

Development and Production of "How Foods Affect Blood Sugar: A Guide for Iraqi and Syrian Patients with Diabetes" for EthnoMed

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Background

EthnoMed is Harborview Medical Center's ethnic medicine website. It provides culturally appropriate medical information to health care providers serving patients from different cultural and ethnic backgrounds. Additionally, it produces culturally tailored education materials for patients from ethnic minorities.

Purpose

- Develop a culturally tailored diabetes education tool for Iraqi and Syrian diabetes patients
- Increase awareness of culturally important aspects of diabetes management for Iraqi and Syrian patients
- Practice cultural humility and CBPR stance

Methodology

- Performed extensive literature review
- Conducted Interviews and focus groups with key stakeholders
- Synthesized information into a slideshow
- Added culturally tailored photographs of relevant foods and beverages
- Frequent vetting of content throughout project development by key stakeholders

Results and Next Steps

Results

A video slide show featuring Iraqi and Syrian foods, modified to fit cultural and religious needs of Iraqi and Syrian individuals at risk for or with type 2 diabetes living in the United States. This tool will be publically available on the EthnoMed website (www.ethnomed.org) and linked on HMC's intranet for providers and staff in two formats.

Next steps

- Recruit additional voices for missing religious perspectives
- Obtain translation and narration in Arabic
- Key stakeholders perform final reviews to ensure complete cultural tailoring

Carbohydrates: Starches
Carbohydrates: Starches



Yabza/dolmas
Yabza/dolmas

Falafel
Falafel

Kibbeh/Kubba
Kibbeh/Kubba

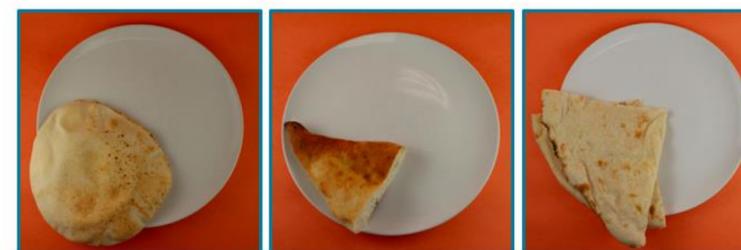
These stuffed foods contain different starches and will raise your blood sugar. If you eat these stuffed foods with lentil soup, yogurt or yogurt sauce, it will raise blood sugar even more.

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Carbohydrates: Starches

Carbohydrates: Starches



1 portion Pita
1 portion Pita

1 portion Samoan
1 portion Samoan

1 portion Khobez
1 portion Khobez

These photos show you the appropriate portion sizes for one meal. These portions are appropriate only if bread is the only carbohydrate in the meal.

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Fasting



A typical Iftar plate during Ramadan may look like this. This plate contains the appropriate amount of carbohydrates per meal.

A typical Iftar plate during Ramadan may look like this. This plate contains the appropriate amount of carbohydrates allowed per meal.

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