

# Silent Trauma

## Diabetes, Health Status, and the Refugee Southeast Asians in the United States



Photo courtesy of the Association of  
Asian Pacific Community Health Organizations

Photo courtesy of the New  
England Journal of Medicine

### A Monograph Addressing Diabetes, Health Status, and the Refugee Experience of Southeast Asians in the United States

From the National Diabetes Education Program (NDEP)

Developed for health care providers, public health leaders, policy makers, academicians, and all  
who work closely with the health of Southeast Asian Americans.

*This monograph discusses:*

- Type 2 diabetes as a serious condition among Southeast Asian Americans
- Misinterpreted traditional health practices that can lead to errors in diagnosis
- High prevalence of post-traumatic stress disorder among Southeast Asian refugees that complicate diabetes care
- The need for culturally appropriate health care including mental health services
- Promising practices for overcoming the many barriers to care
- Recommendations and resources for health care providers and organizational leaders concerning special issues related to diabetes

To obtain a free copy of the monograph and CD ROM, *Silent Trauma: Diabetes, Health Status, and the Refugee, Southeast Asians in the United States*, visit [www.ndep.nih.gov](http://www.ndep.nih.gov) or call 1-800-438-5383. Available July 2006.

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