

A Community Guide on Diabetes in Immigrant Ethnic Populations: Sample Programs for Early Detection and Management

Why was the Community Guide developed?

According to the Canadian Diabetes Association, one in four Canadians has diabetes or prediabetes, and, if trends continue, this would rise to one in three. People of South Asian, East Asian, African, and Hispanic origin have been identified as being at high risk of developing diabetes or living with diabetes. Many new immigrants to Canada are from countries that have a high prevalence of diabetes. Diabetes in these populations, therefore, is a significant health issue in Canada. Few programs on diabetes focus on immigrants and ethnic communities.

What is the purpose of the guide?

- To raise awareness about early detection and management of diabetes in high-risk ethnic communities
- To offer examples of program models for those who wish to start or adapt a diabetes program that meets the specific needs of their communities
- To share successful interventions

For whom is the guide developed?

The guide is intended for:

- Service providers
- Professional members of the diabetes team
- Settlement counsellors
- Community leaders working with these communities

What does the guide contain?

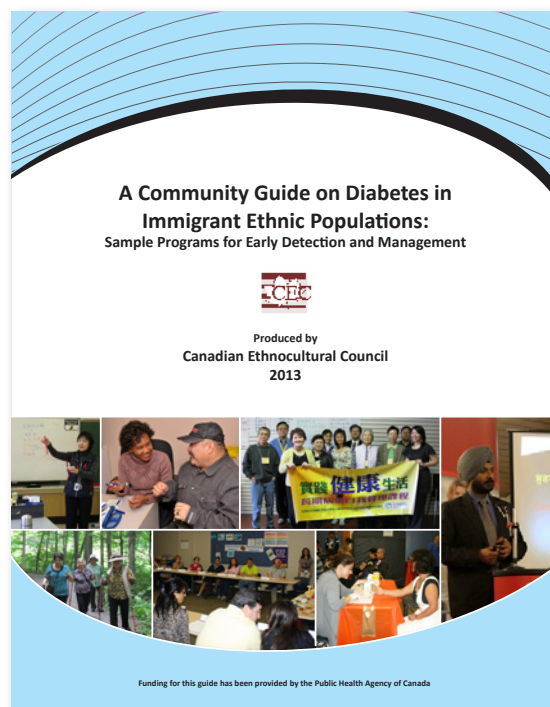
- A snapshot of diabetes programs for early detection and management
- Programs that focus on one community or multiple ethnic communities at risk of diabetes
- Organizations with programs to serve these communities
- A cross-section of sample practices which can serve as models

What type of programs were selected for the guide?

- Provide knowledge, skills, and care that recognize the importance of cultural differences to effectively prevent, delay, or manage diabetes
- Focus on South Asian, East Asian, Black, or Hispanic communities

What categories of programs are listed?

1. Diabetes Risk Assessment/Screening
2. Diabetes Management
3. Diabetes Awareness and Lifestyle Changes



Who are the key partners for diabetes programs?

- Community health centres
- Multicultural or ethnic community organizations
- Federal and provincial agencies/departments
- Hospitals and medical centres
- Malls, places of worship, and universities
- Non-profit organizations
- Healthcare practitioners and professionals

Why were these programs created?

- Increasing incidence of diabetes
- High increase in population of at-risk ethnic groups
- Existing diabetes programs do not understand or address cultural differences
- New Canadians who have faced problems that can affect health
- Language, health literacy, and financial barriers
- Lack of access to information and services

Types of Interventions

Diabetes Risk Assessment/Screening

- Group education programs
- Annual health talks
- Screening at health fairs
- Early detection clinics
- Community screening events

Diabetes Management

- Community-based diabetes education classes
- Language-specific workshops
- Multidisciplinary teams for care and support
- Collaboration with specialists and experts
- Self-management skills and knowledge

Diabetes Awareness and Lifestyle Changes

- Group presentations with multidisciplinary team
- Collective kitchens
- Lifestyle modification
- Nutrition and physical activity
- Health promotion banquet

What outreach strategies were used?

- Attending health fairs and events that target high-risk populations
- Using ethnic media
- Presenting at ESL classes
- Collaborating with other ethnic organizations for promotion and resources
- Enlisting community leaders, religious leaders, and key stakeholders
- Leaving information at malls, doctors' offices, ethnic stores, and places of worship
- Promoting through in-house bulletins and website
- Making door-to-door contacts in areas where new immigrant, low-income families live



For more information please visit the Canadian Ethnocultural Council website: www.ethnocultural.ca

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