



## Did you know that Asian Americans have a higher risk of getting diabetes?

Among Asian Americans in New York City:

1 out of 3      has a family history of diabetes  
has higher than normal sugars

**Find out if you are at risk and we may be able to help you prevent getting diabetes!**

***Lose weight, gain support, and get healthy!***

Project RICE is offering a free six-month educational program for South Asians and Koreans between the ages of 18-75 who are at-risk for diabetes.

This research program will be taught by experienced community health workers (CHWs). Our CHWs are community members who are trained to work with communities to address health needs holistically by providing information on wellness, nutrition, stress relief, and prevention of diabetes in a culturally appropriate manner.

Through this program, you will learn about:

- ✓ Diabetes prevention and why it's important
- ✓ Having a healthy diet
- ✓ Staying active
- ✓ Stress management
- ✓ How to quit smoking
- ✓ How to get better health care for you and your family
- ✓ And much more!

### **Get involved in Project RICE!**

**For more information or to be screened contact our Community Health Workers:**

**Rucha Kavathe**, UNITED SIKHS, 646-688-3525

**Asim Akhtar**, New York Taxi Workers Alliance, 212-627-5248

**Christina Choi**, Korean Community Services, 212-463-9685

**Project RICE** is a five-year community-driven research initiative to promote diabetes prevention among Korean and South Asian immigrants in New York City through the work of community health workers (CHWs). It is the core research project of the New York University Health Promotion and Prevention Research Center (NYU PRC), and is funded by the Centers for Disease Control and Prevention.