



SCREEN
AT 23



RISE to Avoid, Control, and Reverse Diabetes and Prediabetes in Asian Americans

Asian Americans are at risk for type 2 diabetes with a body mass index (BMI) of 23, and over half of them with diabetes are unaware of their diabetes status. Standard tests, such as HbA1c and fasting blood glucose may not be sensitive enough to identify diabetes in Asian Americans.

Recommendations When Screening Asian American Patients

- Test for diabetes if they have a body mass index of 23 or greater and one or more of the major risk factors (first degree relative with diabetes, country of origin, hypertension, dyslipidemia, cardiovascular disease, past history of elevated blood glucose, gestational diabetes, baby with birth weight more than 9 pounds, or polycystic ovarian disease;)
- Think of doing a 2-hour oral glucose tolerance test, as HbA1c and or FBG might not exclude diabetes.

POST-SCREENING EDUCATIONAL MESSAGE FOR ASIAN AMERICAN PATIENTS WITH PREDIABETES OR TYPE 2 DIABETES:

RISE: Four Key Actions

Reduce - fat intake, weight*, and stress

Increase - fiber, antioxidants, and increase the body's ability to fight inflammation

Sleep - 7 to 8 hours each day

Exercise - strength and aerobic training

Seven Steps to Successfully RISE

Step 1: Reduce **saturated fat intake** (like butter, ghee, fried food, cured meat, and high fat beef and pork) and **simple carbohydrates** (like white rice and bread, sodas, sweetened beverages, and sugar)

<p>Reduce these sources of saturated fat:</p>	<p>Reduce these sources of simple carbs:</p>
-----------------------------------------------	----------------------------------------------

Step 2: Reduce **body weight***

Aim for a reduction in weight of **5-7% UNLESS** you are already considered “underweight” or at a lower body mass index of 23 (in which case it is best to concentrate on Step 1, and Steps 3-7)

Step 3: Reduce stress

Take time for yourself. Meditate. Practice breathing exercises. Have a favorite past time. Seek social support.

Step 4: Increase foods with fiber and antioxidants

(Colorful vegetables, leafy greens, berries, green tea, and whole grains)

Increase foods high in fiber and antioxidants:



Step 5: Increase your body’s ability to fight inflammation

Stop smoking, take care of your teeth (brush twice daily, floss, and visit your dentist regularly) and eat more anti inflammatory foods (like garlic, green tea, ginger, broccoli, and spinach)

Increase anti-inflammatory foods:



Step 6: Sleep

Aim to have **7-8 hours** of good sleep. Prepare for bed with a relaxing routine.

Step 7: Exercise

Increase your muscles’ ability to absorb glucose through **strength and aerobic training such as running, hiking, dancing, weight lifting, dance aerobics, biking, and swimming.**

*Weight reduction is not recommended for individuals who are below a body mass index of 23