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AHDC Email Network – Data, News, Articles and Policies Related to Health Disparities  
August 26 – September 01, 2010

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### **1) Best Practices Toolkit: Immunization Education and Service-Delivery Initiatives for Asian American Communities**

This toolkit is a compendium of the “best practices” that the National Asian Women’s Health Organization (NAWHO) has gleaned from its National Asian American Immunization Project over the past ten years. Its purpose is to provide practical data-supported guidance for how to design, implement, and evaluate an effective immunization initiative for Asian American communities, consolidated into a user-friendly, hands-on structure.

<http://www.nawho.org/atf/cf/%7BBC9650E6-A7EB-483F-A210-CC3E0D7445A6%7D/Best%20Practicies%20Toolkit.pdf>

### **2) American Indian Health Media Tools – The Eagle Books: Stories about Growing Strong and Preventing Diabetes**

Authored and narrated by Georgia Perez of Nambe Pueblo, and illustrated by Patrick Rolo, Bad River Band of Ojibwe, and Lisa A. Fifield, Oneida Tribe of Wisconsin, Black Bear Clan, the animated series provide an interactive tool to engage children in activities and discussions about healthy eating, and the joy of being active while looking to traditional ways to stay healthy and prevent type 2 diabetes. The book series is the result of a collaboration between the Centers for Disease Control and Prevention (CDC) Native Diabetes Wellness Program, Indian Health Service and the Tribal Leaders Diabetes Committee. The video versions available through CDC-TV allow children, teachers, and communities across all cultures to access the unique, award-winning resources at any time.

Through the Eyes of the Eagle at <http://www.cdc.gov/CDCTV/EyesOfTheEagle/index.html>

Knees Lifted High at <http://www.cdc.gov/CDCTV/KneesLifted/index.html>

Plate Full of Color at <http://www.cdc.gov/CDCTV/PlatefulOfColor/>

Tricky Treats at <http://www.cdc.gov/CDCTV/TrickyTreats/>

The Eagles Nest at <http://www.cdc.gov/diabetes/eagle/>

For more information, please visit <http://www.cdc.gov/diabetes/pubs/eagle.htm>

### **3) Income Levels Linked to Diabetes in Women**

A 14 year study indicates that women in lower income groups are more likely to be overweight, heavy smokers, and eat a poor diet. Inactivity and stress may also play a part. The most startling bit of information gleaned from the paper shows that out of the 12,333 respondents who were 18 years and older, 7.2% of the men and 6.3% percent of the women went on to develop diabetes or die from the disease just 15 years later. The study was done between 1994 and 2008. This is quite an astonishing figure and must be addressed, says one co-author. Dr. Kaberi Dasgupta, another co-author in the study, says access to dental care and medical attention differs widely between socio-economic classes. There is some evidence showing low levels of inflammation can stimulate blood sugar levels which is caused by an underlying or untreated disease. The doctor also says these findings highlight but one aspect of being socially disadvantaged. The president of the Canadian Diabetes Association Michael Cloutier had praise for Statistics Canada's report. He says, the main findings of the report confirm the increased risk factor for diabetes among people with low education and low income with women have a greater chance to develop Type 2 diabetes. He goes on to say the report will benefit everyone involved and will help to develop new strategies to address the growing diabetes problem.

[http://www.diabetesincontrol.com/index.php?option=com\\_content&view=article&id=9738&catid=1&Itemid=17](http://www.diabetesincontrol.com/index.php?option=com_content&view=article&id=9738&catid=1&Itemid=17)