

CCHRC Diabetes Education Programs

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Chinese Community Health Resource Center(CCHRC)

CCHRC - Part of the Chinese Hospital Health System

- ▶ Mission

To build a healthy community through culturally and linguistically competent programs on preventive health, disease education and management, research and advocacy.

- ▶ Bilingual, Bicultural Staff/Health Educators, Volunteers and Interns

Bilingual Services and Programs

- ▶ General Health Education
(Perinatal, Pediatric, Geriatric & End of-Life Care)
- ▶ Patient Navigation
- ▶ Cancer-related Information and Services
- ▶ Disease Education & Management
- ▶ Individual Counseling
- ▶ Support Groups for Care-givers (Mental Health, Dementia, Chronic Diseases, etc)
- ▶ Community Events



Bilingual Services and Programs (cont'd)

- ▶ Bilingual Library
- ▶ Providers' Education (examples:)
 - Asian Participation in Cancer Clinical Trails
www.cchrchealth.org/multimedia/cancerclinicaltrials
 - Violence Prevention & Mental Health
www.asianforhealth.org/event/joint-us-hong-kong-international-social-work-and-violence-prevention-conference
- ▶ Technology-based
 - Bilingual websites (www.cchrchealth.org & www.teensincharge.org) - Over 150 topics
 - Mobile Applications (Child Sexual Abuse Prevention)
 - Basic Technology Training (PC, Smart Phone, Tablet Computer)
 - Animated DVDs (Diabetes, CAD, CHF, Stroke Prevention: coming soon)
- ▶ Research & Publication
- ▶ Internships: Youth & Young Adults www.cchrchealth.org/internship
- ▶ Advocacy

Bilingual (English & Chinese) Diabetes Programs

In-Person Programs & Services

- ▶ Seminars
- ▶ Screenings
- ▶ Individual Nutrition Counseling
- ▶ Instruction on Glucometer Use
- ▶ Wellness Library (Printed & Online Materials)
- ▶ Support Groups



Effectiveness of a Culturally Tailored Diabetes Self-Management Support Group for Chinese Americans

To test the feasibility and efficacy of a diabetes self-management and education program for Chinese Americans in a support group format.

23 Chinese Americans w/diabetes



Twelve 90-minute education sessions biweekly



Single-group, pre- post- test design



At 6 months, 42.1% had $\geq 1.0\%$ A1C decrease

Bilingual Diabetes Programs (cont'd)

Web-based Resources:

▶ BMI Calculator

<http://www.cchrhealth.org/health-calculators/body-mass-index-bmi-adults>

▶ Calorie Calculator

<http://www.cchrhealth.org/health-calculators/calorie-calculator>

▶ Nutrition Analysis

<http://www.cchrhealth.org/healthful-eating/nutrient-analysis>

▶ Grocery Shopping Tips

<http://www.cchrhealth.org/healthful-eating/healthy%20choices/grocery-shopping>

▶ Resource Links

<http://www.cchrhealth.org/resource-links-sponsors>

▶ Education Materials

<http://www.cchrhealth.org/health/health-education-materials>

www.cchrhealth.org

華人社區健康資源中心
CHINESE COMMUNITY HEALTH RESOURCE CENTER

HOME HELP | 简体中文 繁體中文 ENGLISH

Ingredients Dishes

American Chinese Italian Japanese Mexican Others

Duck with Prawn Rounds Honey Walnut Prawns Lychee and Prawns Prawn and Egg Chow Mein

Honey Walnut Prawns

1 cup

Total Calories (kcal)	648.91
Total Fat (g)	47.22
Saturated Fat (g)	5.4
Cholesterol (mg)	177.04
Sodium (mg)	579.51
Total Carbohydrate (g)	28.49
Dietary Fiber (g)	1.16
Protein (g)	28.94
Vitamin C (mg)	4.25
Vitamin A (IU)	243.15
Calcium (mg)	91.11

TOTAL IN PAN & DAILY %

	Total in dish	Daily %
Total Calories (kcal)	648.91	28
Total Fat (g)	47.22	62
Saturated Fat (g)	5.4	21
Cholesterol (mg)	177.04	59
Sodium (mg)	579.51	25
Total Carbohydrate (g)	28.49	9
Dietary Fiber (g)	1.16	4
Protein (g)	28.94	34
Vitamin C (mg)	4.25	5
Vitamin A (IU)	243.15	8
Calcium (mg)	91.11	8

Clear

Sex: Male
Age: 55
Activity Level: Moderate

Education Materials

- ▶ *Online information on Diabetes and co-morbidities (over 35 diabetes-related topics available for download at www.cchrhealth.org/health/health-education-materials in Traditional Chinese, Simplified Chinese and English)*
- ▶ *Animated videos/ DVDs (in Cantonese, Mandarin and English, produced <http://www.cchrhealth.org/chronic-disease-education/Coronary%20Artery%20Disease>)*
 - ❖ *Diabetes Education and Management*
 - ❖ *Congestive Heart Failure*
 - ❖ *Coronary Artery Disease*
- ▶ *Bilingual Diabetes Management Booklet (revised 2016)*
<http://www.cchrhealth.org/health/health-education-material/diabetes>

Bilingual Diabetes DVD <http://www.cchrhealth.org/chronic-disease-education/Diabetes> and Booklet <http://www.cchrhealth.org/health/health-education-material/diabetes>

Chapters include:

- ▶ What is Diabetes?
- ▶ Types of Diabetes
- ▶ Diagnosis, Symptoms of & Risk factors for Diabetes
- ▶ Complications of Uncontrolled Diabetes
- ▶ Management of Diabetes
- ▶ Low Blood Sugar and High Blood Sugar
- ▶ Diabetes Management During Illness
- ▶ Diabetic Eye, Foot & Dental Care
- ▶ Recommended Tests, Exams and Immunizations



Diabetes DVD Demo

English

Chinese



[Click Here to Play English DVD](#)

[Click Here to Play Chinese DVD](#)

Bilingual (English & Chinese) Diabetes Programs

Media Education, Publications & Presentations

▶ Community Media Education

http://www.cchrhealth.org/media-tools/ktsf_great_family

▶ Research & Publication

<http://www.cchrhealth.org/research/research>



Other Publications:

www.cchrhealth.org/research/publications

Presentations at Professional Conferences:

www.cchrhealth.org/research/Presentations



Home-Based & Technology-Centered Childhood Obesity Prevention for Mothers with Pre-school Age Children

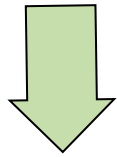
Aims were to

- ▶ 1. Develop a web-based program* for Chinese American mothers and their preschool-aged children
- ▶ 2. Beta/focus group -test the online program among Chinese American mothers
- ▶ 3. Assess feasibility of intervention

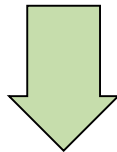
* NIH's We Can campaign and American Academy of Pediatrics

A Randomized Control Pilot Study

Intervention Via Tablet
Computer (N=16)

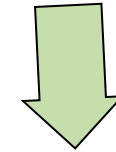


Viewed a 30-minute video for
8 consecutive weeks on 8
different topics



Highlighted:
The 5-4-3-2-1-0 message

Control Via
Mailing (N=16)



Received printed health materials
weekly for 8 consecutive weeks on 8
different topics
(eg: immunization, injury prevention
and school readiness)

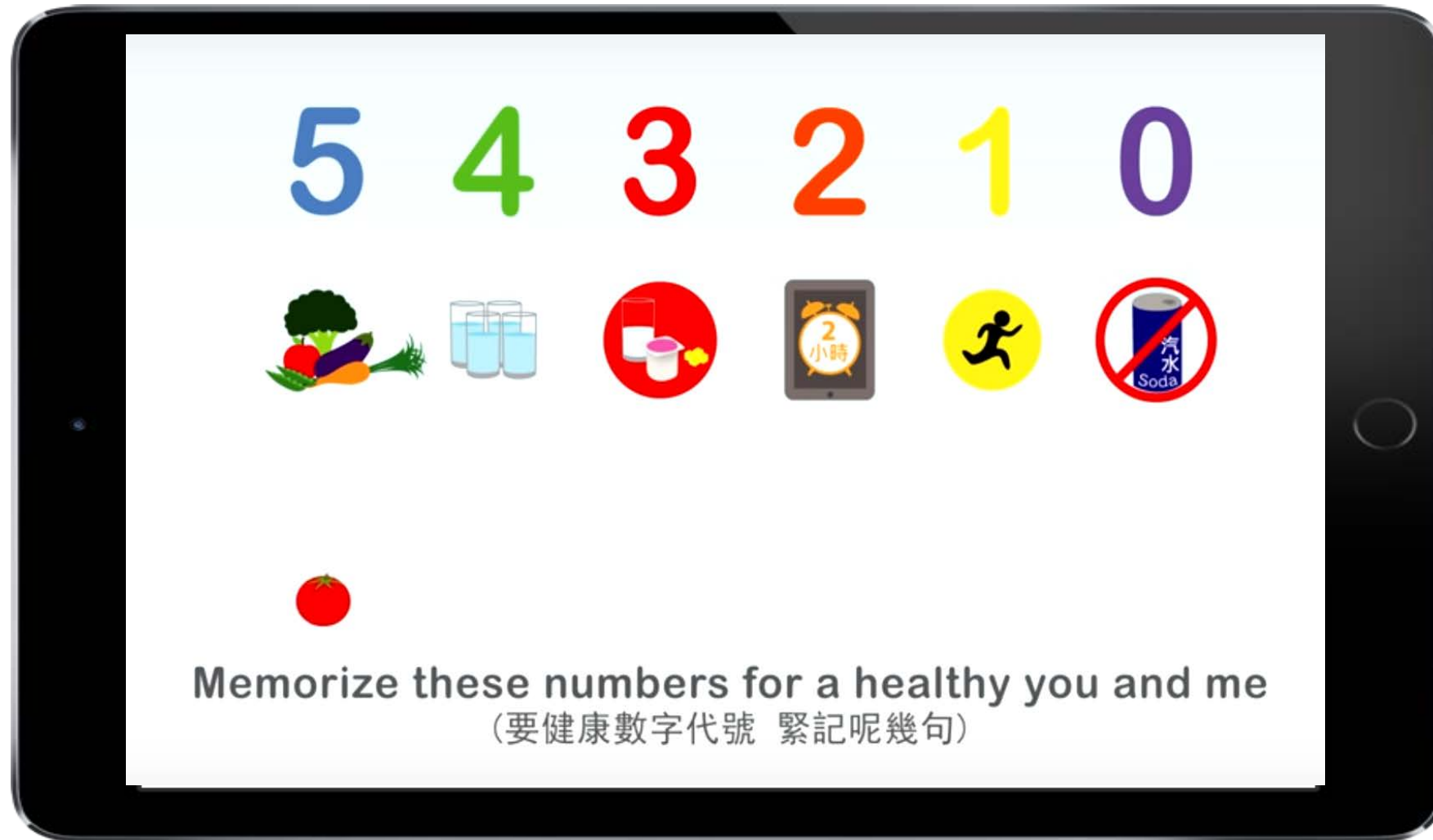
Sample Intervention Content

Lesson Topics:

<http://www.cchrchealth.org/researchcourse/lesson1>

- Energize Your Family - *Getting Started*
- Energy Balance - *Maintain A Healthy Weight*
- What to Feed My Family - *Energy IN*
- Grocery Shopping
- Find Fun In Physical Activity - *Energy OUT*
- Less Sit, More Fit - *Decrease Screen Time*
- Smart Parenting
- Maintain A Healthy Weight for Life

5-4-3-2-1-0 Theme Song



[Click Here to Play Video](#)

Outcome Measures

- ▶ Mothers: maternal self-efficacy, changes in eating behaviors, physical activity, child-feeding practices, BMI and waist circumference
- ▶ Children: changes in vegetable and fruit intake, physical activity, sedentary activity, and sugary drink consumption
- ▶ Outcomes assessed at baseline, immediate & 3-month post intervention
- ▶ Survey incorporated:
 - ▶ Body Shape Photo (*4-item Scale*)
 - ▶ CFQ= *Child Feeding Questionnaire (28 items)*
 - ▶ FEAHQ= *Family Eating and Activity Habits Questionnaire (29 items)*

Sample Characteristics

Mean Age of Children	4.31 Years (SD = 0.69)
Mean Maternal Age	36 Years (SD = 4.9)
Gender of Children	46.9% Female
Overweight or Obese with BMI >85 th Percentile based on CDC Children Growth Chart	37.5%
Mean Maternal BMI	25.0 (SD = 2.71)
Average Maternal Waist Circumference	33.7 Inches (SD = 2.45)

Sample Characteristics (cont'd)

Variables	Control T0 (SD)	Intervention T0 (SD)
Maternal Weight (lbs.)	132.29 (14.02)	139.97 (17.39)
Maternal BMI	24.79 (2.83)	25.29 (2.59)
Maternal Waist Circumference (in.)	33.99 (2.42)	33.48 (2.54)
Maternal Age	36.30 (4.96)	35.60 (4.95)
Paternal Age	43.31 (6.79)	40.67 (7.40)
Acculturation	1.94 (0.32)	1.90 (0.31)

Results:

Effect Sizes (Intervention compared to Control Group)

Large Effect Sizes (d= 0.8)

Maternal BMI	(d = 1.53)
Maternal Self-Efficacy for Promoting Healthy Eating	(d = 0.99)
Maternal Waist Circumference (inches)	(d= 0.88)

Moderate Effect Sizes (d= 0.5)

Maternal Eating Behavior	(d= 0.79)
Girl Body Image	(d= 0.72)

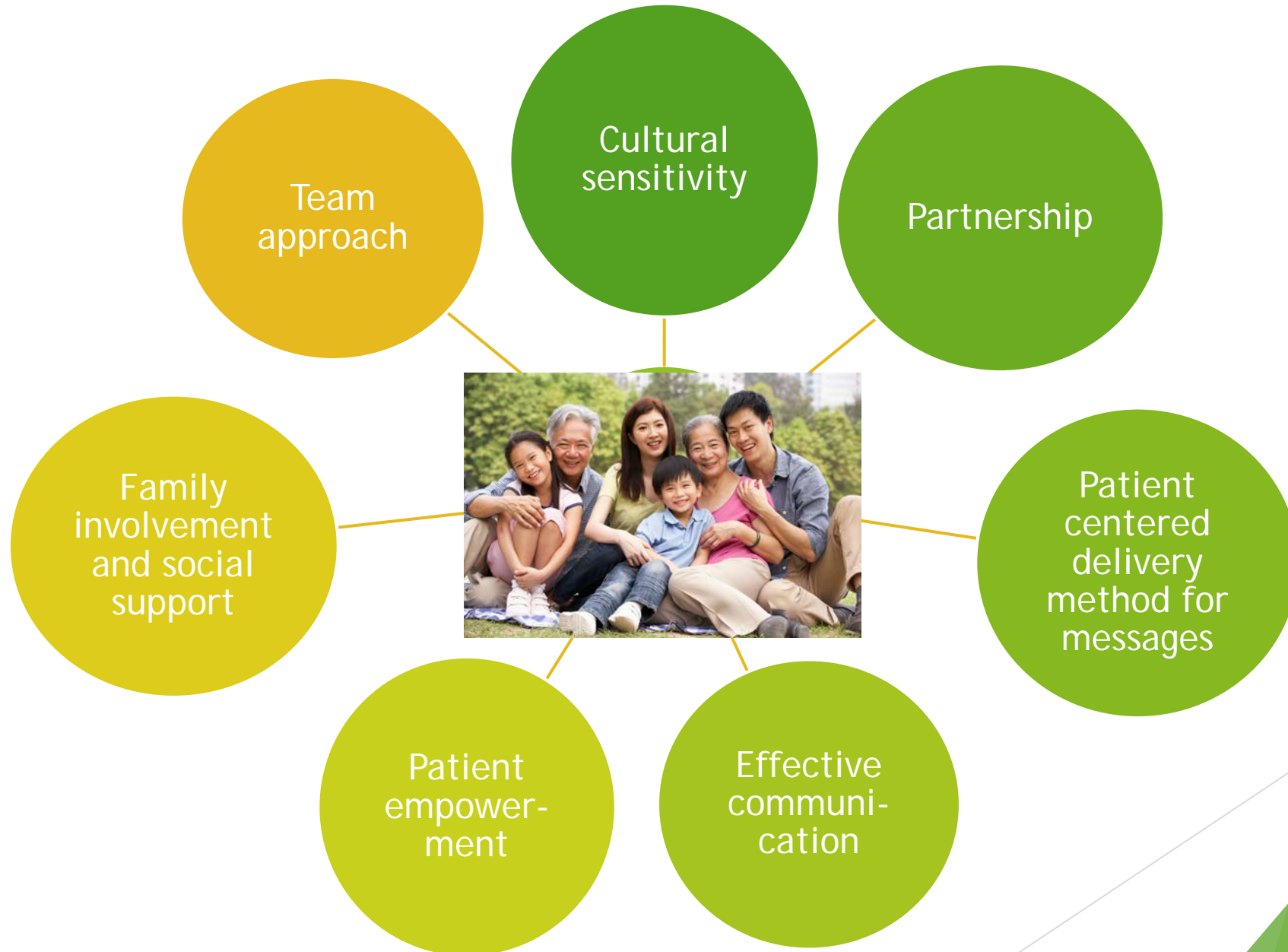
Limitations

- ▶ Small sample size
- ▶ Short-term follow up
- ▶ Self-reported measures

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Conclusion: Achieving Patient Centered Diabetes Care



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THANK YOU!