

Need for Culturally Tailored Diabetic Health Education for South Asian Population

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Introduction

- Diabetes is a global health problem
- Increased health care costs and complications
- Incidence higher in cultural minorities (Chow, Foster, Gonzalez, & McIver, 2012).
- Increased diabetes related complications in ethnic groups

Statement of the problem

- Over 21 million Americans or 9.3% have been diagnosed with diabetes (CDC, 2014)
 - Approximately 3.4 million South Asians live in the United States.
 - South Asians are seven times more likely to develop diabetes than the white population
- Lack of studies addressing South Asian population
No guidelines for diabetes care for South Asians

Purpose

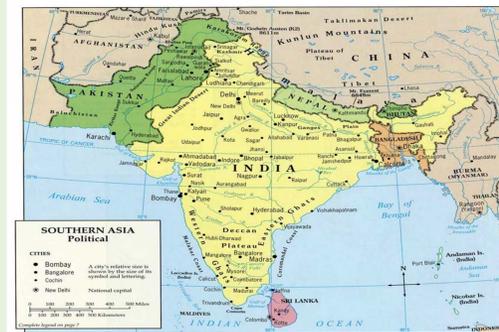
Present evidenced based strategies for the health care providers

- To develop culturally tailored diabetes education for South Asians
- To improve diabetes self-management
- To improve health related outcomes

Method

- Literature Review
- Seminars, textbooks chapters, Google search articles
- Publications by the world health organization (WHO), the International Diabetes Foundation (IDF), American Diabetes Association (ADA) and American Association of Diabetic Educators (AADE), Canadian Diabetic Association (CDA)
- Recommendations

Who Are South Asians



South Asian Culture

Large variability

- Different languages, different religions, different culture

Two prevalent cultures

- Muslims and Hindus

Food

- Consumption of traditional food
- Concept of portion size
- Misconceptions about CHO

Fasting

Traditional Gender role

Fatalistic attitude towards their health

Cultural views on medication and non-allopathic alternatives

Concepts and Framework

Conceptual Framework

- Leininger's Theory of Culture Care Diversity and Universality.

Concepts

- Culture
- Cultural and linguistic competence
- Health
- Diabetes
- DSME

Diabetes in South Asians

- Constitute approximately 20% of the total world population.
- 3.4 million South Asians live in the United States, coming from Bhutan, Bangladesh, India, Nepal, Pakistan, and Sri Lanka
- The five metropolitan areas in the U.S. with the largest South Asian populations are New York/New Jersey, San Francisco, Chicago, Los Angeles, and Washington, DC .
- South Asian immigrants are seven times more likely to have type 2 diabetes
- Diabetes occur at lower BMI and lower waist circumference
- Diabetes occurs a decade earlier
- Highest level of post prandial hyperglycemia and insulin resistance.

Recommendations

Early Screening
Tailored DSME
Dietary Advice
Traditional Medicine
Family Involvement
Individual V/S Group Counseling
Language Resources
Community Health Workers
Physical Activity
Surgical Interventions

Future Implication for Practice

- Provides the evidence and strategies for the provision of education and support for the South Asians living with diabetes by health care providers
- The Asian American population is projected to more than double to 34.4 million by 2060 (Hsu et al., 2015).
- South Asians are rapidly growing racial or ethnic group in the United States
- Crucial need for early detection of diabetes and aggressive management to prevent complications
- Health care community should initiate the efforts to address the barriers and provide resources to deliver culturally tailored diabetic education
- By providing culturally tailored diabetic education to diabetic South Asian population, Advance practice nurses are fulfilling the basic principle of nursing that is to optimize the health and alleviate suffering

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