

# Development of a Culturally Tailored Visual Reference Tool for Latino Patients with Diabetes



Elizabeth Hulbrock, UW Nutritional Sciences Program, MPH-Nutrition Student & Dietetic Intern

## Introduction to EthnoMed & Harborview

### Harborview Medical Center (HMC)

- Medical center owned by King County and managed under contract by University of Washington
- Priority commitment given to indigents without third-party coverage, persons incarcerated in the King County Jail, and the non-English speaking poor, among others

### EthnoMed

- Harborview's ethnic medicine website (<http://ethnomed.org>)
- EthnoMed Purpose: 'to make information about culture, language, health, illness, and community resources directly accessible to health care providers who see patients from different ethnic groups'

## Background

- Prevalence of diabetes amongst Latinos living in the United States: 13%, almost twice that of non-Latino whites
- Barriers to care for Latino patients with diabetes at Harborview: linguistic, cultural, and financial
- Need for culturally tailored visual reference tools to be used when discussing diet with patients identified by Harborview physicians
- Previous slideshows: Cambodian and Vietnamese



**Starches**

white rice      Mexican rice      brown rice  
white rice      Mexican rice      brown rice

Like tortillas, rice raises blood sugar. Brown rice is healthier than white rice or Mexican rice. However, all types of rice raise blood sugar.

Like tortillas, rice raises blood sugar. Brown rice is healthier than white rice or Mexican rice. However, all types of rice raise blood sugar.

## Objectives

- To create a narrated visual tool to be used by Latino patients with diabetes and their clinicians during discussions about blood sugar and diet
- To improve diabetes management and health outcomes of Latino patients with uncontrolled diabetes who receive care at HMC

**Meals**

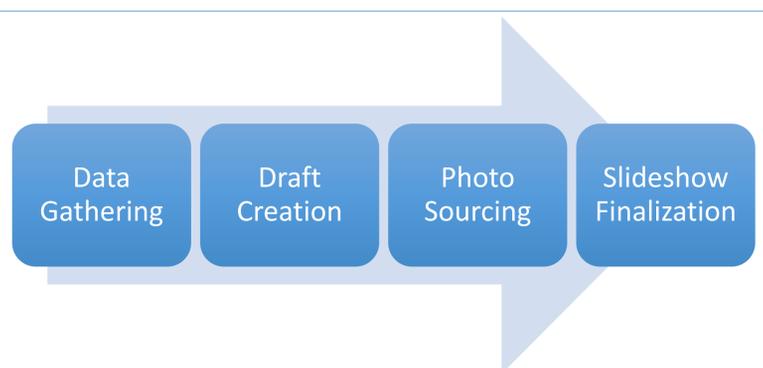
Which meal is better for someone with diabetes?

The meal on the right is healthier. Half a pan dulce is a better amount to eat than 1 whole pan dulce. Splenda is used instead of sugar. The boiled egg adds protein.

The meal on the right is healthier. Half a pan dulce is a better amount to eat than 1 whole pan dulce. Splenda is used instead of sugar. The boiled egg adds protein.

## Methods

- Key informant interviews with RNs, RDs, diabetes educators, medical interpreters, and diabetes navigators
- Review of draft slideshow with medical providers and cultural advisors
- Source photographs through online databases, photography in stores and restaurants, and staged photography of purchased items
- Format final slideshow and review with RDs



## Results

- Slideshow sections cover food and their impact on blood sugar
- Additional topics covered: meal combinations, suggestions for blood sugar control during the holidays, cooking tips
- Slideshow to be published on EthnoMed after translation and narration
- Uses: assist practitioners during conversations with Latino patients with diabetes about diet, individual patient use

**How Foods Affect Blood Sugar: A Guide for Latino Patients with Diabetes**

How Foods Affect Blood Sugar: A Guide for Latino Patients with Diabetes  
Authors: Elizabeth Hulbrock for EthnoMed

**Non-Starchy Vegetables**

lettuce      tomatillos      avocados  
lettuce      tomatillos      avocados

These non-starchy vegetables do not raise blood sugar.

These non-starchy vegetables do not raise blood sugar.

## Acknowledgements

Resources for this project were provided by Harborview Medical Center in Seattle, WA and by a grant from the Pacific Hospital Preservation & Development Authority (PHPDA). This project would not have been possible without the help and support of Yetta Levine, Christine Wilson Owens, Dr. Carey Jackson, Lorren Negrin, Charlotte Neilson, Rose Cano and Araceli Gonzales-Medel.