
Toi Sennhauser, MPH-Nutrition Student & Dietetic Intern
University of Washington Nutritional Sciences Program

EthnoMed is Harborview Medical Center’s ethnic medicine website. It provides culturally appropriate medical information to health care providers serving patients from different cultural and ethnic backgrounds. Additionally, it produces culturally tailored education materials for patients from ethnic minorities.

Purpose

• Develop a culturally tailored diabetes education tool for Iraqi and Syrian diabetes patients
• Increase awareness of culturally important aspects of diabetes management for Iraqi and Syrian patients
• Practice cultural humility and CBPR stance

Methodology

• Performed extensive literature review
• Conducted Interviews and focus groups with key stakeholders
• Synthesized information into a slideshow
• Added culturally tailored photographs of relevant foods and beverages
• Frequent vetting of content throughout project development by key stakeholders

Results

A video slide show featuring Iraqi and Syrian foods, modified to fit cultural and religious needs of Iraqi and Syrian individuals at risk for or with type 2 diabetes living in the United States. This tool will be publicly available on the EthnoMed website (www.ethnomed.org) and linked on HMC’s intranet for providers and staff in two formats.

Next steps

• Recruit additional voices for missing religious perspectives
• Obtain translation and narration in Arabic
• Key stakeholders perform final reviews to ensure complete cultural tailoring

Results and Next Steps

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