokahi provides planning, advocacy, technical assistance and research projects for Native Hawaiian Health in Hawaii. Their projects also serve the health care planning & advocacy needs of Native American Indian and Alaska Native, and Native Pacific Islander populations in Hawaii and the Western Pacific.
<http://www.papaolalokahi.org>

San Francisco Bay Area Association of Diabetes Educators

The San Francisco Chapter of AADE offers information on diabetes education conferences and classes around the Bay Area and California.
<http://www.diabetesed.org/>

