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Introduction

EthnoMed.org is a program of Harborview Medical Center and serves as an **online hub for information about cultural beliefs and health issues pertinent to refugees and immigrants in Seattle**. The target audience is clinicians working with refugee and immigrant communities with the goal of **bridging cultural and language barriers occurring during clinical care**.

EthnoMed.org counts over 70,000 visits a month from local, national, and international audiences and has been widely recognized as a unique and reliable source of information.

Objectives

- To develop a culturally relevant diabetes education tool for practitioners to use with Ethiopian patients.
- To improve diabetes-related health outcomes in the Ethiopian patient population.
- To facilitate greater cross-cultural communication between patient and practitioner.

Methods

- Develop a framework for the tool using EthnoMed.org references and existing diabetes education materials.
- Interview stakeholders—clinicians, RDs, Cultural Navigators, Interpreters, and Diabetes Educators—who work directly with Harborview Medical Center’s Ethiopian patient population.
- Synthesize information into a slideshow using photographic and verbal representation of education topics.
- Source photographic materials through stock, grocery, restaurant, and staging photography.
- Present final English version of the education tool to RDs and Amharic-speaking Cultural Navigator for approval and future translation into languages spoken by Ethiopian patients.

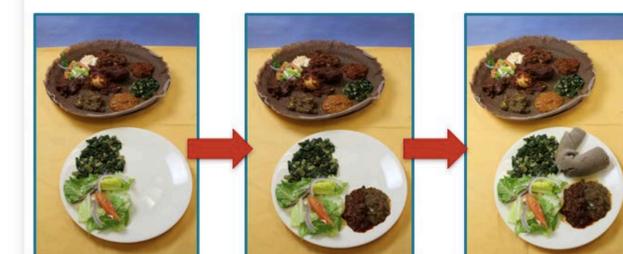
Results

- Slideshow presentation addressing nutrition and dietary patterns relevant to the Ethiopian patient population.
- Visual and verbal representation of topics including:
 - Carbohydrates in the Ethiopian diet
 - Meal planning and portioning
 - Fasting for Christian Orthodox and Muslim patients
- Next Steps:** Translate and narrate in Amharic, Oromo, and Tigrinya
- Uses:** Clinical and community patient education.



How Foods Affect Blood Sugar: A Guide for Ethiopian and Eritrean Patients with Diabetes

Planning Meals



Fill 1/4 your plate with non-starchy vegetables
Fill 1/4 your plate with non-starchy vegetables
Make 1/4 of your plate protein
Make 1/4 of your plate protein
Fill 1/4 your plate with starchy foods
Fill 1/4 of your plate with starchy foods

Here are the steps to create a separate portion.
Here are the steps to create a separate portion.

Carbohydrates: Starches

Carbohydrates: Starches

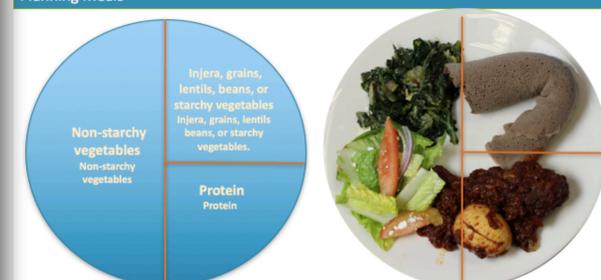


This picture shows 1/2 injera on the left next to a whole injera on the right. 1/2 injera is an appropriate portion for one meal. This amount should be the same for 100% teff or self-rising flour injera. These portions are appropriate only if injera is the only carbohydrate in the meal.

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Planning Meals

Planning Meals



This plate shows healthy portions of different types of foods. Make half your plate non-starchy vegetables. Make 1/4 of your plate a grain food, beans, or starchy vegetables. Make the other 1/4 of your plate protein.

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Acknowledgements

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- Rekha Ravinidran & Christine Wilson Owens, EthnoMed Staff
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