Background:

According to recent reports by the CDC, diabetes affects 25.8 million people in the U.S. and the complications resulting from uncontrolled or unmanaged diabetes are major threats to this nation’s health. The disease is reaching crisis levels and without intervention, one in three Americans, and one in two minorities, born in 2000 would develop diabetes in their lifetime based on leading diabetes experts.

Mortality rates from heart disease as a complication of diabetes as well as risk for stroke are two to four times higher in adults with diabetes when compared with non-diabetic individuals. It is the leading cause of kidney failure, new cases of blindness among adults aged 20-74 years. Early detection and treatment and appropriate self-management is critical to reducing the risk of developing complications and to improved quality of life and health outcomes. However, it requires addressing the many barriers that are preventing patients and providers from achieving established treatment goals.

Asian Americans, Native Hawaiians and Pacific Islanders are at twice the increased risk of developing diabetes compared to the general population, yet there have not been national efforts to understand, prevent, and care for this problem within this diverse and rapidly growing population. They have a higher prevalence rate, develop diabetes at a different body weight, and have different physiological responses to drugs. In addition, low socioeconomic factors, low level of higher educational attainment, low English proficiency, and lack of access to culturally and linguistically informational resources and care play significant roles in the health disparities experienced by Asian Americans, Native Hawaiians and Pacific Islanders.

Within this context, medical researchers, clinicians, patients groups, governmental administrators, legislators, the philanthropy and pharmaceutical companies have met and agreed to organize a symposium to start this debate on diabetes within these populations. As the only U.S. state with a majority population of Asian Americans, Native Hawaiians and Pacific Islanders and long-standing data on diseases particular to these communities, Hawaii is a fitting place for holding the symposium and moving forward this national call to action.
The National Council of Asian Pacific Islander Physicians (NCAPIP) provides a national voice for Asian Americans, Native Hawaiians and Pacific Islanders physicians to advocate for health and well-being to their patients and communities. NCAPIP has a record of assessing issues, translating needs into actions, formulating policies, advocating through its network of partners and collaborators and influencing for changes. NCAPIP held a successful annual conference; “Moving Forward on Health Reform: Building Partnerships, Achieving Health Equity,” in May 2010. Out of the plenary session that addressed four major health concerns for Asian Americans, Native Hawaiians and Pacific Islanders including diabetes, recommendations were identified as of collaboration, of responsible data collection and the examination of best practices and quality measurements, and educational campaigns. Within this framework, NCAPIP has accepted to organize the symposium on Diabetes as it falls within its scope of activities.

**Diabetes Symposium:**

The objectives are to assess diabetes status in Asian American, Native Hawaiian and Pacific Islander in different regions of the U.S., special problems in treatment, tailoring approaches to prevention and the management of complications and looking at solutions to reduce this disease burden in our communities. Dr. George King, Harvard Medical School and Dr. Edward Chow, CEO of the Chinese Community Health Care Association (CCHCA) chair the planning committee that includes the representation of leaders of the confirmed co-sponsoring organizations cited below.

**Dates:** September 29-30, 2011

**Location:** Ala Moana Hotel
410 Atkinson Drive - Honolulu, Hawaii 96814

**Organizer:** National Council of Asian Pacific Islander Physicians (NCAPIP)

**Co-Sponsors:**
- Joslin Diabetes Center-Asian American Diabetes Initiative (Harvard Medical School)
- American Diabetes Association (ADA)
- University of HI, John A Burns School of Medicine
- California Medical Association (CMA) Foundation
- Network of Ethnic Physician Organizations (NEPO)
- Association of Asian Pacific Community Health Organizations (AAPCHO)
- Asian and Pacific Islander American Health Forum (APIAHF)
- Waianae Coast Community Health Center
- Chinese American Medical Society of New York (CAMS)
- Empowering Pacific Islander Communities (EPIC)

**Attendance:** Expected attendance of approximately 120 participants including
Medical researchers - Clinicians
Community health workers - Patients groups
Government: administrators and legislators
Public health officials
Philanthropy
Pharmaceutical companies

**Format:** Plenary sessions
Agenda

September 29, 2011

Plenary I: Raising Awareness
Co Chairs: George King, MD and Edward Chow, MD

Panel 1: Status of Diabetes in AAs and NHPIs
1. National Data - BRFSS and NHIS
   Speaker: Marguerite J. McNeely, MD, Ph.D
2. Hawaii Data
   Speaker: Marjorie Mau, MD, PhD – University of Hawaii, Johns Burns
3. Pacific Islander Data
   Speaker: Nia Aitaoto
4. California Data
   Speaker: TBA
5. New York Data - NHANES
   Speaker: Lorna Thorpe, Ph.D - Hunter College, CUNY
6. Pediatric Data - SEARCH Pediatric Survey
   Speaker: Lenna L. Liu, MD, MPH - Washington Seattle

Panel 2: Tracking and Monitoring Metrics
1. CDC’s Plans
   Speaker: Lisa Broitman – CDC NHANES Asian oversampling
2. Diabetes Tracking and Monitoring Metrics in Native Hawaiians and Pacific Islanders
   Speaker: Maile Tauili‘i, Ph.D.

Panel: Roles of the Industry in the Care of Diabetes
Co-Chairs: Dexter Louie, MD, JD - Kamana‘opono M. Crabbe, Ph.D
Through this panel discussion, industry leaders are invited to share their company perspectives and outline their strategies for dealing with the diabetes epidemic in the AA and NHPI community. The discussion is to foster a collective dialogue to further diabetes awareness, care and research.

September 30, 2011

Plenary II: Special Problems in Treatment
Chairs: Wilfred Fujimoto, MD and Marjorie Mau, M.D., Ph.D.

Panel 1: Pathophysiological Differences
1. Diabetes Type 1
   Speaker: George King, MD – Harvard University
2. Diabetes Type 2
   Speaker: Edward J. Boyko, MD, Ph.D – University of Washington
3. Obesity Among Native Hawaiians and Pacific Islanders
   Speakers: Gertraud Maskarinec, MD, PhD, University of HI, Cancer Center
   Differences in Complications (strokes, renal diseases and CVD)
   Speaker: Alka Kanaya, MD, Ph.D

Panel 2: Treatment - Guidelines that Reflect Unique Pathophysiology for Diagnosis and Treatments
Co-Chairs: Will Hsu, MD and Richard Arakaki, MD

1. Evaluating Current Clinical Guidelines in Diabetes Detection and Treatment in Asian Americans, Native Hawaiians, and Pacific Islanders
   Speaker: William Hsu, MD – Joslin Diabetes Center-Asian American Diabetes Initiative

2. Diabetes Prevention Program Study
   Speaker: Richard Arakaki, MD

3. The Obesity Epidemic: Costs, Consequences, Lifestyle Modification, Activity and Exercise
   Speaker: Wahida Karmally, DrPH, RD, CDE Columbia University
   Speaker: Mele Look, MBA – University of Hawai‘i at Manoa

4. Barriers to Treatment
   Speakers: Angela Sun – CCHCA and Jeff Caballero - AAPCHO

Plenary III: Tailoring Approaches to Prevention and Treatment, The Community Experience
Co-Chairs: Jeff Caballero and Raynald Samoa, MD (NCAPIP)

1. Native Hawaiian and Pacific Islander Experiences
   Speakers: Stephen Bradley, MD – Waianae Coast Comprehensive Health Center

2. Chinese experience
   Speakers: Howard Huei, MD

3. Patients’ experiences
   Speakers: TBA (two)

4. South Asian experience
   Speakers: TBA

Next Steps – Building Partnerships – A Call to Action
Co-Chairs: Ho Luong Tran, MD, MPH - NCAPIP
   J.Keawe‘aimoku Kaholokula’, MD, Ph.D, University of HI JABSOM

Panel 1: Report back from Plenary and Panel co chairs

Panel 2: Next Steps – A Call to Action

1. NDEP and its AAPI Workgroup
   Speaker: TBA

2. Government perspective:
   Speaker: Mirtha Beadle, Deputy Director – OMH

3. ADA perspective

4. Speaker: Shereen Arent, VP of ADA

5. Modeling the Public Health Approach based on the Hep B Free experience
   Speaker: Edward Chow, MD – San Francisco Health Commissioner

6. Modeling based on the Native Hawaiian Health Consortium
   Speaker: J.Keawe‘aimoku Kaholokula’, MD, Ph.D, University of HI JABSOM

4. Research - Clinical Perspective
   Speaker: Dr. George King of Harvard University

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