New Educational Tool

“Food for Thought– a parent’s resource guide” is a booklet recently produced by Action for Media Education (AME) with the support of STEPS to a Healthier US and the US Department of Health and Human Services.

The booklet is intended to help parents make smart food choices for children, raising awareness on how corporations and advertisers often mislead consumers on what exactly they are buying. This is critical if parents are concerned about limiting the consumption of sugar, salt and unhealthy fat in their household diets.

The booklet is nicely designed, including graphics and printed in full color. In 18 pages, AME explains how media advertising (particularly TV) spends about 33 billion dollars to maintain a captive market of children, asking and demanding for unhealthy products.

“Food for Thought” also includes useful tips for parents to read and interpret Nutritional Facts labels, basic nutrition information, some recipes and how to prepare healthy snacks for children that are healthier and still tasty to eat. In addition, it also includes feedback and suggestions for their next edition, you may e-mail: erimmf@uwashington.edu

Upcoming Events and Announcements

7/8 & 9 International District Festival
ICHS booth with glucose screening & information on REACH activities. 10 a.m.—6 p.m.

7/13 REACH Operations and sustainability meetings
2 p.m.—5 p.m. Location TBA

7/27 REACH Coalition meeting
3 p.m.—5 p.m. Location TBA

The mission of the REACH Coalition is to reduce diabetes health disparities experienced by communities of color. Through strong partnerships, REACH will support the empowerment of individuals, families, and communities, and create sustainable long-term approaches to prevention and control of diabetes utilizing all appropriate community resources in King County.

A Publication of the Seattle & King County
REACH Coalition

ICHS Commitment to REACH
A conversation with Cam Nguyen
REACH Program Manager at ICHS

REACH for Health
Attn: Lois Watkins
Public Health – Seattle & King County
999 Third Avenue, Suite 500
Seattle, WA 98104

The REACH support group in the International Community Health Services ICHS, about their activities focused on people affected by diabetes, you immediately get a sense of what it means to be committed to a program and its principles.

ICHIS, the major provider of culturally relevant primary care services to Asians and Pacific Islanders in the Puget Sound, offers western medical services to their clinic clientele and more recently added acupuncture. It also offers dental and mental health services. ICHS provides REACH education and support groups in seven different languages: Cantonese, Mandarin, Vietnamese, Tagalog, Khmer, Korean and Samoan.

The majority of recent participants are referrals from the clinic, and they come from all over King County. Many of them travel from distant places just to come and participate in the REACH support groups.

REACH classes have been successful, because of ICHS’s emphasis on incorporating culture with teaching. Each community and language is different, unique, and requires a good level of understanding of the culture and traditions.

For example, peer educators include welcoming rituals and ceremonies as ice-breakers that are meaningful to each community. There are “tea ceremonies” in many Asian communities to welcome friends and guests. Food offerings are also important among Samoan traditions.

Sefie Cabiao, the peer educator for this group, is an experienced worker who has been with ICHS for over eight years. Her connection with the community explains in part the enthusiastic response from the participants.
Comments from the Principal Investigator

How do you think of older adults in your community and in your life? Are they a valued asset, or a societal and family burden? Are they precious loved ones whose remaining time with us is too short, or people who've lived their lives and now use up precious health care resources?

Believe it or not, both points of view exist in our world. If you are from a culture that values older adults, and even ancestors, as wise and revered advisors, then you are like many of us from our REACH communities who are concerned about the health and well being of our elders and want them to have a high quality of life.

This is important to REACH because even though we have noted the increasing rate of Type II diabetes among our youth, it is still most common among people aged 65 and older, and especially among many of our racial and ethnic sub-groups.

Many of us take it for granted that growing older means becoming sick and disabled. Sure, we all have to die from some cause, but we also have the ability to stay healthier for much longer than we currently do.

Managing Diabetes

Diabetes is a disease that affects millions of people worldwide. It is a chronic condition that requires lifelong management.

Managing diabetes involves several key aspects:

- Healthy Eating: Eating a balanced diet is crucial for managing diabetes. This includes reducing sugar and saturated fat intake, increasing fiber, and choosing healthy sources of carbohydrates.
- Physical Activity: Regular physical activity helps control blood sugar levels and can improve overall health.
- Medications: Taking prescribed medications as directed is essential for effective diabetes management.
- Monitoring Blood Sugar: Regularly testing blood sugar levels helps you keep track of your progress and adjust your treatment plan as needed.
- Foot Care: Taking care of your feet is important to prevent complications from diabetic foot problems.
- Eye Care: Regular eye exams are important to detect any complications that may arise from diabetes.
- Social Support: Supporting others who are also managing diabetes can be a valuable source of encouragement and resources.

Conclusion

Managing diabetes requires a comprehensive approach that includes diet, exercise, medications, monitoring, and ongoing education. With the right support and resources, people with diabetes can lead a full and active life.