

# Concurrent Sessions #1

**Topic:** Domestic Violence/Human Trafficking

**Moderator:** Gloria Thornton

**Primary Presenter's Name & Credential(s):**

Hediana Utarti, PhD

**Additional Presenters (if applicable):**

Saerom Choi (APILO), Cristy Dietrich (SFDPH)

**Abstract Title:**

"Providing Culturally and Linguistically Responsive Support Services for Human Trafficking Survivors."

**Abstract Theme:**

Community Program

**Abstract:**

For the last few years, human trafficking has been highlighted in the media, from movies and documentaries to interviews with actual actors involved. Awareness about the issue, especially sex trafficking has increased a great deal, and knowledge about labor trafficking is developing. This workshop focuses on what take place after survivors escaped or discovered, who and how helped them, what kind of support that help them to leave the situation and start a new life?

We will also discuss best practices in providing support services for survivors with the intent to support them to 'take off' to a better life free of exploitation and violence that are linguistically and culturally aware and appropriate, trauma informed and survivor centered. Relevant issues from the larger perspective of global economy and its relations to workers' rights and protection will also be touched upon including cases involving youth and LGBT survivors. Presenters include service providers who have worked directly with survivors of both sex and human trafficking from both government agencies and community-based organizations.

**Learning Objectives:**

- 1) Continue to build understanding and knowledge of human trafficking as part of public health concerns.
- 2) Better grasp of the cultural and language factors in supporting survivors to rebuild a new life.
- 3) Share and explore relevant best practices in prevention and education.

# Concurrent Sessions #1

**Topic:** Domestic Violence/Human Trafficking

**Moderator:** Gloria Thornton

**Primary Presenter's Name & Credential(s):**

Wei-Mei Hung, MSW

**Abstract Title:**

From Surviving to Stability: AWS's Transitional Housing Assistance Program for Marginalized Survivors of Domestic Violence

**Abstract Theme:**

Community Program

**Abstract:**

Domestic violence (DV) is one of the most devastating forms of interpersonal violence and has tremendous effects on survivors. It is also one of the leading causes of homelessness for the survivors, especially for immigrant survivors who fled violence from home and had limited informal support system in the U.S. While survivors continue dealing with the safety issues (abuser-related risk factors), there are more challenges that require their attention to adjust in the long run (life-related risk factors). Since 2012, Asian Women's Shelter has started to provide Transitional Housing Assistance (THA) Program (in addition to the Emergency Shelter Program) to provide rental assistance and support immigrant survivors to restart their lives after fleeing violence and moving out of emergency shelter. In the recent years, the THA service requests have been more than before, given that the general housing situations in San Francisco Bay Area are getting worse and less affordable. AWS started to conduct regular client surveys, since 2017, as a way to learn the experiences and feedback from clients directly and re-shape the THA Program services. AWS will be sharing and discussing the findings of the barriers that immigrant DV survivors face as well as AWS's promising THA program services that have been critical in supporting survivors' stability and healing.

**Learning Objectives:**

1. Examine the risk factors and barriers for DV immigrant survivors to achieve housing stability.
2. Learn about AWS's Transitional Housing Assistance Program model.
3. Learn about the program participants' feedback and successful stories.
4. Identify the critical components of THA Program services, and discuss the new potential developments for the future.

# Concurrent Sessions #1

**Topic:** Domestic Violence/Human Trafficking

**Moderator:** Gloria Thornton

**Primary Presenter's Name & Credential(s):**

Daisy Fung

**Additional Presenters (if applicable):**

Ming Quan Chang

**Abstract Title:**

Healing Journey: Domestic Violence Intervention Process

**Abstract Theme:**

Community Program

**Abstract:**

Experiencing domestic violence is very frightening and could be life threatening. Many people who encounter domestic violence may not know what to do or who to turn to when it happens. This impacts survivors not only physically, but mentally as well. It adds another layer of challenges for those who have language barriers when trying to access services. Therefore, it is crucial to have culturally and linguistically appropriate services available in the community. How does one seek for intervention services and begin this healing journey? What are the steps to take to feel and be safe? Donaldina Cameron House will share with you some of these steps and options.

**Learning Objectives:**

By the end of this presentation, participants will be able to:

- 1.) Understand that domestic violence is a widespread problem that occurs in all communities.
- 2.) Have a thorough understanding of the services offered at Cameron House as well as knowledge of other resources in the community.
- 3.) Evaluate the Challenges and Solutions of addressing Domestic Violence.
- 4.) Understand the barriers to leaving an abusive relationship and how we support survivors in creating options and making choices for themselves.

# Concurrent Sessions #1

**Topic:** Cancer Care

**Moderator:** Evaon Wong-Kim, MSW, MPH, LCSW, PhD

**Primary Presenter's Name & Credential(s):**

Arnab Mukherjea, DrPH, MPH

**Abstract Title:**

Addressing Disparities in Colorectal Cancer Screening among South Asians in the United States

**Abstract Theme:**

Research Study

**Abstract:**

Purpose: Colorectal cancer screening (CRC) reduces incidence and mortality. Population-level studies often aggregate Asian American data, masking considerable health disparities. South Asians exhibit low CRC screening rates in the U.S. This study enhances prior investigations of CRC screening among Asian Indians and Bangladeshis through inclusion of two understudied segments of the South Asian population: Pakistanis and Indo-Fijians.

Methods: Eight focus groups produced qualitative data about knowledge about CRC cancer prevention and detection, acceptability of different screening modalities, barriers and facilitators to CRC screening, access to and use of health services involving CRC screening, and relevant health information-seeking behavior. Deductive content analyses generated themes encompassing similarities and differences in determinants of screening among Pakistanis and Indo-Fijians, with comparative analyses of prior work conducted among Asian Indians and Bangladeshis.

Results: Similar to Asian Indians and Bangladeshis, fatalistic worldviews regarding potential cancer diagnoses and proactive communication from physicians regarding modalities and relative benefits/consequences influenced screening. Interim findings highlight unique factors associated with faith, including cultural impropriety of discussing mortality and lack of emphasis on Muslim tenets of keeping bodies healthy as vessels endowed by a creator. Participants emphasized importance of optimal well-being to transmit important socio-religious traditions to subsequent generations.

Conclusions: Study findings elucidate multi-level targets for interventions to increase screening rates and ultimately, reduce disproportionate burdens of preventable CRC among South Asians in the U.S.

Future Recommendations: Quantitative research should focus on effect of socio-cultural factors influencing screening rates among South Asians. Salient determinants must be incorporated into culturally-appropriate programs and policies.

**Learning Objectives:**

At the end of this presentation, attendees will be able to:

1. Summarize unique patterns of colorectal cancer screening among South Asians in the U.S.
2. Describe unique facilitators and barriers to colorectal cancer screening among key South Asian subgroups
3. Identify potential targets for interventions aiming to increase CRC screening among South Asians, including distinct approaches for major subgroups

# Concurrent Sessions #1

**Topic:** Cancer Care

**Moderator:** Evaon Wong-Kim, MSW, MPH, LCSW, PhD

**Primary Presenter's Name & Credential(s):**

Toshali Katyal, BA, University of California, Berkeley

**Additional Presenters (if applicable):**

Sailakshmi Senthil Kumar, BA, University of California, Berkeley

**Abstract Title:**

Outreach and Dissemination of Colorectal Cancer Screening Guidelines in South Asian Communities

**Abstract Theme:**

Research Study

**Abstract:**

Background: Within the South Asian (SA) population, colorectal cancer (CRC) screening rates are comparatively low, with 41% for South Asians, compared to 47% in Asian Americans overall, 60% in non-Hispanic Whites, and 55% in African-Americans. Previous research demonstrates the advantage of culturally-tailored interventions.

Methods: We piloted our outreach strategies in SA organizations in the Bay Area by inviting SA physicians to present about CRC screenings and guidelines using a standardized slide deck, followed by a Q&A session. Tailored brochures regarding CRC screening were also distributed in Hindi and English. Additionally, we administered post-presentation surveys to the participants, which were later analyzed through Qualtrics.

Results: Several differences emerged in our survey data (n= 104). In general, we reached more men (57%), Hindi and English speakers (44% and 62%), and those who were Hindu, Muslim, or Sikh (46%, 24%, and 23%). The overwhelming majority of those who picked up a brochure chose one in English (93%) and said they would use and share it with their families. About 40% of males and 60% of females had not been screened for CRC before.

Conclusions: Educational interventions appear acceptable and feasible with the SA populations we engaged with. Our next goal is to supplement our findings with interviews with religious leaders in temples, mosques, and gurdwaras. Based on our survey findings, we will also expand language capacity for outreach. Additionally, we intend to gather information on the strategies preferred by community members through additional research in other SA populations (Pakistani, Sri Lankan, Indo-Fijian).

**Learning Objectives:**

- 1) Learn background on colorectal cancer screening in South Asian populations in the US.
- 2) Understand outreach and education preferences for South Asian populations living in the San Francisco Bay area.
- 3) Understand the barriers the South Asian population experiences in receiving education and information on colorectal cancer screenings.

# Concurrent Sessions #1

**Topic:** Cancer Care

**Moderator:** Evaon Wong-Kim, MSW, MPH, LCSW, PhD

**Primary Presenter's Name & Credential(s):**

Jane Hwang BS, MA

**Additional Presenters (if applicable):**

**Abstract Title:**

The Meanings of Social Support Among Asian Americans with Breast Cancer

**Abstract Theme:**

Research Study

**Abstract:**

**Problem Statement:** Compared to other racial/ethnic groups, Asian American women are experiencing increasing rates of breast cancer.

**Purpose:** This study qualitatively explores the meaning of social support among Asian American women with early stage breast cancer. **Methods:** This study utilizes in-depth interviews with 49, ethnically-diverse Asian American women with early stage breast cancer, and focused on their psychosocial experiences and the meanings of asking and receiving social support during diagnosis, treatment and post-treatment. Based on thematic analysis, two researchers coded and reviewed each transcript.

**Results:** Using grounded theory, key thematic findings illustrated that social support for these women emerged as three phases. Women, in phase zero, exhibited no disclosure of diagnosis/experiences, no willingness to receive and ask for support, and perceived isolated experiences. Women, in phase one, described a heavy reliance on one particular social support network/person, reluctance in expanding help-seeking attitudes, and feeling of wanting social support. Women, in phase two, illustrated an abundance of varied social support from an encompassing network, openness to communicate needs, and high perceived social support.

**Conclusion:** Throughout their continuum with breast cancer, Asian American women were in differing stages of soliciting and receiving social support.

**Future Recommendations:** Future research should explore how soliciting and receiving social support during breast cancer diagnosis, treatment and post-treatment may improve well-being for diverse groups, especially Asian American women. In addition, this study has implications for health and social service providers, families and friends who want to provide social support in culturally sensitive way with Asian American women.

**Learning Objectives:**

1. Asian American women with breast cancer are in varied levels of willingness to ask and receive for support.
2. There are tendencies to have higher perceived social support for Asian American women who are open to communicate needs.
3. There are tendencies to have lower perceived social support for Asian American women who do not communicate needs/diagnosis.

# Concurrent Sessions #1

**Topic:** Cancer Care

**Moderator:** Evaon Wong-Kim, MSW, MPH, LCSW, PhD

**Primary Presenter's Name & Credential(s):**

Kim F. Rhoads, MD, MS, MPH, FACS

**Additional Authors (if applicable):**

Michelle Moseley, MA, CHES; Eva Pardo, MPH

**Abstract Title:** UCSF Office of Community Engagement: Using Community Input to Improve Cancer Research, Equity and Disparities

**Abstract Theme:**

Community Engagement and Cancer Disparities

**Abstract:** Introduction Racial and ethnic disparities in cancer incidence and mortality have persisted for decades. The mission of the UCSF Helen Diller Comprehensive Cancer Center Office of Community Engagement (OCE) is to eliminate cancer inequities that cause disparities within the 48 counties that make up the Cancer Center catchment area. The strategic objectives of the OCE are 1) Developing and sustaining existing community partnerships between the HDFCCC, Community Advisory Board (CAB), and other community stakeholders; 2) Facilitating equitable community-academic partnerships for research and service; leveraging community expertise to inform and improve the relevance of UCSF cancer research to the diverse communities we serve; and 3) Disseminating new academic discoveries and community-engaged results to diverse communities within our catchment area. Approach To reach these objectives, the OCE facilitates quarterly meetings with the core Community Advisory Board (CAB); deploys cancer Community Health Educators (CHE) across the Greater Bay Area and hosts a second quarterly meeting called "CAB2: Chat & Chew," which is open to the public. At CAB2, CAB members, established community partners, community advocates, the cancer center patient and family advisory committee (PFAC), and prospective community partners engage in a reciprocal dialogue about the intersection between research, community needs, and cancer disparities. Results These activities have allowed us to expand interest in our CAB; increase community cancer knowledge and awareness; provide community feedback for UCSF researchers on current and proposed projects; increase community access to cancer information including the results of cutting edge cancer studies; and facilitate the formation of new community-academic partnerships. Cancer CHEs have educated hundreds of community members in English, Spanish, Chinese and Vietnamese languages. CAB 2: Chat & Chew meetings have reached nearly 50 unique community members and agencies from across the nine counties of the Greater Bay Area and fostered participation of community members in developing and ongoing cancer research. Conclusion: The HDFCCC OCE model of community engagement represents an important approach to addressing health inequities and cancer disparities. By intentionally requesting input from our community stakeholders and amplifying their expressed needs, our efforts will help make UCSF cancer center activities and research more relevant and responsive to the needs of the diverse communities we serve. Future efforts will need to highlight the interests and needs of Asian and Asian American community members.

# Concurrent Sessions #2

**Topic:** Mental Health

**Moderator:** Angela Tang, LCSW

**Co-Presenters:**

Natalie T. Ah Soon, MPH; Anila Pillai, MPH; Mory Chhom, MPH; Khanh Nguyen, MNPL

**Title:**

Youth Leadership Development and Mental Health Promotion Among Southeast Asians in the Tenderloin

**Theme:**

Culturally and Linguistically-Appropriate Mental Health Promotion - Community Program

**Abstract**

Background: The Asian and Pacific Islander Mental Health Collaborative is a prevention and early intervention program at RAMS is designed to meet the unique needs of six specific groups within the large APIs experiencing the most significant mental health disparities. Data shows that large pockets of APIs reside in predominantly low-income areas of San Francisco like South of Market, Tenderloin, Bayview-Hunters Point, Potrero Hill, and Visitacion Valley. To address the community needs, RAMS partners with the Vietnamese Youth Development Center (VYDC) to focus specifically on Southeast Asian youth.

Problem statement: Per the 2011-12 community needs assessment, the data identified barriers and stigma around mental health services in API communities, Samoan, Filipino, and Southeast Asian (Cambodian, Lao, & Vietnamese) groups experience the most disparities in mental health services and providers.

Methods: Developed a youth leadership development (YLD) curriculum based on the peer support model for Southeast Asian (SEA) youths to interest them in the health/mental health field to address the severe lack of SEA mental health providers. Cohort of 6-10 students recruited from SFUSD; meet monthly for 2-4 hour workshops; and co-facilitated by bilingual/bicultural facilitators.

Results: 50 students participated, with an age range of 14-18 years old. Equal number of female and male. From surveys, 87% of students reported an increase in knowledge about mental health as a result of participation.

Conclusion: Developing youth leadership and promoting mental health among SEA youth is feasible, acceptable, culturally relevant, and replicable.

Future recommendation: Creating YLD curriculum to educate and promote mental health among SEA youth is necessary. Engaging and empowering youth about their community and identity help in building resilience.

**Learning Objective (3)**

1. At the end of the presentation, participants will understand strategies for leadership development while promoting mental health among SEA youth.
2. At the end of the presentation, participants will learn about the SEA Youth Leadership Development curriculum.
3. At the end of the presentation, participants will understand the impact of SEA Youth Leadership Development curriculum among SEA youth.

# Concurrent Sessions #2

**Topic:** Mental Health

**Moderator:** Angela Tang, LCSW

**Primary Presenter's Name & Credential(s):**

Camillia K. Lui, PhD

**Abstract Title:**

California Reducing Disparities Project-Asian American Pacific Islander Population

**Abstract Theme:**

Community Program

**Abstract:**

The California State Department of Public Health's Office of Health Equity implemented Phase 2 of the California Reducing Disparities Project, a statewide prevention and early intervention effort to reduce mental health disparities in underserved communities—African Americans; Asian and Pacific Islanders (API); Latinos; Lesbian, Gay, Bisexual, Transgender, Queer/Questioning (LGBTQ); and Native American/Alaska Native. Seven API community organizations/collaboratives were funded to implement and demonstrate effectiveness of their community-defined evidence practices (CDEP) to reduce mental health disparities. As part of the technical assistant provider team for the initiative, we are looking for opportunities to showcase their work. Two organizations, Hmong Cultural Center of Butte County's Zoosiab program and East Bay Asian Youth Center's Sacramento program, are submitting abstracts to present their community-defined evidence practices at this conference.

At this time, and using this abstract submission form, I'd like to request that the two programs be grouped together.

If you have any questions, feel free to contact me. I'm happy to do an introduction about this statewide initiative or help moderate the session if needed. Here's more info about CRDP and the funded API orgs: <https://www.ssgresearch.org/crdp>

Thank you for considering

**Learning Objectives:**

1. Describe California Reducing Disparities Project and its overall goals.
2. Define community-defined evidence practices (CDEP).
3. Engage in discussion on how CDEPs can support API communities in reducing mental health disparities

# Concurrent Sessions #2

**Topic:** Mental Health

**Moderator:** Angela Tang, LCSW

**Primary Presenter's Name & Credential(s):**

Ruthie Chang, EdM

**Abstract Title:**

Promising Practices in a Pilot Program for At-Risk Southeast Asian Youth

**Abstract Theme:**

Research Study

**Abstract:**

The East Bay Asian Youth Center (EBAYC) Sacramento program serves teens from Southeast Asian immigrant families experiencing on-going trauma, including instability from mental health disorders within families resulting from war and refugee experiences, alcohol and drug addiction; racially-motivated violence; gang involvement; and persistent poverty. From 2017 to 2021, EBAYC Sacramento, a community-defined evidence program as part of the California Reducing Disparities Project, is piloting an 18-month cohort-based program to reduce mental health problems through gender-specific counseling, group work, service navigation and culturally-competent staff. The program evaluation by Hatchuel Tabernik & Associates utilizes a mixed-methods pre-/post- quasi-experimental approach, combining qualitative data from interviews and focus groups with quantitative data from program service and school records, surveys and assessments to measure the program's impact. Preliminary findings show that program youth were better off academically, socially, and had a greater sense of purpose. Youth improved their grade point averages and attendance; demonstrated increases in protective factors (i.e., finding strength in their culture) with corresponding reductions in risk factors (i.e., feelings of hopelessness, depression); and self-reported a positive change in the direction of their lives as a result of their EBAYC involvement. Similarly, parents described seeing improvements to their children's confidence, social isolation, and academic achievement. Overall, EBAYC Sacramento appears to be successfully reducing mental health risk factors for youth in a positive and culturally appropriate way. Programs targeting at-risk Southeast Asian youth should consider employing counselors with the cultural background as well as lived experiences of the youth served.

**Learning Objectives:**

After this presentation, attendees will be able to identify the key components of EBAYC Sacramento's youth program

After this presentation, attendees will be able to describe the program impacts of EBAYC's Sacramento program and the different impacts depending on youth gender

After the presentation, attendees will reflect on the aspects of culture in EBAYC's approach

# Concurrent Sessions #2

**Topic:** Mental Health

**Moderator:** Angela Tang, LCSW

**Primary Presenter's Name & Credential(s):**

Yia Xiong, MPH

**Additional Presenters (if applicable):**

Payong Xiong

**Abstract Title:**

Zoosiab, A Mental Health Program for Hmong Elders

**Abstract Theme:**

Community Program

**Abstract:**

As refugees, Hmong not only experienced war trauma, but faced hardships and mental health problems in their transition to the United States. Hmong elders in Butte County have limited English proficiency and cultural orientation to the U.S. which restrict their communication, engagement, and social integration. There are no mental health services that are culturally and linguistically competent to support the Hmong community. This presentation describes Zoosiab, a Community-Defined Evidence Practice (CDEP) in Butte County to reduce mental health problems and provide skills and opportunities for increased engagement among Hmong elders.

Zoosiab is an on-going program for Hmong older adults aged 50+. Pre/post surveys among participants assessed their beliefs, attitudes, and knowledge in these topics: cultural activity, health education, mental health, life skills, and physical activity every eight weeks.

Seventy-two Hmong older adults (ages 44-98) participated in Zoosiab. Zoosiab has helped reduce social isolation, stress, increased knowledge about culturally and linguistic mental health resources; and self-efficacy among Hmong elders. 60% of participants' knowledge of mental health education increased from a 58% (at pre) to 67% (at post).

Western mental health treatment consisting of discrete psychotherapy sessions in a therapist's office, with an emphasis on verbal interactions in the context of a supportive, professional, relationship is ineffective for Hmong elders. Zoosiab effectively addresses mental health needs in the Hmong community through group-based, culturally-relevant activities.

Programs serving Hmong should be culturally-centered and defined, incorporating practices that arise from the values and norms of Hmong culture and not following Western approaches.

**Learning Objectives:**

1. Explain the root causes of Hmong mental health issues.
2. Describe Hmong practices to address mental health among Hmong older adults.
3. Evaluate the barriers to outreach and utilization of mental health services among Hmong older adults.
4. Evaluate the effectiveness of Community-Defined Evidence Practices for improving mental health of Hmong older adults.

# Concurrent Sessions #2

**Topic:** Mental Health

**Moderator:** Angela Tang, LCSW

**Primary Presenter's Name & Credential(s):**

Beemy Nguyen, Daniel Nava, & Jimmy Quach

**Abstract Title:**

HIV testing trends amongst young adults in the LGBTQIA+ and cis-hetero Asian American, Native Hawaiian and Pacific Islander populations in the San Francisco Bay Area

**Abstract Theme:**

Community Program

**Abstract:**

Background

In San Francisco County, new HIV diagnoses among AANHPI increased from 8% (2009) to 13% (2017). In Santa Clara County, nearly one-quarter (24%) of new HIV cases were among AANHPIs. Both counties report higher rates than statewide (6%) and nationally (3%) reports. To address increasing HIV rates we focused on awareness and promotion of HIV testing, federally recognized form of prevention. We collected a health risk behavior screening survey from AANHPI adults in San Francisco and Santa Clara Counties.

Methods

We collected 495 in-person surveys from those who identified as AANHPI, ages 18-24 years old, at college campuses, community events, and hosted gatherings in San Francisco and Santa Clara Counties. The survey documented HIV testing history and other sexual and health behaviors.

Results

A higher percentage of those who identified on the LGBTQIA+ spectrum compared to heterosexuals reported ever being tested (60% vs. 29%) and tested in the last six months (44% vs. 15%) ( $p=.00$  for both). Within the LGBTQIA+ spectrum, those identifying as lesbian, gay or queer had the highest ever tested rates (71%), compared to those identified as bisexual (49%) and other identified (35%) ( $p=.00$ ).

Conclusions

While the testing rates are high for some on LGBTQIA+ spectrum, the low rates for heterosexuals, bisexuals and other identified raises concern about cross-community exposure, thus testing becomes important.

Future Recommendations

It is important for funders and programs to encourage HIV testing as a method for early detection and reduce the possibility of spreading HIV.

**Learning Objectives:**

1. Identify norms and attitudes towards HIV testing in the AANHPI young adults between 18-24
2. Assess the gap in HIV testing rates for Homosexual compared with those who identify as cis Heterosexual, bi sexual and other individuals
3. Identify HIV testing trends among AANHPI in the San Francisco Bay Area

# Concurrent Sessions #2

**Topic:** Chronic Disease

**Moderator:** Arnab Mukherjea, DrPH, MPH

**Authors:**

Van Ta Park\*<sup>1</sup>, Oanh Meyer<sup>2</sup>, Joshua D. Grill<sup>3</sup>, Quyen Vuong<sup>4</sup>, Joon Bang<sup>5</sup>, Alka Kanaya<sup>6</sup>, Diana Lau<sup>7</sup>, Joel Hay<sup>8</sup>, Cynthia Gong<sup>9</sup>, Dolores Gallagher-Thompson<sup>10</sup>, & Ladson Hinton<sup>11</sup>

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<sup>10</sup> UCD, Betty Irene Moore School of Nursing

<sup>11</sup> UCD, Department of Psychiatry and Behavioral Sciences

**Title**

Paving the way for the Meaningful Inclusion of Asian Americans and Pacific Islanders (AAPI) in Alzheimer's Disease and Related Dementias (ADRD) Clinical and Caregiving Research

**Abstract**

Alzheimer's disease is the fourth leading cause of death in California compared to sixth in the United States, and the number of Americans living with Alzheimer's Disease and Related Dementias (ADRD) is expected to increase from 5.7 to 14 million by 2050. It is important to ensure that underserved communities, such as Asian Americans and Pacific Islanders (AAPI), are engaged and educated on ADRD as disparities exist in knowledge about and supports for ADRD. AAPI caregivers also experience disparities in depression, burden, and physical health compared to non-Hispanic White caregivers even though AAPI are the most rapidly growing racial group of older Americans at risk for ADRD. Research participation from AAPI are limited and the sparse research suggests that AAPI are interested in being engaged, but that various concerns (e.g. lack of cultural/linguistic information and mistrust) need to be addressed in order to improve participation in ADRD research, including clinical trials participation. To overcome these barriers to ADRD clinical and caregiver research participation, culturally appropriate and innovative recruitment strategies from a collaborative team of trusted sources of information (e.g. community partners) are necessary. This presentation will introduce and discuss several past, present and future ADRD research for AAPI, and especially highlight the importance of caregiving and community engagement efforts. The meaningful inclusion of AAPI into ADRD clinical and caregiving research is timely and critical to reduce ADRD-related disparities for this underserved and rapidly growing population.

**Learning Objectives:**

1. Describe the current state of Alzheimer's disease and related dementias (ADRD) research among Asian Americans and Pacific Islanders (AAPI).
2. Understand the role of community partners in ADRD clinical and caregiving research among AAPI.
3. Recognize the importance of the meaningful inclusion of AAPI in ADRD clinical and caregiving research.

# Concurrent Sessions #2

**Topic:** Chronic Disease

**Moderator:** Arnab Mukherjea, DrPH, MPH

**Primary Presenter's Name & Credential(s):**

JiWon Choi PhD, RN

**Additional Presenters (if applicable):**

Juhyun Cho BS, Nah-Mee Shin PhD, Jane Jih MD, MPH, MAS, & Janice Tsoh PhD

**Abstract Title:**

Women's Active Living for Koreans (WALK) Study: Qualitative Analysis

**Abstract Theme:**

Research Study

**Abstract:**

Background: Asian Americans including Koreans are at risk for metabolic syndrome, a cluster of risk factors for developing cardiovascular disease and type 2 diabetes. Although lifestyle modification including regular physical activity reduces the risk of metabolic syndrome, physical inactivity is prevalent among Korean Americans, especially, women. Thus, a lifestyle modification program called Women's Active Living for Koreans (WALK) was developed using community-based participatory approach and tested in a pilot randomized controlled trial. The purposes of this analysis were to understand enablers and barriers to continued engagement in the WALK Study.

Methods: We conducted a pilot randomized controlled trial in 40 women and qualitative data were obtained from 37 women who completed exit interviews. The inclusion criteria were: 1) Korean American women; 2) sedentary lifestyle at work and/or during leisure time; 3) 40-69 years of age; 4) having intention to be physically active; and 5) having a smartphone with which KakaoTalk, a popular mobile messaging application among Koreans, was compatible.

Results: A community advisory board (CAB) was formed and the research team presented the purpose and procedures of the study to CAB meetings. After the data collection was completed, preliminary findings were presented to the CAB to solicit the interpretations of the findings. The mean ( $\pm$  SD) age was  $48 \pm 6$  years; 35% had never exercised regularly as an adult. Korean American women reported individual, interpersonal, and community-related enablers and barriers to physical activity participation.

Conclusion: Participants expressed interest in lifestyle modification using social networks and mobile technology. Such a program that reinforces the enablers and reduces the barriers that we identified may be able to help motivate participants to increase their physical activity.

**Learning Objectives:**

1. To describe how community-based participatory approach can be applied to physical activity research
2. To understand the enablers and barriers of physical activity in Korean American women

# Concurrent Sessions #2

**Topic:** Chronic Disease

**Moderator:** Arnab Mukherjea, DrPH, MPH

**Primary Presenter's Name & Credential(s):**

Maria Lourdes Bayog, PhD, RN, CNS, PHN, CCRN

**Additional Presenters (if applicable):**

Hillary Peregrina

**Abstract Title:**

Tiwala and Dim Sum: Recruitment of Filipino and Chinese Dyads for Community-Based Diabetes Research

**Abstract Theme:**

Research Study

**Abstract:**

In the US, Type 2 diabetes (T2D) accounts for 90-95% of all diagnosed diabetes. Diabetes prevalence for adults over 50 years is higher among Asian Americans compared to non-Hispanic whites. The two largest Asian subgroups are Filipinos and Chinese, with diabetes prevalence of 8.9% in Filipinos and 4.4% in Chinese. There are limited studies focused on diabetes care for these populations.

Our community-based study assessed family dynamics and support among older Filipino and Chinese Americans with T2D and their adult child. We examined facilitators and barriers for recruitment and retention.

A cross sectional, mixed-method study design was employed, using quantitative self-administered online surveys (N=208) and qualitative in-depth individual and dyadic interviews (N=30) available in multiple languages.

Filipinos preferred in-person contact to build trust while Chinese were likely to participate if they were passionate about the study, felt they were helping their family/community, the other family member was willing to participate, an incentive was provided, and convenience. Recruitment and study completion were most successful with referrals from family, friends, and community leaders. Participant engagement was more successful when researchers spoke Tagalog/Mandarin/Cantonese and mentioned family values.

Barriers to recruitment for Filipinos and Chinese included distrust (Filipinos were afraid to provide personal information; Chinese were difficult to engage by telephone), difficulty with technology, and family privacy issues. Unique barriers were fatalistic beliefs (Filipinos) and time constraints (Chinese).

Future studies with Filipinos and Chinese should incorporate these unique differences during community outreach as well as emphasizing in-person assistance during participant recruitment and survey administration.

**Learning Objectives:**

At the end of this presentation, audience members will be able to:

1. Summarize recruitment opportunities implemented by the CARE-T2D researchers.
2. Describe the facilitators and barriers for recruiting Filipinos and Chinese into research studies.
3. Understand the implications of unique ethnic differences in recruitment of Filipinos and Chinese Americans for future research studies.

# Concurrent Sessions #2

**Topic:** Chronic Disease

**Moderator:** Arnab Mukherjea, DrPH, MPH

**Primary Presenter's Name & Credential(s):**

Joyce Cheng, MS

**Additional Authors (if applicable):**

Angela Sun, PhD, MPH; Quynh Bui, MD, MPH; Janice Y. Tsoh, PhD; Tung T. Nguyen, MD; Stephen McPhee, MD; Virginia Gildengorin, PhD; Ky Lai, MD, MPH; Joanne Chan, BA

**Abstract Title:**

Advance Care Planning among Chinese and Vietnamese Americans who Attend Churches

**Background:**

Few studies have examined completion of advance directives (AD) in Asian Americans. Little is known about advance care planning (ACP) among Asian Americans who attend churches. We describe AD completion and associated attitudes and beliefs among church-going older Chinese and Vietnamese American adults age 50 and older.

**Methods:**

A convenience sample of 140 Chinese (79% female, 96% immigrants) and 131 Vietnamese (27% female, 99% immigrants) adults age 50 and older who attended 2 Chinese and 2 Vietnamese Christian churches in Northern California answered a self-administered, paper survey. The survey assessed awareness and completion of AD (Living Will or Durable Power of Attorney for Health Care [DPOA]) and associated attitudes, beliefs, influences, and norms.

**Results:**

Most respondents had never heard of a Living Will (50% Chinese, 78.6% Vietnamese) or DPOA (56.1% Chinese, 79% Vietnamese). Few (20.7% Chinese, 13.5% Vietnamese) had completed an AD. The most commonly reported influence on AD completion was family (51.4% Chinese, 50.8% Vietnamese), followed by church leaders or spiritual beliefs (38.6% Chinese, 29.4% Vietnamese). Fewer chose their physicians (17.1% Chinese, 11.9% Vietnamese) as an influence on AD completion. Over 80% of both Chinese and Vietnamese felt that ADs were compatible with their spiritual beliefs. Over 70% felt their church leaders supported ADs.

**Conclusions:**

AD awareness and completion rates were low among Chinese and Vietnamese American churchgoers. They perceived support from church leaders and compatibility with spiritual beliefs for AD completion. Church-based or family-based interventions to increase AD awareness and completion among Asian American church attendees may be effective. This intervention could potentially be adapted into patient/community education practices. CCHRC adapted the intervention into its regular programs and services in collaboration with its affiliated health care system. The AD education and form completion was offered in a various format such as community events, seminars and individual assistances.

**Learning Objectives:**

Participants will:

- 1) Understand the prevalence of ACP activities in Chinese and Vietnamese faith communities
- 2) Describe attitudes and beliefs that influence AD/ ACPs in Chinese and Vietnamese.
- 3) Recognize the potential for churches and patient/community education programs as venues for promoting ADs.

# Concurrent Sessions #3

**Topic:** Substance Use

**Moderator:** Janice Tsoh, PhD

**Primary Presenter's Name & Credential(s):**

Jane Hwang BS, MA

**Abstract Title:**

Korean Immigrant Women's Caregiving in the Context of Tobacco Use: Implications for Interventions

**Abstract Theme:**

Research Study

**Abstract:**

Background: Korean American men with limited English proficiency have high smoking prevalence. This study explores Korean communication between Korean American smokers and their family or peers in the context of tobacco. Methods: In-depth interviews were conducted in Korean with 10 dyads of a smoker and their interview partner of the same household. Each interview was audio-recorded, transcribed and translated into English. Using grounded theory method, two researchers coded each transcript. Results: The sample included 11 daily smokers (2 females), 2 former male smokers, and 7 female never-smokers with median age of 56 (range: 24-77 years old). All female participants, regardless of smoking status, communicated their desires for their loved ones to quit smoking in a form of caregiving, which they described as an expected role as wives or mothers in the Korean culture. The behavioral forms included verbalizing support or concerns, and doing personal favors. The cognitive forms included silently waiting, being cognizant of smoking behaviors, and worrying about their smokers' health. Many women had negative feelings of unworthiness and hopelessness due to their loved ones' continued smoking. Smokers responded with mixed feelings of anger and gratitude. Ultimately, these emotions have relational consequences of avoidance in communication and conflicts. Conclusion: Korean women engage in behavioral and cognitive forms of caregiving to advocate for smoking cessation. Certain forms of caregiving, however, unintentionally lead to strained conflicts. Future Recommendations: To understand which forms of caregiving from both nonsmokers and smokers can yield positive, helpful changes towards better communication and ultimately smoking cessation.

**Learning Objectives:**

1. Korean women are already daily partaking in behavioral and cognitive caregiving forms to advocate for smoking cessation in their partners.
2. The physical forms of caregiving include verbalizing requests or aiding in tangible services. The emotional forms of caregiving include waiting in silence, being cognizant of smoking behaviors, and worrying about health concerns.
3. To understand which forms of caregiving from both nonsmokers and smokers can yield positive, helpful changes towards better communication and ultimately smoking cessation.

# Concurrent Sessions #3

**Topic:** Substance Use

**Moderator:** Janice Tsoh, PhD

**Primary Presenter's Name & Credential(s):**

Kara Young, MA

**Additional Authors (if applicable):**

Flora Zhang, Joyce Cheng, MS, Janice Tsoh, PhD, Angela Sun, PhD, MPH

**Abstract Title:**

Lessons learned from using WeChat to enroll

**Abstract:**

Background: Research studies have shown the effectiveness of using social media for recruitment and enrollment with adolescents and younger adults, but there is a gap in the literature available regarding the feasibility and effectiveness of implementing social media use in trials targeting older populations with limited English proficiency (LEP).

Objective: To test the feasibility of using social media, specifically WeChat, for the enrollment of a Chinese immigrant population in future health-related interventions.

Methods: A local health plan provided a list of patients who were potentially eligible for the study. Calls were then placed and eligible candidates who confirmed their willingness to participate in the study were enrolled into the program with their WeChat ID or the telephone number associated with their WeChat account. Consent to participate was given either via WeChat or in person. To be considered "enrolled," participants needed to complete a baseline survey that was sent to them via WeChat.

Results: In total, 86 enrollment appointments were made, which resulted in 64 enrolled participants. Of the 64 participants who provided their consent for enrollment, 50% had no problems and/or asked no questions regarding the use of WeChat 41% of participants needed some assistance to complete the online survey, and 9% of participants elected to complete enrollment in-person. The barriers to study enrollment using WeChat included trust and difficulty with using the technology, however after some instruction enrollment through WeChat was found to be effective for the targeted population.

Conclusions: Researchers were able to gain insight into the target participants' technological abilities and preferences. Specifically, it was concluded that enrollment through WeChat is feasible and welcomed, though some individuals may need initial one-on-one instruction to use the app.

**Learning Objectives**

- Determining push and pull factors of enrollment with social media
- Understanding the feasibility of utilizing social media to enroll study participants
- Future applications of social media in research studies

# Concurrent Sessions #3

**Topic:** Substance Use

**Moderator:** Janice Tsoh, PhD

**Primary Presenter's Name & Credential(s):**

Christina Tam, PhD, MSW

**Abstract Title:**

Investigating heavy drinking within multiple sociocultural contexts for Asian Americans

**Abstract Theme:**

Research Study

**Abstract:**

**PURPOSE:** Ethnic enclaves (i.e., areas with residents who share an ethnic heritage) are sources of resiliency against health risk behaviors such as heavy episodic drinking (HED). Enclave effects, however, may vary by nativity status (US- vs. foreign-born) for Asians. The primary aim of this study assesses whether enclave residence would be more protective against HED for US-born relative to foreign-born in a representative sample of Asians surveyed in California.

**METHODS:** We used the California Health Interview Survey, years 2011-15, to determine whether ethnic density protects against past-month HED for Asian adults ( $n = 8,574$ ) by nativity status. Respondent ethnicity was matched with contextual data from the American Community Survey (2011-15) to generate proportion ethnic density (i.e., ethnic enclaves) in their respective Census tracts. Weighted logistic regression models were estimated using the full sample and stratified by nativity status. To examine moderating effects by nativity, we interacted nativity with ethnic density.

**RESULTS:** US-born had greater odds of reporting HED than foreign-born ( $OR = 1.88, p < .01$ ), and ethnic density was protective ( $OR = 0.09, p < .01$ ). The interaction between ethnic density and nativity was not statistically significant. In nativity-stratified models, the protective effect of ethnic density remained for US-born only ( $OR = 0.02, p < .01$ ). Further, differences by ethnicity and language use were observed in US-born and foreign-born only models, respectively.

**CONCLUSION:** In addition to neighborhood ethnic density, risks for HED vary by nativity status.

**RECOMMENDATION:** Future research should delve into social mechanisms to explain these associations.

**Learning Objectives:**

1. Demonstrate culturally-relevant neighborhood effects of heavy drinking among Asians using a general population survey
2. Investigate differences in heavy drinking by nativity (US- and foreign-born) for Asians
3. Conclude there are different mechanisms within certain contexts among Asians for interventions targeting heavy drinking

# Concurrent Sessions #3

**Topic:** Substance Use

**Moderator:** Janice Tsoh, PhD

**Primary Presenter's Name & Credential(s):**

Melinda Liu

**Additional Presenters (if applicable):**

Dennis Ordonez, Allison Quach, Joyce Cheng, MS and Angela Sun, PhD, MPH

**Abstract Title:**

A youth-led education program on e-cigarettes

**Abstract Theme:**

Community Program

**Abstract:**

Background

E-cigarettes are devices that vaporize a flavored nicotine-based liquid. Nicotine affects the development of the brain's pleasure center, which makes it more susceptible to other drugs, like cocaine. Nicotine also affects parts of the brain that control attention, learning, and mood and impulse control. E-cigarettes can look like a pen or a phone case. Their vibrant colors and variety of flavors also attract teenagers and promote chronic use of them. Educational videos have shown to be effective in delivering health messages.

Purpose

Testing an educational video, Intro to E-cigarettes, among youth.

Method

Six students of ages 15-18 years old were recruited from the Health and Behavioral Sciences Lab at John O'Connell High School. The in-person focus group lasted 30 minutes. The meeting was facilitated by 2 youths who attended training on conducting focus groups prior to holding the focus group. The students were asked to watch the video which was 2 minutes in length and provide their feedback through guided questions.

Results

All focus group participants indicated that they learned about e-cigarettes and different flavors of e-cigarettes that exist. However, the youth participants would like the video to be 3 minutes long and suggested other improvements, such as font size and background music volume.

Conclusions

Educational videos have shown to be a useful tool to convey health messages. Focus groups are effective tools to test educational materials such as videos. The information gathered helps to tailor the educational materials to the intended target audience.

**Learning Objectives:**

- Identifying at least two principals in developing educational videos
- Purpose of conducting focus groups
- Receiving feedback on how educational video can be improved

# Concurrent Sessions #3

**Topic:** Traditional Complementary Medicine and Help Seeking

**Moderator:** Evelyn Ho, PhD

**Primary Presenter's Name & Credential(s):**

Michael Liao, MSW

**Additional Presenters (if applicable):**

Katrina Alvarado, MA Education Candidate

**Abstract Title:**

Treating Asian Americans with CLAS (Culturally and Linguistically Appropriate Services)

**Abstract Theme:**

Community Program

**Abstract:**

While some Asian American groups thrive in the US and have access to quality behavioral health care services, many communities, particularly new immigrant groups and those with limited English proficiency, are struggling to access health care services because they are unable or afraid to seek help. Data from the California Health Interview Survey (CHIS) show that Asian Americans have the highest rate of feeling like they needed help but not seeking or receiving treatment for emotional and psychological issues compared to other race groups.

In order to fully reach this underserved population, organizations must have a clear blueprint for addressing the cultural and linguistic needs of the community. NICOS Chinese Health Coalition's Culturally and Linguistically Appropriate Services Advocacy, Consultation, and Training (CLAS ACT) program attempts to expand culturally responsive treatment in the City and County of San Francisco and beyond through free education and workshops. The program was developed under the framework of the federal Office of Minority Health's 15 standards for Culturally and Linguistically Appropriate Services (CLAS), and represent a "gold standard" for culturally responsive service.

This highly interactive workshop will illustrate what CLAS looks like in the context of serving Asian Americans, all the while recognizing the wide diversity that exists within this racial group. Participants will learn about key mental health and addiction issues across Asian American populations. Participants will also be offered resources on how they can build CLAS into their organizations, including individualized follow-up consultation and training.

**Learning Objectives:**

After this workshop, participants will:

- Be able to list at least 4 of the 15 CLAS standards, including their function as an organizational framework
- Be able to describe the practical application of cultural and linguistic competence across the continuum of health-based interventions
- Be able to identify the benefits and challenges in adopting the CLAS framework

# Concurrent Sessions #3

**Topic:** Traditional Complementary Medicine and Help Seeking

**Moderator:** Evelyn Ho, PhD

**Primary Presenter's Name & Credential(s):**

Esther Jia Mian Chen, L.Ac, MSTCM

**Abstract Title:**

Traditional Complementary Medicine in Post Stroke Care

**Abstract Theme:**

Community Program

**Abstract:**

The World Health Organization (WHO) published and stated that acupuncture is effective in the treatment of early paralysis after strokes and also in treating hemiplegia secondary to cerebral infarction. Clinical studies have shown that acupuncture can yield a wider, more successful range of results in treating hemiplegia over conventional western treatment methods. Thus it may be advisable to utilize acupuncture to treat paralysis if initial physical therapy progress is not promising. In recent years, with the increasing numbers within the geriatric population, the number of strokes among the Asian American population in San Francisco has likewise seen a rise. All of these Asian American patients were first hospitalized before the diagnosis was confirmed by scan to determine the etiology. Medications were then administered accordingly. However, conventional or allopathic western medicine did not always improve mobility or somatosensory function after hospital discharges. By introducing the eastern approach of medicine which has a history of over 4000 years into the treatment plan, this complementary treatment has yielded beneficial effects in the quality of patient's lives. Various modalities have been utilized to treat motor weakness and improve range of motion. In my 14 years of clinical practice, I encountered a number of Asian American patients for which the diagnosis of stroke had been made. My implementation of acupuncture in conjunction with TCM resulted in promising results. They were noted to show an improved gain in strength to 80-98% of normal. I am presenting three examples of the above work at this conference.

**Learning Objectives:**

- 1) Acupuncture and TCM modalities can aid in post stroke rehabilitation.
- 2) A number of methods used in Acupuncture and TCM may aid in post stroke rehabilitation
- 3) Awareness of promoting a health care team approach to post stroke management which would include Acupuncture and TCM

Future recommendations

Integrative medicine is an emerging medical discipline that attempts to apply standards of experimental rigor and peer review to claims about the effectiveness of complementary therapies. In addition, most major medical centers and cancer centers have an extreme interest in integrative medicine especially in Traditional Chinese Medicine (TCM).

Health care professional should be made aware of the potential of acupuncture and TCM as integrative treatment modalities in the immediate post stroke phase by increasing passive as well as active range of motion. There may also be gains made in motor strengthening.

# Concurrent Sessions #3

**Topic:** Traditional Complementary Medicine and Help Seeking

**Moderator:** Evelyn Ho, PhD

**Primary Presenter's Name & Credential(s):**

Anagha Narasimha Prasad- Bachelors of Naturopathy and Yogic Sciences and,  
Post- baccalaureate in Dietetics

**Abstract Title:**

Effect of electro-acupuncture, massage, mud, and sauna therapies in patient with rheumatoid arthritis

**Abstract Theme:**

Research Study

**Abstract:**

A case study of 48-year-old South-Asian woman diagnosed with rheumatoid arthritis(RA) is presented here. Since 7 years, the woman had recurrent pain in multiple joints and had swelling predominantly in small joints that aggravated in the mornings. The condition was associated with deformities in fingers and toes. The patient had difficulty with sleep, expressed decreased quality of life and reported depression, anxiety, and stress after unsuccessful attempts for treatment with medications.

Electro-acupuncture, Massage, Mud, and Sauna therapies(EMMS) is a cumulative therapy protocol consisting of 14 sessions of Electroacupuncture, 18 sessions each of Swedish Massage and Mud-bath, 3 sessions of Sauna therapies for the designated durations. The patient was prescribed EMMS for 3 weeks at Naturopathy hospital in Ujire, India.

The assessment during and post-intervention indicated a decrease in Visual Analog Scale score for pain, 'Depression, Anxiety, and Stress scales', Pittsburg Sleep Quality Index scores, weight, and Body Mass Index. There was an improvement in the scores for 10-Meter Walk Test, Isometric handgrip test and Short form-36 version-2 health survey scores, hemoglobin, total WBC and neutrophils.

Thus, EMMS therapy proves to be an effective treatment for patients with RA with improved physical functions, decreased pain, reduced scores for depression, anxiety, and stress, leading to a better quality of sleep and quality of life with no side-effects. The combination of the therapies to provide effective results contributed to the uniqueness of the study. Larger sample size and advanced inflammatory markers will help solidify the results from this study.

**Learning Objectives:**

1. To describe Electroacupuncture, Massage, Mud, Sauna (EMMS) Therapy as a pain management protocol for Rheumatoid Arthritis.
2. To compare the effectiveness of EMMS combination with conventional medicine.
3. To elucidate improvements in the physical, mental and emotional state of the patient through holistic Naturopathy treatment.

# Concurrent Sessions #3

**Topic:** Traditional Complementary Medicine and Help Seeking

**Moderator:** Evelyn Ho, PhD

**Primary Presenter's Name & Credential(s):**

Diane Qi, Medical Student at UCSF School of Medicine

**Abstract Title:**

Provider Engagement with Chinese Medicine Use in a Biomedical System:  
A Spotlight on Challenges of Realizing Cultural Humility

**Abstract Theme:**

Research Study

**Abstract:**

**Background:** There is growing recognition of the importance of cultural humility in patient care. In addition, it is known that traditional medicines and practices can have deep cultural roots and be widespread in immigrant and minority communities. For instance, Chinese Medicine (CM) practices are deeply rooted in the Chinese American immigrant community. However, there has been little examination of how providers attempt to realize cultural humility through engaging with CM and the challenges that arise.

**Methods:** As part of a larger study of integrative nutritional counseling, we interviewed 21 MD providers and Certified Diabetes Educators. The interviews assessed thoughts regarding implementation of dietary interventions that integrate CM and biomedical concepts.

Interviews were recorded and transcribed. Qualitative thematic analysis of interview text was performed with Dedoose software.

**Results:** Many providers wished to engage with CM due to recognition of the cultural importance of CM to immigrant Chinese American patients. However, providers encountered challenges with engagement that included: lack of knowledge, concern of risk, and divergence from evidence based medicine. To address these challenges, providers implemented strategies that included: focusing on biomedical interpretations of CM, prepared warnings of risk, allowing CM conversations without support or discouragement. While these strategies allowed providers to converse, these strategies may not lead to substantive dialogue around CM use.

Biomedical providers face challenges in the negotiation of evidence based biomedicine and cultural humility.

**Future Recommendations:** There is need for development of tools to support providers in engaging with CM and other traditional health practices with cultural humility.

**Learning Objectives:**

1. Understand how Chinese Medicine and other complementary medicines and health practices are relevant to cultural humility.
2. Explore the challenges biomedical providers face in realizing cultural humility when engaging with patients that use CM and other traditional medicines and health practices.
3. Understand the tension between the concept of evidence based medicine and the concept of cultural humility in the context of Chinese Medicine use and use of other traditional medicines and health practices.

# Poster Sessions

**Authors:** Asians Against Violence (AAV)

**Abstract Title:**

A Local Alliance utilizing International Networks and Mobile Technology to Promote Child Sexual Abuse Prevention Globally

**Background:**

World Health Organization reports that the prevalence of sexual violence among boys and girls under 18 internationally is 73 million and 150 million respectively. Child sexual abuse is a topic associated with significant stigma and there are limited prevention programs utilizing mobile platforms for global outreach efforts.

**Methods:**

An alliance of locally-based organizations, with the mission to prevent violence and abuse in communities through local, national, and international collaborations, adapted a children's storybook on child sexual abuse prevention and reporting into a multilingual (English, Spanish, Chinese, Korean, Vietnamese, Tagalog) educational mobile tool through local partnerships. The focus group-tested tool intended to empower children and promote dialogue among children, parents, and professionals working with children. The tool was developed with the intention of raising awareness globally. Awareness efforts included involving ethnic media networks, collaborating with the alliance's network partners and their international contacts, online and social media networks, mobile application stores, community events, and international conferences.

**Results:**

The tool received positive feedback and requests from the target audience. The tool has received over 1208 downloads from mobile application stores in Australia, Canada, China, Germany, India, France, Malaysia, Netherlands, Philippines, United Kingdom, United States, Vietnam. The tool has also been promoted through Social Media Networks (770 followers and 160 postings), websites (910 views), ethnic media (10,179 impressions), and international conferences (2,400 impressions).

**Conclusions:**

Local and international collaborations and mobile platforms can be venues for promoting violence prevention programs globally, including topics associated with stigma.

**Learning Objectives:**

Participants will:

- 1) Recognize the potential for mobile platforms to prevent violence and disseminate related resources and programs on a global scale
- 2) Be able to describe how local efforts of violence prevention, including topics associated with stigma, can transcend globally through local, national and international collaborations, mobile platforms, social networks, and social media.
- 3) Will identify educational strategies in delivering messages on childhood sexual abuse prevention to children, parents, educators, providers and policy makers.

# Poster Sessions

**Primary Presenter's Name & Credential(s):**

Camillia K. Lui, PhD

**Additional Presenters (if applicable):**

Won Kim Cook, PhD; Christina Tam, PhD

**Abstract Title:**

Drinking Patterns Among Asian Americans

**Abstract Theme:**

Research Study

**Abstract:**

Background

Asian Americans (AA) have lower alcohol consumption and heavy drinking compared to other racial/ethnic minorities. However, given distinct drinking cultures and heterogeneity between groups, some AAs may have riskier drinking patterns than others. This presentation will highlight drinking patterns for Chinese, Southeast Asian, Filipino, South Asian, Japanese/Korean, and a combined other AA group.

**Methods**

Secondary data analysis was conducted on a nationally-representative AA adult sample (n=2,978) from the National Epidemiologic Survey on Alcohol and Related Conditions waves II and III. Descriptive statistics with chi-square and t-tests were used to examine significant differences in drinking patterns between AA subgroups and gender.

**Results**

Lifetime abstinence was most prevalent in South Asians (42%), followed by Southeast Asians (29%) and Chinese (27%), and least prevalent for Japanese/Koreans (17%) and Filipinos (18%). Among current drinkers, the majority were low-risk drinkers ( $\leq 7/14$  drinks per week for women and men). However, high-risk drinking (including monthly heavy episodic drinking, 5+ drinks) was evident for Japanese/Koreans (19%), Filipinos (16%), and Southeast Asians (15%), with preferences for beer and spirits. Whereas beer and wine are more often drunk at home across AA groups, spirits are more likely to be consumed in public places.

**Conclusion**

Drinking patterns varied widely by AA subgroups with Japanese/Koreans, Filipinos, and Southeast Asians at higher risk for heavy drinking compared to Chinese and South Asians.

**Future recommendation**

Given the distinct drinking patterns between AA subgroups, future research should examine how heavier drinking patterns elevate the risks for alcohol-related problems and consequences.

**Learning Objectives:**

1. Identify at least three different drinking patterns discussed in the presentation
2. Describe the primary data source from which the Asian American sample was derived
3. Discuss high-risk drinking patterns and implications for Asian Americans

# Poster Sessions

**Primary Presenter's Name & Credential(s):**

Emily Larkin

**Abstract Title:**

Youth Development Program - Young Asian Women Against Violence

**Abstract Theme:**

Community Program

**Abstract:**

Community Youth Center of San Francisco's Young Asian Women Against Violence (YAWAV), is a peer-based collaborative prevention project designed to reduce violence against Asian girls and young women. The first objective of YAWAV is to develop a multi-ethnic team of young Asian women peer leaders who can impact the knowledge and attitudes of their peers regarding gender-based violence and other relevant issues. This objective is met by recruiting young API women and train them in the continuum of violence against women; the dynamics of violence against women in Asian communities; the relationship among sexism, racism, classism, homophobia and violence; sexuality issues; communications; facilitation and public speaking and leadership skills; and popular education strategies. The second objective is to reduce the incidence of gender-based violence against Asian girls and young women by increasing their understanding of the causes/dynamics of violence, their knowledge of community resources, and the skills to keep themselves safe. This is achieved by the development and facilitation of workshops for young people and parent/adults on violence and sexual assault against women issues. The youth also lead and organize a one-day API Youth Summit in Spring to reach out to at least 200 youth participants. The third objective is to increase awareness of issues facing young Asian women among adults, males, non-Asian women. The youth will participate in relevant community events in order to both learn about the resources in the community and outreach and advocate for women and girls affected by violence and sexual assault.

**Learning Objectives:**

Our goals are to strengthen the resilience, pride, knowledge, and skills of Asian and Pacific Islanders girls so that they are less vulnerable to all forms of abuse, and to educate the larger Asian and Pacific Islanders community about girls' issues – including sexual assault and abuse in relationships – so that the community can better respond to such abuse.

# Poster Sessions

**Primary Presenter's Name & Credential(s):**

Antony Nguyen, BA

**Abstract Title:**

Transforming a Research University into a Community-Responsive Institution: An Evaluation of an Academic-Community Research Collaboration in San Francisco, California

**Abstract Theme:**

Minority Populations; Community-Engaged Research

**Abstract:**

**Background.** Inclusion of racial/ethnic minorities in health research is essential to good science and achieving health equity. Academic researchers may work with community-based organizations (CBOs) to engage with and recruit these populations. However, research partnerships between universities and CBOs have a long and fraught history, the result of structural, racial/ethnic, and class-based disparities reflected in the processes, practices and products that connect universities and CBOs. The Diverse eCohorts initiative, a collaboration of the Chinese Community Health Resource Center, Instituto Familiar de la Raza, CARECEN SF, Rafiki Coalition for Health and Wellness, and University of California San Francisco, is an innovative pilot effort to increase minority participation in studies that use online/mobile technology as a way to recruit, collect data, and/or deliver interventions.

**Methods.** The Diverse eCohorts initiative has transformed into a platform for community experts to lead efforts to develop and institutionalize best practices for community-engaged research throughout the university and beyond. To evaluate these efforts, project partners hired an independent qualitative consultant to conduct an ethnographic process evaluation through observation of monthly team meetings and semi-structured interviews with CBO members and academic researchers and staff at the start and end of the pilot initiative. Using a thematic analysis approach informed by grounded theory, transcripts of interviews and field notes were analyzed using Atlas.ti by two reviewers.

**Results.** The emerging framework to develop and institutionalize an academic-community research collaborative is based on principles of diversity, equity, and inclusion. Integral steps included defining common goals and success, addressing institutional impediments, and rethinking the responsibilities of the university to surrounding communities.

**Conclusions.** The project has identified a roadmap to develop and disseminate a model for transforming research universities into community-responsive institutions that address health disparities and inequities.

**Learning Objectives:**

1. Understand the impact of a roadmap to develop and disseminate a model for transforming research universities into community-responsive institutions
2. Understand the impact of the necessity of a model for address health disparities and inequities
3. Understand the principles for the framework of an academic-community research collaboration

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# Poster Sessions

**Primary Presenter's Name & Credential(s):**

Isabel Nguyen, BS

**Abstract Title:**

Stigma as a Barrier to Quitting Smoking Among Asian female smokers in California

**Abstract Theme:**

Research Study

**Abstract:**

**Problem Statement:** Evidence suggests that tobacco use is increasing among women in certain Asian subgroups. Little is known about effective cessation strategies targeting these female smokers.

**Purpose:** To better understand Asian female smokers' perspectives related to smoking to guide intervention development targeting these smokers.

**Methods:** We conducted 8 in-depth interviews with Chinese-, Korean-, and Vietnamese-speaking female smokers recruited from a federally-qualified health center in California. Participants were interviewed about their smoking-related experiences and attitudes. Interviews were transcribed in English and thematic analysis was conducted.

**Results:** Participants were 3 Chinese, 3 Korean, and 2 Vietnamese female smokers with a mean age of 44.5 years (range: 32 – 63). Participants shared high perceived stress from the sociocultural stigma against smoking by Asian females and needs to hide their smoking. They expressed fear of being caught smoking by people of their own ethnic community. One smoker admitted to denying smoking information to her healthcare provider. A few were reluctant to reveal to their provider details about their smoking. Despite the mental toll of concealing their smoking status, smokers were not motivated to quit.

**Conclusion:** Stigma perceived by Asian female smokers may prevent these smokers from accessing needed clinical support for quitting. Our findings underscore the importance of developing and implementing intervention approaches that are gender- and culture-sensitive when working with Asian female smokers and addressing their tobacco use.

**Future recommendation:** In-depth exploration is warranted to understand how to effectively engage Asian female smokers in smoking cessation education to motivate them to quit.

**Learning Objectives:**

- (1) Describe the smoking-related stigma perceived by Asian female smokers living in California
- (2) Assess the impact of smoking-related stigma on their smoking behavior
- (3) Discuss ways in which interventions can incorporate gender- and culture-specific strategies to address tobacco dependence among Asian female smokers.

# Poster Sessions

**Primary Presenter's Name & Credential(s):**

Tung Nguyen, MD

**Authors and Affiliation(s):**

Tung T. Nguyen<sup>1</sup>, Janice Tsoh<sup>1</sup>, Angela Sun<sup>2</sup>, Kent Woo<sup>3</sup>, Joyce Cheng<sup>2</sup>, Ching Wong<sup>1</sup>, Jian Zhang<sup>4</sup>, Janet Bernet<sup>5</sup>, Stella Pan<sup>5</sup>, Kenneth Tai<sup>5</sup>, Ginny Gildengorin<sup>1</sup>  
1University of California, San Francisco; 2Chinese Community Health Resource Center; 3NICOS Chinese Health Coalition; 4Chinese Hospital & Clinics; 5North East Medical Services

**Abstract Title:**

Efficacy of in-language mailers on receipt of colorectal cancer screening among Chinese Americans: A Randomized Controlled Trial

**Abstract:**

Background: Colorectal cancer (CRC) is the second most common cancer among Chinese Americans, the largest group of Asian Americans. Asian Americans and Chinese Americans are less likely than non-Hispanic whites to be screened for CRC. There are few randomized controlled trials (RCT) of interventions to increase CRC screening among Chinese Americans.

Methods: A community-academic research team consisting of academic researchers and community organization leaders collaborated with 3 health care systems to develop an intervention called Small Media Interventions for Limited English Speakers (SMILES) project. The SMILES intervention consisted of a mailed letter and brochure about CRC screening in English and Chinese sent twice over the course of 1 month. The mailer also included a link to a website which provided additional in-language written and video information about CRC screening. Chinese American patients aged 50 to 75 who were due for CRC screening in 3 healthcare systems (an academic medical center, a community hospital network, and a federally-qualified health center) in San Francisco were eligible for the RCT. Eligible patients were randomized to the intervention arm versus a usual care comparison arm. Intervention participants were also given the opportunity to return a postcard indicating that they had read the mailer. CRC screening status were assessed using electronic health record 9 months after the first mailing.

Results: There were 1,707 enrolled patients with 929 in the intervention arm and 778 in the comparison arm. The average age was 59.6 years (SD 6.0), with 45.6% female, 12.4% English speakers, 63.2% Cantonese speakers, and 10.8% Mandarin speakers. At 9-month post-intervention initiation, the CRC screening rate was 51.9% in the intervention group and 49.5% in the comparison group ( $p=0.331$ ). For the age group 50 to 60, the screening rate was 47.4% vs. 42.2% ( $p<0.0001$ ). Multivariable analyses showed that the adjusted odds ratio for the intervention was 1.10 (95% CI: 1.001, 1.21). Other significant factors associated with CRC screening at post-intervention were female sex (OR: 1.37, 95% CI: 1.10, 1.71), age 61-75 (OR: 1.64, 95% CI: 1.57, 1.71, ref. age 50-60), and speaking a Chinese language (OR: 2.42, 95% CI: 1.22, 4.76). In multivariable analyses of the intervention group only, those who had documented engagement with the intervention (returning a postcard or going to the website) had an OR of 2.96 (95% CI: 2.08, 4.21) for CRC screening receipt compared to those who did not.

Conclusions: A linguistically appropriate intervention to promote CRC screening among Chinese Americans using a mailed reminder, brochure, and access to a website led to a modest but significant increase in CRC screening compared to usual care among overdue patients in 3 healthcare systems. Mailed in-language materials should be considered as a low-resource intervention to increase CRC screening among Chinese Americans.

**Learning Objectives:**

1. Recommendation for colorectal cancer screening
2. How to design colorectal cancer screening educational materials for Chinese Americans
3. How effective is a mailer intervention for colorectal cancer screening among Chinese Americans

# Poster Sessions

**Authors:**

Angela Sun, PhD, MPH, Diana Wong, Psy.D., LMFT, Yvonne Liang, MS, RD, Joyce Cheng, MS, and Cindy Liang, BS

**Abstract Title:**

Benefits of in-language support group among Chinese caregivers of individuals with mental health disorders

**Abstract**

Background: Studies have shown that having a network of supportive relationships contributes to an individual's psychological well-being. A mental health education and support group, conducted in the culture and language of the target population, enables participants to gain coping skills in dealing with mental disorders, and share their experiences and concerns in a safe environment.

Methods: Conducted two education and support group series in Cantonese among 24 family members or caretakers of individuals diagnosed with mental disorders. The support groups were facilitated by a bilingual psychotherapist. The topics discussed included: self-care, stress reduction, self-strength assessment, coping and problem solving skills, communication techniques, anger management, self-esteem and confidence building. Qualitative data were collected among all participants on the efficacy of the support group.

Results: Participants expressed gaining knowledge about various mental health disorders and the impact on family members; increasing help-seeking skills and comfort level in discussing about mental health issues and knowing that they are not alone; and gaining confidence in dealing with family member with mental disorders. Participants also desired to learn more about each other's stories and in depth communication techniques with individuals that they are caring for. Participants suggested using mental "health" in place of mental "illness" in program promotion and presentation.

Conclusion: Qualitative data suggested that Chinese caregivers of individuals with mental health disorders benefited from in-language support groups and stigma about mental illness remains within the community.

**Learning Objectives**

1. Design a culturally tailored support group for Chinese caregivers of patients with mental health disorders.
2. Develop a qualitative evaluation plan for a support group program.
3. Describe the benefits of an in-language support group for Chinese caregivers of patients with mental health disorders.

# Poster Sessions

**Authors:**

Angela Sun, PhD, MPH, Joyce Cheng, MS and Kara Young, MA

**Abstract Title:**

Journey to Partnership

**Abstract**

The Chinese Community Health Resource Center (CCHRC), a non-profit organization established in 1989, with the mission to build a healthy community through culturally and linguistically competent preventive health care, disease management, and research. Since 2000, CCHRC has partnered with academic institutions in conducting community-based participatory research.

Community-based participatory research (CBPR) is a collaborative approach to research that equitably involves all partners in the research process, thereby challenging the paradigm of knowledge production and the dissemination of power by enabling co-ownership and shared decision making between community and institution. This method of research engages community members in problem definition, data collection, analysis, and design of interventions to ensure that the work done is culturally meaningful, valid, and appropriate. Originally outlined by Meredith Minkler, CBPR is guided by the following nine principles, from which partnerships can draw upon when designing their own projects: recognizing community as a unit of identity, building on strengths and resources within the community, facilitating collaborative and equitable partnership in all phases of the research, promoting co-learning and capacity building among all partners, integrating and achieving a balance between research and action for the mutual benefit of all partners, emphasizing local relevance of public health problems and ecological perspectives that recognize and attend to the multiple determinants of health and disease, involving systems development through a cyclical and iterative process, disseminating findings and knowledge gained to all partners, and committing to a long-term process and relationship. Through the collaborative process of CBPR, conclusions drawn from the data collected can be presented in a way that remains true to the lived experiences of community members. Those wishing to engage meaningfully in CBPR should especially note the centrality of gender, race, class, and culture, as these issues are integrated throughout the research practice.

**Learning objectives:**

- 1) Identify at least 5 principles in community-based participatory research (CBPR) partnerships.
- 2) Describe applications of CBPR principles.
- 3) Assess readiness to adapt the CBPR principles into practice.

# Poster Sessions

**Authors:**

Angela Sun, PhD, MPH, Jyu Lin Chen, PhD, RN, CNS, Joyce Cheng, MS, Yvonne Liang, RD, MS, Terence Ng, BS, Christy Yao, BS

**Abstract Title:**

Home-based & technology-centered childhood obesity prevention for mothers with young children (HomeTech healthy lifestyle program)

**Abstract**

**Background:** About 17% of Chinese American preschool children are obese compared to 12.4% of all preschool children residing in the US and the prevalence is expected to increase. Children of low-income, low acculturation and overweight Chinese mothers are at a high risk for obesity.

**Purpose:** To develop a culturally sensitive and evidenced-based technology-centered program to prevent obesity in mothers and their preschool-age children.

**Methods:** Focus group interviews with target population were conducted to understand their perceptions of health, familiarity with technology, and validate format and content developed for weight management intervention. A randomized control study is used to examine feasibility of the intervention. Participants will be randomized into intervention (N=15) or control group (N=15). The intervention is delivered via tablet computer which includes 8 weekly sessions based on NIH WE CAN program. Outcomes include maternal self-efficacy, eating behaviors, physical activity, and child-feeding practices and change in BMI. For children include changes in vegetable and fruit intake, physical activity, sedentary activity, and sugary drink consumption. These outcomes are assessed at pre, post and 3-month post intervention.

**Results:** The intervention material and delivery medium were tested among 8 participants from the targeted population. Data revealed that the technology-based program is attractive and participants favor the use of tablet computer. Several themes identified as key to success of the intervention were: the use of Chinese characteristics, favor professional figure to present information, and sample culturally appropriate menu for healthy alternatives. The outcomes of the intervention feasibility will be presented at the conference.

**Conclusions:** Focus group findings suggested that tablet is a favorable device to learn new information and all participants were able to use the tablet. The feasibility will fill the gaps in knowledge by addressing childhood obesity for low-income Chinese American mothers with preschool-age children using mobile technology.

**Learning objectives:**

Participants will:

1. Gain knowledge in cultural adaptation of an intervention for the Chinese Americans
2. Adapt an intervention using technology to deliver health messages
3. Implement the selected intervention among target population

# Poster Sessions

**Primary Presenter's Name & Credential(s):**

Jasmin Woo, BS

**Abstract Title:**

The Impact & Acceptance of Heart Healthy Integrative Nutritional Counseling Among Chinese Americans with Cardiovascular Disease

**Abstract Theme:**

Research Study

**Abstract:**

Background:

Current biomedical cardiovascular disease (CVD) nutrition guidelines do not take into account Chinese medicine (CM) principles. A heart healthy integrative nutritional counseling (H2INC) curriculum consistent with CM principles and biomedical nutrition guidelines was taught to Chinese Americans (CAs) with CVD in group education classes to assess the impact/acceptance of H2INC.

Methods:

We randomly selected Chinese-speaking CA patients with CVD (hypertension, dyslipidemia, heart disease, stroke and congestive heart failure) from an academic primary care practice and mailed invitations to attend a free one-hour class about heart health using Chinese/western medicine concepts. Three classes (2 in Cantonese; 1 in Mandarin) were offered. CAs completed pre-post surveys. Post-surveys assessed the impact/acceptability of the class.

Results:

47 participants attended a class. Their average age was 74+10 years old with 64% female. Over 55% had hypertension and/or dyslipidemia. After attending H2INC, 30% strongly agreed that they know what to eat/avoid for heart health compared to 16% prior. 98% of participants strongly agree/agree that the skills learned would improve their heart healthy diet. 94% strongly agree/agree that what they learned fit their culture. 91% strongly agree/agree that they plan to use what they learned in their next meal. 89% strongly agree/agree that they plan to share what they learned with family/friends.

Conclusion:

H2INC demonstrates acceptability, cultural relativity, and positive impact for CAs' heart health.

Future recommendations:

H2INC needs more research as a health education intervention for CAs with CVD and as a resource for providers who know little about patients' approach to CVD with CM.

**Learning Objectives:**

1. Learn about the H2INC curriculum
2. Learn about the feasibility of H2INC curriculum for CA patients with CVD
3. Understand the impact of H2INC amongst CA patients with CVD.

# Poster Sessions

**Primary Presenter's Name & Credential(s):**

Kent Woo, MSW, Executive Director

**Additional Presenters (if applicable):**

Michael S. Liao, MSW, Director of Programs

**Abstract Title:**

When the House Wins, The Home Loses: 20 Years of the Chinese Community Problem Gambling Project

**Abstract Theme:**

Community Program

**Abstract:**

Although most studies point to lower rates of substance abuse among Asian Americans, there is mounting evidence that other addictive disorders such as gambling disproportionately impact Asians. Research on gambling disorder have consistently shown higher rates of problem and disordered gambling among various Asian subgroups, especially among those who have lower levels of acculturation. Problem gambling is said to impact not just the gambler, but up to 10-15 additional people around the gambler. Consequences of problem gambling is not only psychological, social and financial, but can involve health impacts as well.

This year marks the 20th anniversary of NICOS's pioneering Chinese Community Problem Gambling Project. Through a public health framework, NICOS recognizes that gambling behaviors do not exist in a vacuum, but is rather a product of a person's interaction with the environment and other social forces. Therefore, NICOS has always utilized a multi-modal approach in addressing problem gambling in the Chinese and Asian American communities that includes individual, community, and environmental interventions.

NICOS' program resulted in one of the first linguistically and culturally specific programs in the U.S. to help Asian problem gamblers and their loved ones. Presenters will highlight strategies employed by the program over its two decades of operation, such as in-language media campaigns to shift public perceptions, and interventions used to engage and motivate hard-to-reach Asian populations to seek help such as the helpline and telemedicine.

Innovative components used to destigmatize mental health and foster peer leadership such as the "Teahouse" service will also be shared.

**Learning Objectives:**

- Through presentations and group discussions, the participants will be able to identify at least 2 factors contributing to why gambling might appeal especially to Asian immigrants, refugees and asylees
- Through interactive activities and lectures, participants will be able to describe the various components of an effective comprehensive problem gambling program aimed at serving linguistically-isolated Asian Americans
- Through interactive group exercises and lectures, participants will be able to identify at least two strategies to address problem gambling among Asian Americans