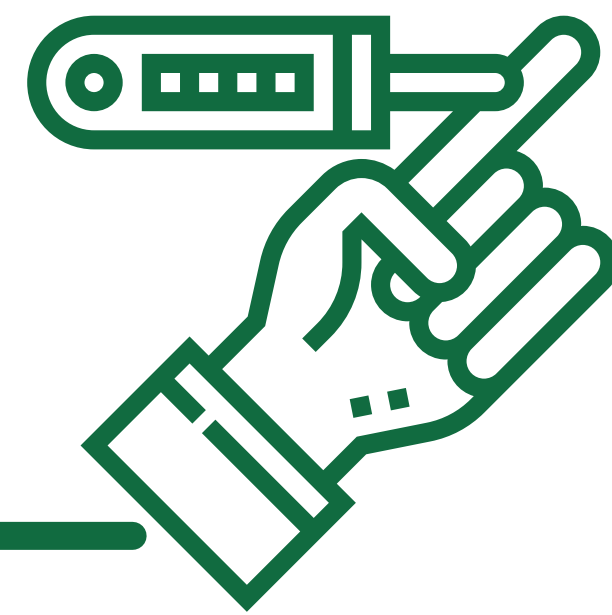


Bilingual Diabetes Prevention Program



Public Health Challenge

Asian Americans are at risk for prediabetes

Asian Americans should be screened at a BMI of 23 or higher for prediabetes/diabetes

Asian Americans are likely to develop the disease even at a lower BMI

Fortunately, about 9 in 10 cases of diabetes in the U.S. can be avoided by making lifestyle changes

In Michigan, 11% of Asian/Pacific Islander Americans have diabetes compared to 8.9% of White Americans

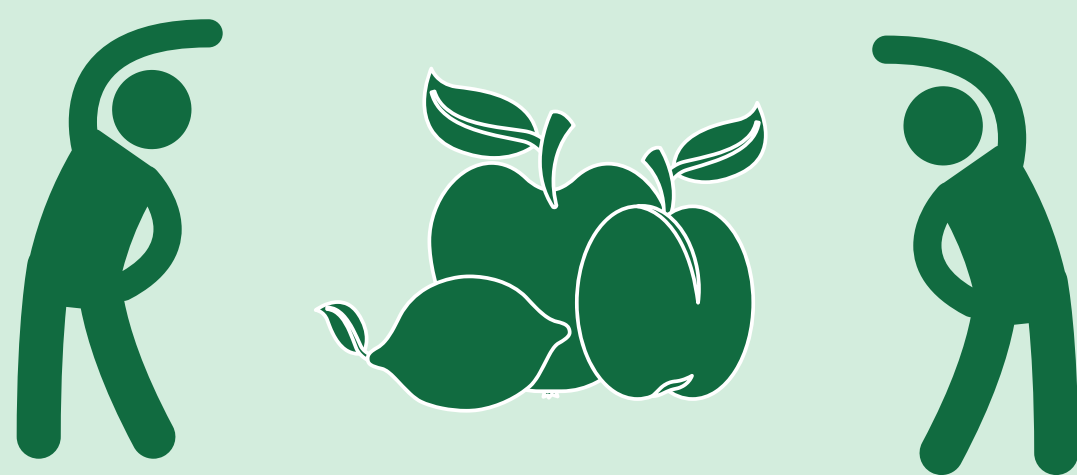
Currently, Asians make up 60% of the world's population with diabetes

Only 25% of Asian Americans are aware of prediabetes, in comparison to 31% of Hispanics, 41% of Blacks, and 43% of Whites

The rising Michigan Asian population, lack of health insurance, low health literacy, and poverty make it essential to address diabetes prevalence among underserved Asian Americans in Michigan.



It is critical to implement effective prevention and intervention strategies tailored to the specific needs of Asian Americans to improve health outcomes of those with diabetes.



Creating Healthy Asian American Communities in Michigan



Eastern Michigan University

Made possible from funding by the Centers for Disease Prevention and Control

At a Glance

- Asian American (AA) populations in the United States are seeing rising rates of prediabetes and diabetes. However, AAs are less aware of their prediabetes or diabetic status.
- Diabetes Prevention Program (DPP), an evidence-based lifestyle change course, can prevent or delay the onset of type 2 diabetes.
- Most DPPs are utilized by English-speaking participants. Previously, no DPPs in Michigan were offered in Asian languages.
- Eastern Michigan University's Center for Health Disparities Innovation and Studies (CHDIS) strengthened the bilingual DPP workforce and started the first Asian language DPP for the Chinese population.

Approach

- Eastern Michigan University (EMU) CHDIS worked with the statewide Asian Communities Towards Innovative Visionary Environment (ACTIVE) Coalition to advocate for Asian Americans to live healthier lives in the context of their own culture.
- In the Fall of 2020, EMU CHDIS collaborated with Beaumont Health to expand the DPP program that started in 2017 to offer Chinese DPP.
- EMU CHDIS collaborated with community partners (e.g., Association of Chinese Americans) and recruited 16 bilingual Asian community health workers to be trained and certified as DPP coaches.
- With the support from the Michigan Department of Health & Human Services Diabetes and Kidney Unit, EMU CHDIS strengthened the bilingual DPP workforce.

Results

- Increased health equity within Beaumont Health as demonstrated by the expansion of their DPP offering to the Chinese-speaking population.
- Participants of the first Chinese DPP achieved impressive results by the 9th month of the program.
 - Out of 15 participants, 13 achieved a 5-7% body weight loss benchmark.
 - The average activity time for participants was 245 minutes a week (150 min. is the program goal).
 - Retained 80% of participants enrolled in the program after nine months.
- Sixteen certified bilingual coaches can conduct DPP in Bengali, Burmese, Chinese, Nepali, Tagalog, Thai, and Vietnamese.

For more information about Asian language Diabetes Prevention Programs in Michigan, contact:
Dr. Tsu-Yin Wu, at: twu@emich.edu.

What's Next

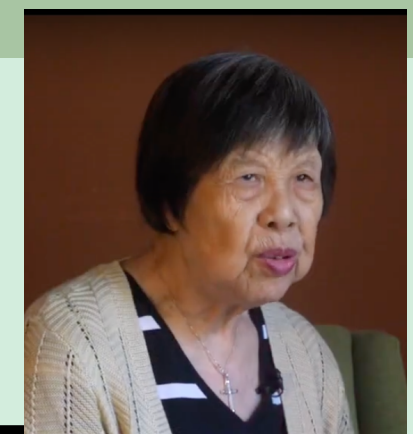
- Engage trained DPP coaches to work with their own community.
- Work with partners to advocate for more offerings of Asian language DPPs among CDC-recognized DPPs
- Replicate the success of Chinese DPP and offer DPP to other limited English proficiency groups.



“這個為期一年的課程，幫助我通過健康的飲食和體育運動，改善了我的生活方式。”

—Jiang Bo, DPP participant

"This one-year program helps me build a better lifestyle with a healthier diet and exercise routines."



“這個課程，幫助我設計了一個飲食計劃，可以輕鬆適應我目前的情況，我對此非常滿意。”

— Sufan Zhao, DPP participant

"I benefit from the program greatly as it helps me to adapt to a (healthier) diet that I am very comfortable with."



To learn more about CHDIS visit our website:

<https://www.emich.edu/chdis/>

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EASTERN MICHIGAN UNIVERSITY

Center for Health Disparities
Innovations and Studies



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