

# Diabetes: Understanding Risks for Asian Americans



In the U.S., over 1 in 5 people with diabetes are unaware they have it. Shockingly, among Asian Americans, this figure jumps to around 1 in 3. Why the gap in diagnosis?

## Weight Isn't Everything

When it comes to diabetes and weight, it's not straightforward for Asian Americans. Many might not be considered overweight by usual standards. However, they might have more body fat than expected, especially around their organs. This hidden fat raises diabetes risk, even if they appear slim and healthy.

## Looking Beyond the Scale

Typical measures like BMI might miss the risks for Asian Americans. While their BMI could be healthy, their waist size might indicate a higher risk due to hidden fat. For women, a waist over 35 inches and for men, over 40 inches can signal a greater risk of diabetes.

## Taking Action

For Asian Americans:

- If your waist is larger than suggested or your BMI is 23 or higher, talk to your doctor about diabetes risk.
- Diabetes often starts silently. Regular blood sugar tests can catch it early, helping manage it effectively.

## Prevention Through Awareness

Type 2 diabetes isn't inevitable. Understanding the unique risks faced by Asian Americans, along with tailored health checks, can help catch diabetes early and make lifestyle changes to prevent it.

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# Chinese Hospital Diabetes Prevention Program

The Chinese Hospital Diabetes Prevention Program stands as a beacon of support, guided by trained lifestyle coaches who implement a CDC-approved curriculum. This year-long program offers a comprehensive array of lessons, handouts, and resources designed to facilitate profound lifestyle changes. The program is thoughtfully structured into two distinct phases.

During the initial six months, participants engage in weekly meetings focused on educating them about healthy eating habits, integrating physical activity, managing stress, and overcoming challenges. The subsequent six months transition to less frequent yet crucial sessions aimed at reinforcing acquired skills, ensuring lasting lifestyle changes.

For those at risk, joining our Diabetes Prevention Program can substantially reduce the risk of developing diabetes by an impressive 58%.

## Eligibility Criteria:

- Age: Minimum 18 years old
- BMI: Above 25, or above 23 for Asians
- HgbA1c levels: Ranging from 5.7 to 6.4
- History of Gestational diabetes

If you believe you meet the eligibility criteria or require further information, please contact our clinic at 1-628-228-2828 or email us at [yinglup@chasf.org](mailto:yinglup@chasf.org).  
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## Reference:

<https://www.cdc.gov/diabetes/library/spotlights/diabetes-asian-americans.html>.