

**Title:**

Translating and Piloting a Community Based Diabetes Prevention Intervention for Vietnamese-Americans

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**Session Title:**

Rising Stars of Nursing Invited Posters - Group 2

**Slot (superslotted):**

RSG STR 2: Friday, September 26, 2014: 10:00 AM-10:30 AM

**Slot (superslotted):**

RSG STR 2: Friday, September 26, 2014: 11:45 AM-1:00 PM

**Slot (superslotted):**

RSG STR 2: Friday, September 26, 2014: 3:00 PM-3:30 PM

**Keywords:**

Diabetes, Prevention and Vietnamese-American

**References:**

1. Centers for Disease Control and Prevention, National diabetes fact sheet: national estimates and general information on diabetes and prediabetes in the United States, 2011. 2. National Diabetes Information Clearinghouse, National diabetes statistics, 2011. 3. Tran, T., et al., Risk and preventative factors for type 2 diabetes and heart disease among foreign-born older Vietnamese Americans. *Social Work in Health Care* 2013. 4. Sadler, G.R., et al., Heterogeneity within the Asian American community. *Int J Equity Health*, 2003. 2(1): p. 12. 5. Knowler, W.C., et al., Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *N Engl J Med*, 2002. 346(6): p. 393-403.

**Learning Activity:**

<b>LEARNING OBJECTIVES</b>	<b>EXPANDED CONTENT OUTLINE</b>	<b>TIME ALLOTTED</b>	<b>FACULTY/SPEAKER</b>	<b>TEACHING/LEARNING METHOD</b>	<b>EVALUATION/FEEDBACK</b>
<b>Example</b> Critique selected definition of the term, "curriculum"	<b>Example</b> Definitions of "curriculum" Course of study Arrangements of instruction	<b>Example</b> 20 minutes	<b>Example</b> Name, Credentials	<b>Example</b> Lecture PowerPoint presentation Participant feedback	<b>Example</b> Group discussion: What does cultural training mean to you?

	<p>nal materials The subject matter that is taught Cultural "training"</p> <p>Planned engagement of learners</p>				
<p>The learner will gain insight into the growing problem of diabetes in minority populations, specifically Vietnamese Americans.</p>	<p>-A general overview of diabetes mellitus will be given to introduce the topic and severity of this chronic illness. Explain the trends of diabetes mellitus over time in minority populations, focusing on asian americans. Explain the importance of</p>	<p>10 minutes?</p>	<p>Taylor Fischer, BSN student</p>	<p>Lecture/presentation</p>	<p>Why are the DM rates higher in minorities? What can we do to prevent this? What are some of the reasons that minorities do not seek healthcare or preventative measures?</p>

	<p>culturally tailored diabetes prevention programs and what work has been done for specific asian populations (I.E. Chinese, Japanese etc.) and explain the literature review process used and how there is no translation of a diabetes prevention program for Vietnamese Americans currently.</p> <p>- Audience will learn from lecture and specific examples</p>				
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<p>2) The learner will gain an understanding of the steps it takes to adapt a culturally-tailored diabetes prevention intervention</p>	<p>-Explain the original Diabetes Prevention Program and how lifestyle modification, specifically weight loss, has led to type 2 DM prevention. -Go through the steps of a community-based diabetes prevention intervention using examples from other studies on how they adapted the DPP and created culturally-tailored prevention programs for specific</p>	<p>20 min?</p>	<p>Taylor Fischer, BSN student</p>	<p>Lecture/powerpoint</p>	<p>Why is it important to culturally tailor a prevention program to a specific minority population? Do you have any suggestions on how to make this project more feasible?</p>
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	populations. - Present how we are going to translate the DPP for the Vietnamese population (in the Boston Area) and how we want to structure our pilot study.				
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**Abstract Text:**

Diabetes is a serious chronic medical condition that has well-established links to devastating health outcomes including heart disease, stroke, and peripheral vascular disease. A large multicenter randomized clinical control trial (n=3,234) called the Diabetes Prevention Program has demonstrated that a lifestyle intervention focused on modest weight loss through dietary changes and increased physical activity can reduce the development of diabetes by 58%. However efforts to translate these findings to understudied and underserved minority populations, such as Vietnamese Americans, are lacking. Work in this area is important because the diets and cultural norms among Vietnamese Americans are vastly different from the general population, and are distinctly different from other Asian American sub-groups. Moreover, many older Vietnamese American adults are largely monolingual and socially isolated from mainstream society. According to the literature review conducted for this study, there are no current Diabetes Prevention Program translations for Vietnamese Americans. Furthermore, the purpose of this project is to: (1) translate the Diabetes Prevention Program for cultural and linguistic relevance to the Vietnamese American community, and (2) test the feasibility & acceptability of the translated Diabetes Prevention Program among a sample of Vietnamese Americans at high risk for diabetes. Moreover, based on the literature review a Community Based Participatory Research model will be used to facilitate the success of this project and hopefully increase the chances of success at preventing DM in this population since this model has been shown to be effective in minority populations.

This project is on-going. We plan to present results of our efforts towards building a Vietnamese American Advisory Board, and our work towards translating the Diabetes Prevention Program. Some preliminary findings include a lack of existing resources to implement the Diabetes Prevention Program. For example, reliable resources to help participants track calorie and fat content of ethnic food (i.e. Pho). Ongoing collaboration with a nutritionist will be vital to address this barrier.