Our goal for the Managing Diabetes (DM) and Cardiovascular Disease (CVD) workshop is to motivate adults to be more physically active and teach healthy practices, so they will change their lifestyle.

Mandarin language Interactive workshops were held in a series of three weeks to target LEP who are more likely to have low health literacy. Skills were imparted to the participants through the teaching of: physical education, cooking classes and nutrition label reading.

A pre- and post-test was given to participants to evaluate increased intention and knowledge among participants and effectiveness of the workshop and facilitators.

Our Chinese community liaison recruited participants by contacting patients and conducting outreach in community regarding workshop availability in San Gabriel Valley.

**SUMMARY**

| Target population: Limited-English proficient Chinese with Diabetes or Cardiovascular Disease throughout the San Gabriel Valley |
| Workshops were held for 3 weeks |
| Focused on the self-care, action planning, physical activity and fitness and healthy cooking to manage their disease and change lifestyle |
| Mandarin speaking Community Liaison reached out to Adult Day Care Centers, Senior Centers, Churches, Laboratories and Social Media to recruit participants |
| From July 2019 through February 2020, 72 participants joined workshops |

**WHAT DID WE DO?**

- Two-hour interactive workshops were held in Mandarin and program curriculum materials is in Chinese as well.
- One Community Liaison proactively contacts patients and outreaches in Chinese community, including Adult Day Care Center, Senior Center, Churches, Laboratories to recruit Chinese participants with Diabetes or Cardiovascular Disease in San Gabriel Valley.
- Educate on the causes of Diabetes and Cardiovascular Disease, misconceptions and help participants gain confidence to make incremental physical activity and demonstrate healthy cooking and nutrition in three workshops.
- From July 2019 through February 2020, 72 participants joined workshops. 46% of participants has Diabetes and 18% has Cardiovascular Disease.

**Monitoring and Evaluation**

- Use of sign-in sheets and measure participants Blood Pressure, BMI, Body Fat % and HbA1C, if applicable, at beginning of workshop.
- Participants will log their meals for the amount of protein, water, vegetables and fruits they consume, the duration and type of physical activity every day for 7 days.
- Participants will complete Pre- and Post surveys for each workshop.

**Evaluation Methods**

- Analyze Pre- and post surveys to evaluate increased intention and knowledge among participants.
- One to two months after each series has ended, there will be a follow up session to assess participants’ HbA1C, Blood Pressure and BMI.

**FUN FACTS**

- HbA1C, BMI and Body Fat % were collected before a series of workshops started and a month after workshop ended.
- One participant BMI is outlier.
- Survey were collected before and after each workshop to measure knowledge.

**FINAL THOUGHTS**

Due to COVID-19, in-person workshop were cancelled to the community. For the future, we can explore conducting workshops via Zoom or other online applications and provide weekly exercise online, so transportation and Public Health Order won’t be the barriers to attend the workshop. If circumstance allows, fresh produce pick up could be added to future workshop.