

Diabetes Education and Stakeholder Outreach for Immigrant/Refugee Populations in Seattle

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Background

- Refugee populations in Washington represent a constantly changing demographic pool with needs and health concerns unique to each culture.
- Accessible and culturally-tailored health education resources are difficult to find for many underrepresented populations both globally and in the US. Many healthcare providers offer the same resources and materials to all groups without recognizing that those resources were originally created to serve a predominantly white and Christian audience.
- Tailoring resources to the needs of minoritized patient populations can improve patient outcomes and foster a sense of trust within communities for their healthcare providers.
- An underutilized resource which had good past success was identified by EthnoMed as needing to be updated, rebranded, and tailored to fit the needs of recent arrivals to Washington State.

Project Objectives

- Create a set of new diabetes education calendars to serve refugee populations in Washington State Speaking Persian, Arabic, Amharic, and Tigrinya considering culturally appropriate foods, eating practices, religious observances, and modesty concerns.
- Update older set of calendars with new design, branding, and layout to be used in UW clinics and as outreach resources at community events.
- Create outreach materials to be used for promotion of EthnoMed resources to community members, medical practitioners, and global partners.



* YouTube Thumbnail for Program Outreach and Promotion Video

Methods and Materials

- Qualitative review of relevant literature to inform the creation of the new calendars. This included interviews with community members, requests from doctors and dietitians, and resources collected and created by other UW graduate students in capstone and practicum projects as well as independent literature reviews to fill gaps in knowledge.
- Working with Harborview Caseworker Cultural Mediators (CCMs) for each group to inform first the content of the calendars and outreach materials and second, to appropriately translate the final products.
- Created calendars using Canva and outreach video using Adobe Premier Pro and After Effects.
- Attended Ethnomed meetings with various teams to gain feedback on project goals and increase funding and material quality from initial plan based on community interest.
- Created a resource to guide future employees in calendar creation to serve new cultures as they are needed.
 - Mentored my predecessor joining from UW School of Medicine

Results and Deliverables

- Diabetes calendars for populations speaking Arabic, Persian, Amharic, Tigrinya, Somali, Vietnamese, Cambodian, and Spanish. Including online-friendly downloads which makes them usable for the over 500,000 people from outside the US each year who access and use the EthnoMed website and our resources.
- The calendars were also given increased funding after our Presentation to the WSDOH which means they will be spiral bound on heavy cardstock and produced and distributed for all UW hospitals
- A two-minute promotional video informing patients, community leaders, and healthcare providers of the program which will appear on UW Medicine Socials and the EthnoMed YouTube channel.

The collage displays various educational materials:

- Arabic text cards with illustrations of people and food.
- Amharic text cards with illustrations of feet and food.
- Tigrinya text cards with illustrations of feet and food.
- A Ramadan-specific guide with illustrations of a plate of food and a glass of water.
- Illustrations of foot care, such as washing feet and wearing shoes.

Project Future

- Patient interest in the calendars has been quite high with multiple requests coming in to have these printed and available in time for community events around WA.
- Future projects should be considered for gathering information on diabetes education for people speaking Russian and Ukrainian given the nearly 22,000 refugees admitted to the state this year.
- Healthcare providers have asked for EthnoMed to create resources addressing MCH and issues of maternal and infant nutrition. An adaptation of these calendars would be an excellent avenue for this expansion to services.

The collage displays Spanish educational materials:

- Text-based cards with illustrations of a plate of food and a glass of water.
- Illustrations of food items like tortillas and beans.