

Diabetes Prevention in the Arab American Community

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ACCESS

assisting. improving. empowering.



Agenda

- ACCESS
- Who are Arab Americans?
- 1817 Grant Work
- Doctor-DPP Relationships
- Barriers
- Misses/Wins

Arab Community Center for Economic and Social Services (ACCESS)

- Serving the community for over 47 years
- Largest Arab American community non-profit in the United States
- 11 Locations and more than 120 programs and services offered
- ACCESS serves all Americans through:
 - Arab American National Museum (AANM)
 - National Network for Arab American Communities (NNAAC)
 - Center for Arab American Philanthropy (CAAP)

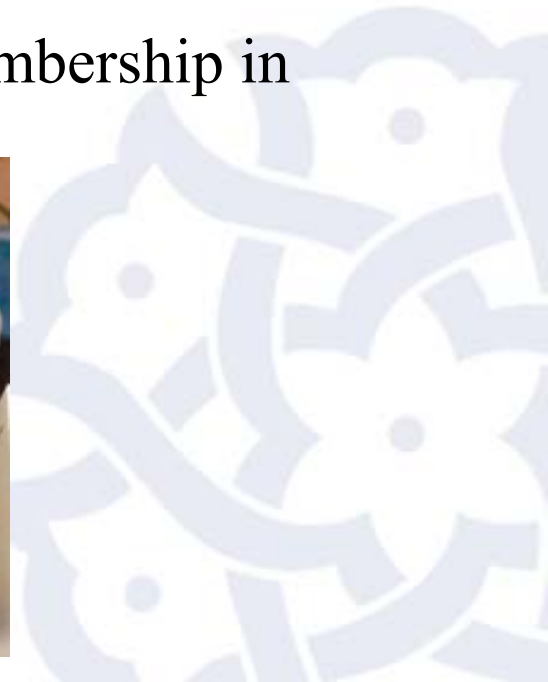


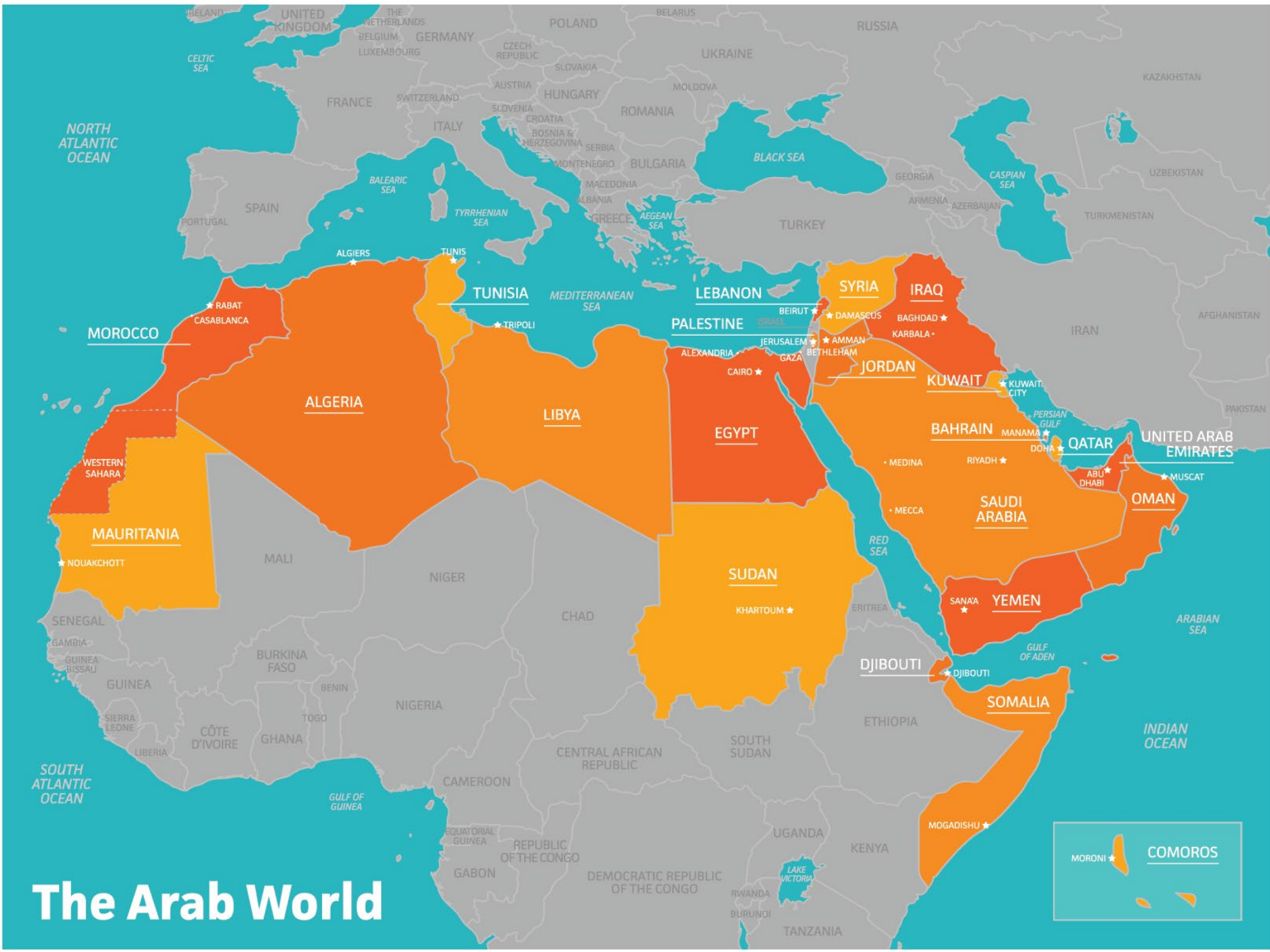
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Who are Arab Americans?

- Arab Americans trace their heritage to any of the 22 Arab countries
- Immense internal diversity
- Represent a common linguistic, cultural, and political tradition.
- 3 unifying factors: language, culture, and membership in Arab league





The Arab World

MORONI ★
COMOROS

Arab, Arabic or Arabian?

Arab: A noun for a person and it can be used as an adjective

Ex) “Arab country”, “Arab American Client”

Arabic is the name of the language and generally is not used as an adjective.

Ex) “The client speaks the Arabic language”

Arabian is an adjective that refers to Saudi Arabia, the Arabian Peninsula, or for things.

Ex) “Arabian Furniture”, “Arabian House”



Common Arab American Cultural Characteristics

- **Generosity**
 - Love for your brother what you love for yourself
- **Hospitality**
 - Persistent
 - Food important part of culture
 - Coffee and Tea have a social importance
- **Politeness**
 - Respect for elders
 - Respect for parent's opinion



More Common Arab American Cultural Characteristics

- **Collectivism**
 - Family
 - Close-knit communities
 - One is a reflection of their family
- **Extended family importance**
 - Tend to have broader concept of family
- **Obligation to family** at any age
- Importance of **traditional cultural values**



1817 Grant Work

- Communications
 - Billboards
 - Radio ads/TV ads
- Great Lakes Health Connect
- Diabetes Prevention Program
 - Culturally Tailored
- Hypertension
 - YMCA Blood Pressure Self Monitoring Program
 - American Heart Association

Culturally Tailored DPP

- Classes conducted in Arabic
- Creating a calorie book that is relevant to the Arab community
- Gender specific groups
- Providing resources during Ramadan

Popular Dishes (أطباق شعبية)

Type (نوع المادة)	Quantity (الكمية)	Calories (سعرات حرارية)	Fat (دهن)
Arayes Kafta (عرايس قفتا)	1 piece	111	5g
Baba Ghannouj (بابا غنوج)	2 tbsp	70	6g
Batata Harra (بطاطا حارة)	3/4 cups	133	5g
Beef Shawarma (لحم بقر شاورما)	1/2 cup	280	15g
Cabbage Rolls (لفات الملفوف)	1 roll	100	3g
Falafel (فلافل)	1 piece	57	3g
Fattet Hummus (فتة حمص)	1/2 cup	130	5g
Fried Kibbe (كبيبي مقلي)	1 piece	160	12g
Fried Sambousek (مقلي سامبوسك)	1 piece	80	4 g
Hummus (الحمص)	1/4 cup	105	3g
Kibbeh Bil Sanieh (كبه بل سانيه)	4 pieces (5 oz)	323	8g
Kibbeh labanie (كبه لبن)	2 pieces	195	5g
Kibbeh Naye (كبه ناي)	1 cup	450	18g
Kousa Mashy in Tomato Sauce (كوسا ماشي في صلصة الطماطم)	3 Kousa	300	4g
Mujadara (مجدرة)	1 cup	221	11g
Pilaf (أرز بيلاف)	1 cup	275	7.5g
Rice with Raisins/Pinenuts (أرز بالزبيب)	1 cup	400	11g
Risotto (ريزوتو)	1 cup	420	12g
Saffron rice (أرز بالزعفران)	1/2 cup	175	7g

Barriers

- Transportation
- Access to healthy and affordable foods
- Time
- Unique to our priority population
 - Language
 - Acculturation stress

Language

- Conduct classes in Arabic
 - Dialects
- Translate materials in Arabic using a certified translator
 - Food Tracker
 - Flyers
 - Prediabetes Educational Materials

خطة لعبتي

إقتفاء الغذاء والنشاط

خطوات صغيرة
المكافآت الكبيرة
منع مرض السكري من الفئة 2

الإسم:

من: إلى:

التاريخ:

خطة لعبتي هذا الأسبوع ...
لقطع غرامات الدهون:

يُقطع السرعات الحرارية:

للحصول على المزيد من
النشاط الجسماني

عيّة لإدخال المعلومات:

تعقب الطعام والشراب يوم الإثنين			
الساعات	الكمية / الاسم / الصفة	غرامات الدهون	السرعات الحرارية
الساعة 08:00 صباحاً	% خوب من دقيق الشوفان	1	73

أهدافي اليومية والأسبوعية

اليومية	غرامات الدهون	السرعات الحرارية	الدقائق التي استغرقتها الأنشطة
الأسبوعية			

أهدافي اليومية والأسبوعية

اليومية	غرامات الدهون	السرعات الحرارية	الدقائق التي استغرقتها الأنشطة	الوزن
الاثنين				
الثلاثاء				
الأربعاء				
الخميس				
الجمعة				
السبت				
الأحد				
المجموع خلال الأسبوع				

Acculturation Stress

- Acculturation Stress refers to the mental and emotional challenges to adapting to a new culture.
- Increased acculturation is associated with a lower risk of diabetes and other chronic diseases (Jaber et al, 2003).

Doctor-DPP Relationships

- ACCESS providers refer to DPP
- Difficulty expanding beyond ACCESS providers
- Working with Pharmacists

Wins

- Emphasizing prediabetes and healthy lifestyle
- Educating the community about prediabetes through promotion of DPP
- Conducting classes in Arabic
- Recruiting at Mosques, grocery stores, health fairs

Misses

- Not having the curriculum in Arabic
- More educational materials about prediabetes and risk factors for diabetes
- Building Provider relationships

Questions?

