



## Type 2 Diabetes and Cardiovascular Resource Directory

For Asian Americans, Native Hawaiians and Pacific Islanders (AANHPI)

- Geared towards providers/health professionals
- Geared towards patients
- Suitable for both

### [Screen at 23](#) - NCAPIP/AANHPI Diabetes Coalition

The Screen at 23 campaign is designed to raise awareness of the risk for type 2 diabetes among Asian Americans at a body mass index of 23. It includes a package for health   professionals and physicians to be more aware of the new screening guideline, as well as resources like Joslin Diabetes Center's Asian BMI calculator for patients.

### [Cardiovascular Disease and Diabetes](#) - American Heart Association

AHA provides a concise overview of the linkages between diabetes and CVD and steps to reduce the risk of both.

### *For Providers*

#### [Asian Americans and Diabetes](#) - Joslin Diabetes Center AADI

For health providers. An overview of diabetes among Asians including barriers to care and management.

### [Standards of Medical Care in Diabetes—2015 Abridged for Primary Care Providers](#) - American Diabetes Association (see Tables 3, 4)

The Association's most recent guidelines for screening diabetes, and their newly updated risk factors for type 2 diabetes includes a body mass index of 23 for Asian Americans.

### [Evaluation of Culturally Appropriate Community Health Education on Diabetes Outcomes](#) - AAPCHOWCCHC

This evaluation study is useful knowledge for physicians and health providers when it comes to managing diabetes in low income AANHPI patients, concluding that culturally and linguistically competent health education, including team based care are effective in improving diabetes outcomes.

### [Prevent Diabetes STAT, Prediabetes Toolkit for Doctors](#) - AMA/CDC

This toolkit provides physicians with ways to implement the CDC's Diabetes Prevention Program (DPP) using a combination of patient facing resources including billboards and pamphlets in their offices and documents to ease the diabetes identification/referral workflow for the physicians themselves. □

#### *For Patients*

##### [Asian BMI Calculator - Joslin Diabetes Center AADI](#)

Joslin's "Asian BMI" Calculator is an easy to use tool patients can use to calculate their body mass index and then see their associated risk for type 2 diabetes. As its name implies, the information emphasizes the increased risk at a lower BMI for Asian Americans, including waist circumference targets for Asians. □

##### [Drag'n Cook](#) - Joslin Diabetes Center AADI

An instant nutrition review app by Joslin Diabetes Center for diabetes-friendly Asian meals. Based on Joslin Diabetes Center's traditional Asian diet study and USDA guidelines, you can now review nutrition contents of your homemade dishes at your fingertips. Includes 500 ingredients that are essential for Chinese, Indian, Japanese, Korean, and Vietnamese cuisines. Mobile versions are available in Apple Store and Google Play. □

##### [Diabetes Fact Sheet, Foot Care](#)- Chinese Community Health Resource Center (CCHRC)

This resource comes in English and Chinese (Traditional and Simplified). It uses mostly simple language which is good, though for Chinese patients the literacy level may be a bit high. There is a lot of information, particularly about diabetic foot care. □

##### [Diabetes Meal Planning](#) - CBWCHC

Offers layman-friendly information on healthier nutritional alternatives for Chinese and Asian patients. Available in Traditional Chinese. □

##### [Principles of the Gestational Diabetes Diet](#) - CCHRC

Gestational diabetes disproportionately affects Asian American women; the CCHRC offers a comprehensive gestational diabetes diet for Asian women, particularly Chinese Americans. It is available in Traditional and Simplified Chinese as well. The list of ingredients will be expanded to include low-carb vegetables (such as bok choy and spinach), as well as pictures. □

##### [Heart Failure Fact Sheet](#) - CCHRC





Provides high level information on heart failure for patients seeking more knowledge on the condition, symptoms, and treatment options. Available in Traditional and Simplified Chinese. □

##### [Understanding Diabetes](#) - Charles B. Wang Community Health Center (CBWCHC)

Available in Traditional Chinese, this resource gives a very layman-friendly introduction to understanding the basics of diabetes and beginning management of the disease. □




##### [Malama Pu'uwai Heart Failure Education Program](#) - University of Hawaii JABSOM Department of Native Hawaiian Health □

The following four modules are part of Malama Pu'uwai Nui, is a culturally tailored heart education program for professionals to help Native Hawaiians manage their health, with a focus on heart failure.


1. [Signs and Symptoms](#) 
2. [Managing Medication](#) 
3. [Low Sodium, Heart Healthy Diet](#) 
4. [Physical Activity and Emotions](#) 

Diabetes Health Education materials - University of Hawaii JABSOM Department of Native Hawaiian Health

These brochures were created by the Center for Native and Pacific Health Disparities Research and Ulu Network members.

- [Diabetes “Nah No Need!” Brochure](#) (offers diabetes management education for patients in Hawaiian Pidgin English) 
- [O le Ma'i O le Suka](#) (Samoan Language Diabetes Education Brochure) 
- [Mahaki Ko e Suka](#) (Tongan Language Diabetes Education Brochure) 





[“Facing the Tiger” Video in Vietnamese](#) - Harris County Hospital District; Asian American Health Coalition

23 minute video focused on increasing the Vietnamese-speaking community's awareness of the risk factors and symptoms of diabetes. The video is entirely in Vietnamese and includes real patients and their families. Based on the American Diabetes Association video “A Day in the Life”. 


### Resource Hubs:

[National Diabetes Education Program \(NDEP\) for AANHPI](#) - CDC

NDEP resources are screened for easy to understand English and in-language comprehension.

- [AANHPI Diabetes Resource Catalog](#)  
- [Toolkit for Provider Organizations Serving AANHPI](#)
  - Includes Sections on community needs assessments, evaluating the organization's diabetes management program, staffing, and community outreach. 
- [Diabetes Resources for Patients in Multiple AANHPI Languages](#)
  - NDEP offers a very comprehensive list of their patient focused resources on managing diabetes and heart disease in multiple languages including Hindi, Cambodian, Tagalog, and Hmong (must be ordered) 

[Charles B. Wang English/Traditional Chinese Resources](#)

Includes more resources on diabetes, heart health and hypertension, diet, and other health resources geared towards Asian and Chinese patients. Very layman-friendly in language and design. 

[Center for Native Hawaiian Health Community Engagement Resources](#)

Includes culturally sound, tailored modules to educate health providers (including physicians) on helping Native Hawaiian and other Pacific Islander people's managing diseases and conditions and health. 