



Creation of Culturally-Tailored and Bilingual Diabetes Nutrition Calendars for EthnoMed

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BACKGROUND and PURPOSE

- EthnoMed's diabetes calendars are an ongoing project that have been a valuable tool for healthcare providers and patients at Harborview Medical Center.
- These calendars feature updated diabetes recommendations from credible health bodies, culturally-specific images and visual aids, and bilingual text and numbers.
- By targeting healthcare settings and providers as well as individuals with diabetes (and their families) from vulnerable communities, these calendars serve two major purposes:
 - To provide healthcare providers and clinic staff with bilingual resources with culturally-relevant images and text in order to increase cultural competence and foster cross-cultural practice
 - To promote awareness of a pressing public health nutrition issue (the lack of accessible, culturally-tailored nutrition education resources) among the communities that are targeted by each calendar

GOALS

- To promote cross-cultural practice by creating culturally-tailored and culturally-inclusive resources related to diabetes nutrition management for immigrant and refugee populations in the greater Seattle area
- To collect and present accurate and relevant information about food, culture, and nutrition through collaboration with bilingual and bicultural members of each target community

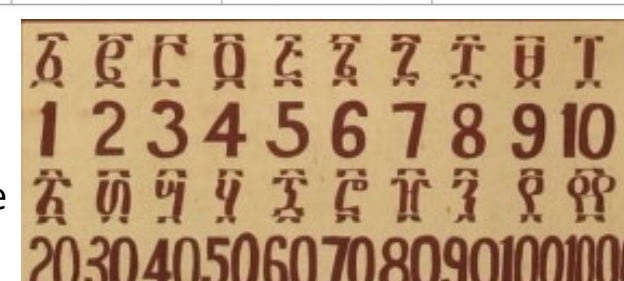
A world of
HEALTHY PEOPLE

Draft page from the 2025 Tigrinya/English Calendar

ጥሪ 2017/JAN-FEB 2025

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Because Ethiopian numbers were manually typed into each date box for every month of 2025, it was extremely helpful to learn to read Ethiopian numerals to avoid making copy/paste errors in the Amharic and Tigrinya calendars.



METHODS and PROCESS

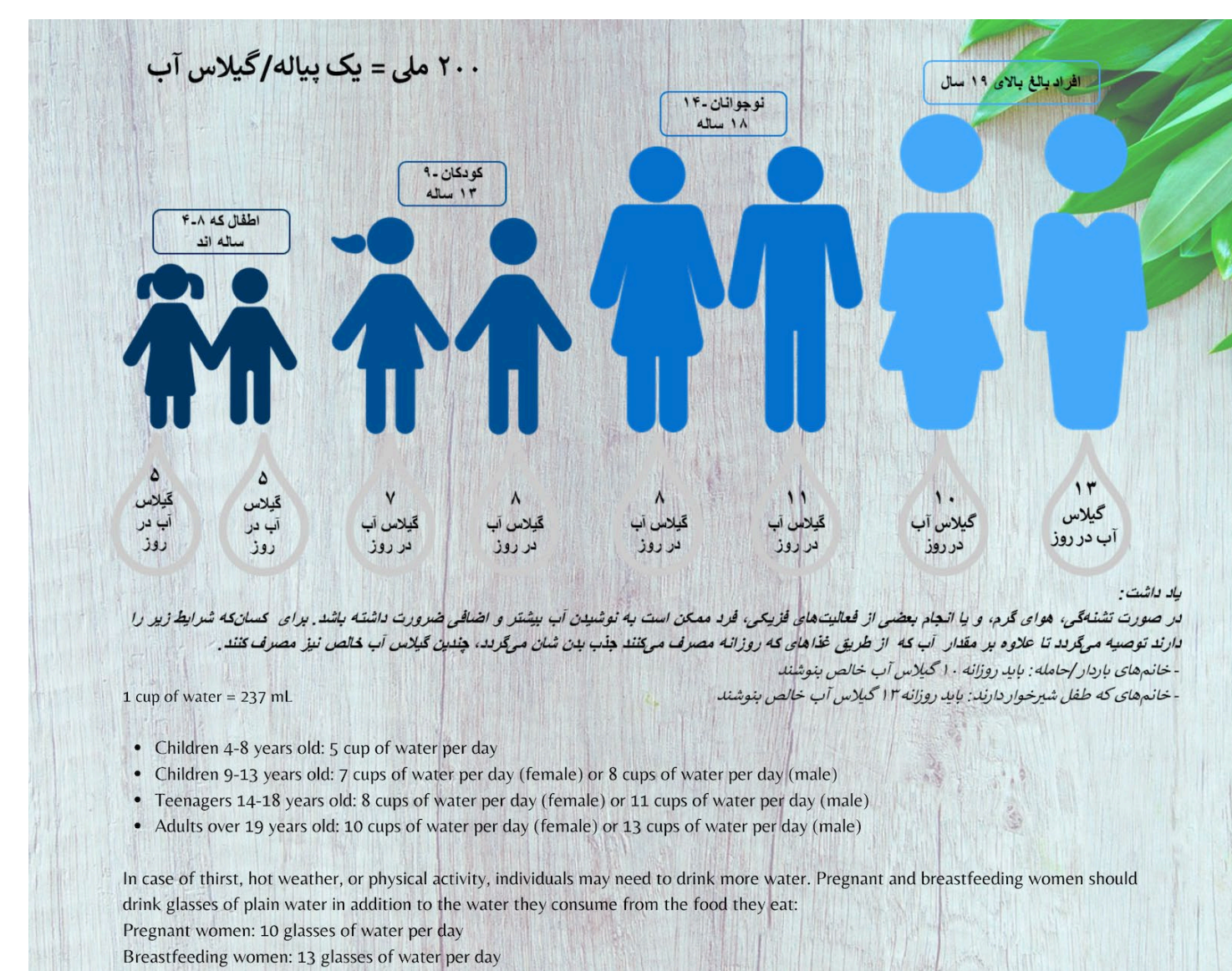
- This project began with a literature review of diabetes nutrition recommendations with a focus on data from immigrants and refugee populations.
- Check-in meetings took place 1-2 times per week to discuss project updates and address any concerns.
- The 2024 calendars were reviewed for errors and areas that required updates.
- All 8 language calendars were outlined page-by-page with suggested changes and questions. This required research into the language, traditions, and culture of each community. These documents were then sent to the team of caseworker/cultural mediators (CCMs) and medical interpreters at EthnoMed for review.
- Canva was used to create drafts of the 2025 calendars based on feedback and suggestions from the EthnoMed team.
- The length of this practicum project was extended by one week to accommodate meetings and discussions for three of the calendars.

DELIVERABLES

- Due to the large scale of this project and the number of people involved in the creation of EthnoMed's 2025 calendars, the goal of this practicum was to complete drafts of at least two of the eight (soon-to-be nine) calendars.
- Drafts were finalized for the four calendars for which feedback was received from CCMs and medical interpreters during the course of this practicum project: Amharic, Tigrinya, Dari, and Vietnamese.
- Other deliverables included outlines for all 8 calendars and revisions to a draft of a ninth.



Draft pages from the 2025 Dari/English Calendar



Draft page from the 2025 Amharic/English Calendar

NEXT STEPS

- The 2025 EthnoMed calendars are projected to be completed and ready-to-print by September 2024.
- Next steps include a review by CCMs and medical interpreters of the Arabic (currently in-progress), Khmer, Somali, and Spanish calendar outlines and questions.
- Other steps will include new photographs and restaurant visits for outdated images by the EthnoMed photographer, new/revised translations by CCMs and medical interpreters, graphic design, and logistical steps involving printing and distribution.

ACKNOWLEDGEMENTS

Special thanks to Celine Barthelemy and Nityia Przewlocki for their ongoing support during this project, and to everyone else who took the time to review and discuss my work on this project:

- Asmeret Tesfalem, manager of the Community House Calls Program at HMC
- Sayed Sadat (Dari/English CCM)
- Mohammed Seid (Tigrinya/English CCM)
- Yodit Wongelemengist (Amharic/English CCM)
- Loan Nguyen-Phan (Vietnamese/English Medical Interpreter)
- Joseph Tawadros (Arabic/English Medical Interpreter)
- And all other CCMs, medical interpreters, staff, and volunteers who will be involved in this project going forward.