Developing A Culturally Relevant Diabetes Education Tool For An Ethiopian Patient Population

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Introduction

EthnoMed.org is a program of Harborview Medical Center and serves as an online hub for information about cultural beliefs and health issues pertinent to refugees and immigrants in Seattle. The target audience is clinicians working with refugee and immigrant communities with the goal of bridging cultural and language barriers occurring during clinical care. EthnoMed.org counts over 70,000 visits a month from local, national, and international audiences and has been widely recognized as a unique and reliable source of information.

Objectives

• To develop a culturally relevant diabetes education tool for practitioners to use with Ethiopian patients.
• To improve diabetes-related health outcomes in the Ethiopian patient population.
• To facilitate greater cross-cultural communication between patient and practitioner.

Methods

• Develop a framework for the tool using EthnoMed.org references and existing diabetes education materials.
• Interview stakeholders—clinicians, RDs, Cultural Navigators, Interpreters, and Diabetes Educators—who work directly with Harborview Medical Center’s Ethiopian patient population.
• Synthesize information into a slideshow using photographic and verbal representation of education topics.
• Source photographic materials through stock, grocery, restaurant, and staging photography.
• Present final English version of the education tool to RDs and Amharic-speaking Cultural Navigator for approval and future translation into languages spoken by Ethiopian patients.

Results

• Slideshow presentation addressing nutrition and dietary patterns relevant to the Ethiopian patient population.
• Visual and verbal representation of topics including:
- Carbohydrates in the Ethiopian diet
- Meal planning and portioning
- Fasting for Christian Orthodox and Muslim patients
• Next Steps: Translate and narrate in Amharic, Oromo, and Tigrinya
• Uses: Clinical and community patient education.

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Carbohydrates: Starches

Planning Meals

Non-starchy vegetables

Protein foods

Filling your plate

This plate shows healthy portions of different types of foods. Make half your plate non-starchy vegetables, make ¼ of your plate a grain food, beans, or starch-vegetable, and make the other ¼ of your plate protein.

Planning Meals


Next Steps:
- Translate and narrate in Amharic, Oromo, and Tigrinya
- Uses: Clinical and community patient education.