

Diabetes and Asian Americans

According to the Centers for Disease Control (CDC), as many as one in four people who have diabetes don't know they have it. For Asian Americans, that number is much higher. one in two. Furthermore, Asian Americans are 40% more likely to be diagnosed with diabetes than non-Hispanic whites.

There is a disproportionate impact of chronic diseases, such as diabetes, on diverse communities within the U.S., which highlight the importance of raising awareness and education on diabetes prevention, screening, treatment, and management.

While the general rule for diabetes screening is that if you have a BMI >25, you are at risk for type 2 diabetes, this rule does not apply to Asian Americans. It is now acknowledged that Asian Americans with a BMI of >23 should be screened for diabetes, as they tend to distribute more fat in the abdominal area. You can calculate your BMI by dividing your weight in kilograms by your height in meters squared.

Treatment for type 2 diabetes is available, but treatments can only help those who have been diagnosed.

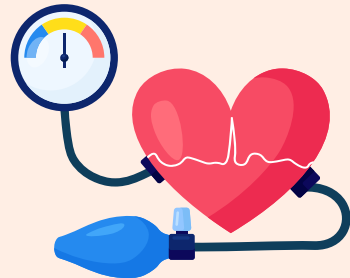
糖尿病和亚裔美国人

根据美国疾病控制中心 (CDC) ， 多达四分之一的糖尿病患者不知道自己患有糖尿病。对于亚裔美国人来说，这个数字要高得多，是二分之一。此外，亚裔美国人被诊断患有糖尿病的可能性比非西班牙裔白人高 40%。

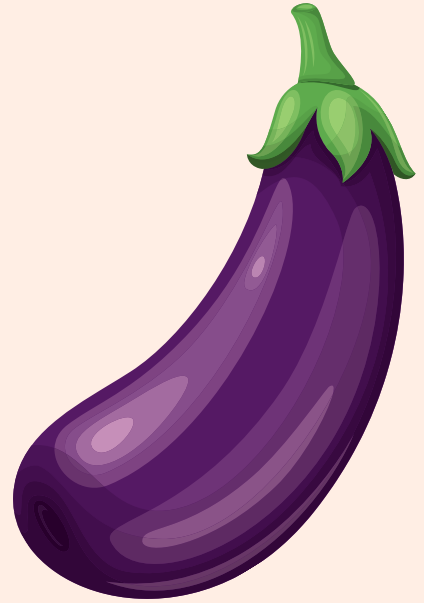
在美国，像糖尿病的慢性性病对有些社区的影响尤为严重。这凸显了认识和教育糖尿病预防、筛查、治疗和管理的的重要性。

糖尿病筛查的一般规则是，如果您的 BMI >25， 则您有患 2 型糖尿病的风险。但此规则不适用于亚裔美国人。现在公认 BMI > 23 的亚裔美国人应该进行糖尿病筛查，因为他们的脂肪倾向于分布在腹部区域。您可以通过体重（公斤）除以身高（米）的平方来计算您的 BMI。

二型糖尿病是可以治疗的，但这只能帮助那些被诊断出来的人。



吃得好, 保持健康! Eat Well, Stay Healthy!



蔬菜聚光灯: 茄子 Vegetable Spotlight: Eggplant



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麻婆茄子 (4人份)

Mapo Eggplant (serves 4)

食材

- 3个茄子，切成块
- 1汤匙花生油
- 2茶匙四川花椒
- 8盎司 鸡肉
- 2汤匙豆瓣酱
- 4个大葱，切片
- 2瓣大蒜，切碎
- 1英寸生姜，切碎
- 1汤匙绍兴酒
- 1杯低盐 鸡汤 (或水)
- 1汤匙辣椒油
- 2茶匙低盐 酱油
- 1汤匙玉米淀粉

INGREDIENTS

- 3 eggplants, cut into pieces
- 1 tbsp peanut oil
- 2 tsp Sichuan peppercorns
- 8 oz. ground chicken
- 2 tbsp doubanjiang
- 4 scallions, sliced
- 2 garlic cloves, minced
- 1 inch ginger, minced
- 1 tbsp Shaoxing wine
- 1 cup low sodium chicken stock (or water)
- 1 tbsp chili oil
- 2 tsp low sodium soy sauce
- 1 tbsp cornstarch



第1步

在大煎锅中加入油和花椒粒，中火炒约 5 分钟。从锅中取出花椒粒。

STEP 1

Add oil and sichuan peppercorns to a large skillet and cook over medium heat for ~5 min. Remove the sichuan peppercorns from the pan.



第3步

加入葱、姜和大蒜，炒约 1 分钟。倒入绍兴酒，加入茄子、鸡汤 (或水)、辣椒油、酱油并搅拌。煮沸，然后盖上盖子，用小火炖至茄子熟透。

STEP 3

Add scallions, ginger, and garlic and cook for ~1 min. Pour in Shaoxing wine and deglaze the pan. Add eggplant, chicken stock (or water), chili oil, soy sauce and stir. Bring to a boil, then cover and simmer on low heat until eggplant is cooked.



第2步

将鸡肉加入锅中，炒约 1 分钟，加入豆瓣酱，再炒1-2分钟。

STEP 2

Add ground chicken to the pan and cook for ~1 min. Stir in the doubanjiang and cook for 1-2 min.



第4步

在一个小碗里混合玉米淀粉和 2 汤匙水。倒入锅中，不断搅拌，直到酱汁变稠。与糙米一起享用。

STEP 4

Mix together the cornstarch and 2 tbsp of water in a small bowl. Pour into the pan and stir constantly until the sauce thickens. Serve with brown rice and enjoy!