

Diabetes and Hypertension Resources

EthnoMed Diabetes Clinical Topics

<http://ethnomed.org/clinical/diabetes>

This site provides an annotated list of resources for clinicians on cultural information and education for refugee and immigrant populations related to diabetes. Specifically contains links to diabetes in Eritrean, Somali, Ethiopian, Somali, and Vietnamese communities.

EthnoMed Diabetes Patient Education Materials

<http://ethnomed.org/patient-education/diabetes/diabetes-patient-education-materials-collage>

Contains materials developed at Harborview Medical Center (Seattle, WA) for use in Multicultural Diabetes Classes for patients and family members. The materials were translated into a number of languages and are available as easy-to-print PDFs (each handout includes both target language and English). Several of the handouts have audio narration. The website also contains other related websites and video resources for diabetes patient education.

Guidelines and Recommendations for High Blood Pressure

Centers for Disease Control and Prevention

http://www.cdc.gov/bloodpressure/guidelines_recommendations.htm

Provides recommendations and guidelines based on clinical research in high blood pressure. It also includes guidelines for treating obesity and other resources about maintaining a healthy weight.

Road to Health Toolkit

Centers for Disease Control and Prevention

<http://ndep.nih.gov/publications/Publicationdetail.aspx?Pubid=152>

This toolkit is for CHWs, nurses, health educators, dietitians, and others working with populations at high risk for type 2 diabetes. The Road to Health Toolkit was designed for African American/African Ancestry and Hispanic/Latino communities—but can appeal to any audience. The toolkit includes activities that educate patients on how diabetes can be prevented or delayed in populations at risk for the disease.

Capacity Building for Diabetes Outreach: A Comprehensive Tool Kit for Organizations Serving Asian and Pacific Islander Communities

Centers for Disease Control and Prevention

<http://ndep.nih.gov/media/capacity-building-toolkit.pdf>

This toolkit was designed to help community-based organizations and community health centers develop organizational capacity to deliver diabetes prevention and control programs within Asian American and Pacific Islander (AAPI) communities. The toolkit outlines the steps of building a diabetes prevention program including community needs assessment, coalition building, cultural competence, outreach, funding, and evaluation.

Refugee Health Information Network (RHIN)

www.rhin.org

This searchable database of health resources covers an extensive list of health topics in refugee languages. Resources can be found in different formats including documents, videos, and audio.

Healthy Roads Media

<http://healthyroadsmedia.org/topics/diabetes.htm>

This website contains different media resources such as handouts, audio, and slide shows, on diabetes including related health conditions and complications.