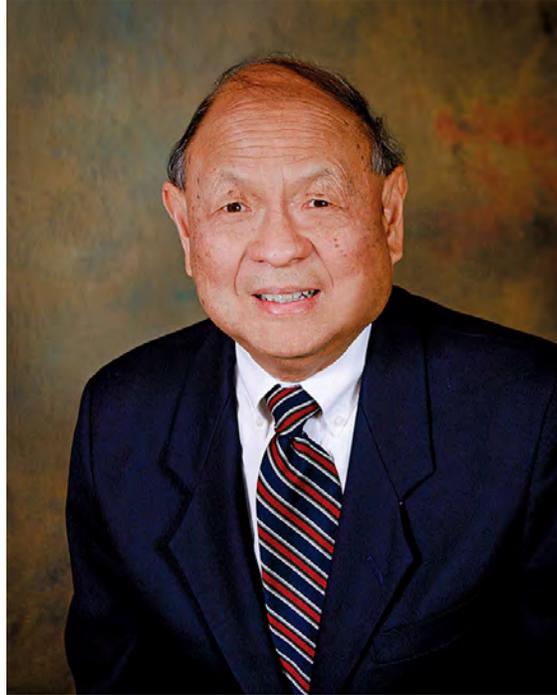




**Angela Sun, PhD, MPH** is the Executive Director of the Chinese Community Health Resource Center (CCHRC) and Founder/President of the Asian Alliance for Health. She has devoted her career to increase health literacy for the Asian American community utilizing evidence-based strategies for over 25 years. Working with CCHRC's Board of Directors and staff, Dr. Sun developed CCHRC's programs and services from its inception in 1989 into a comprehensive, multi-faceted community resource center. CCHRC's mission is to build a healthy community through cultural competent health education programs, community based participatory research, advocacy and mentorship. In partnership with academics, local and national health organizations, CCHRC initiated numerous innovative programs tailored for the Chinese immigrant community and is recognized as a leader and primary source of culturally competent health education programs in the Bay Area. Dr. Sun serves as the Chair for the Asians Against Violence, formerly known as AAADV, since 2004. Dr. Sun was an invited speaker at numerous conferences, lecturer at academic institutions, and currently serves on various committees advocating for the health equality of Asian Americans. She mentors college students to foster the next generation of public health professionals. Dr. Sun's research focus is on exploring and identifying effective methods to deliver health messages tailored for the Asian communities. She has authored publications on multiple health topics and was a book chapter contributor for the Handbook of Asian American Health. For a list of publications and presentations, visit [www.cchrhealth.org](http://www.cchrhealth.org). In 2012, working with community partners, Dr. Sun founded the Asian Alliance for Health to promote a healthy, violence-free Asian community through local, national and global partnerships. To increase access to culturally tailored health education resources, [www.asiansforhealth.org](http://www.asiansforhealth.org) was launched as a web portal for multiple Asian language health articles from credible health organizations nationally and internationally.



**Evaon C. Wong-Kim, MSW, MPH, LCSW, PhD** is the Associate Dean at Rongxiang Xu College of Health and Human Services at Cal State LA. Before this appointment she served as the Director and Professor at the School of Social Work at Cal State LA and Department of Social Work at CSU East Bay. Dr. Wong-Kim is a well-recognized advocate and researcher for minority and low-income breast cancer patients, especially the Asian immigrant population. Her research interest is on cancer survivorship and quality of life issues confronting Chinese immigrant breast cancer patients. She published and presented numerous papers at national and international conferences relating to breast cancer and psychosocial issues. Dr. Wong-Kim is the President of Asian Pacific Islander Social Work Educators Association; Vice President of the Asian Alliance for Health, a non-profit health education organization in San Francisco. She is appointed as Assessment Panel Member of the Social Workers Registration Board in Hong Kong.



**Edward A. Chow, MD** is an internal medicine specialist who has been in practice in San Francisco for over fifty years. He is the President and CEO of Jade Health Care Medical Group, affiliated with the Chinese Hospital Health System. Previously he was Executive Director of the Chinese Community Health Care Association, and Chief Medical Officer of the Chinese Community Health Plan. He is co-chair of the Asian American Native Hawaiian and Pacific Islander Diabetes Coalition and member-at-large of the Federation of Chinese American and Chinese Canadian Medical Societies Board of Directors. He has received numerous awards for his work in health disparities and cultural competency, including the 2008 Alumni Merit Award from St. Louis University School of Medicine, Laureate Award from the American College of Physicians Northern California Chapter (2008), San Francisco Asian Pacific American Heritage Lifetime Achievement Award (2010), and the Silver SPUR award (2012) for enhancing the quality of life and vitality of the San Francisco Bay Area.

Dr. Chow is the President of the Health Commission, currently chairs the Zuckerberg San Francisco General Hospital Joint Conference Committee, and is a member of the Finance and Planning Committee. He is serving his eighth term on the Health Commission.



**Tung Nguyen, MD** is the Stephen J. McPhee, MD Endowed Chair in General Internal Medicine and Professor of Medicine at UCSF, where he provides primary care to a diverse patient population and teaches students, clinicians, and researchers. He is Director of the Asian American Research Center on Health (ARCH), Leader of the Cancer Control Program at the UCSF Helen Diller Family Comprehensive Cancer Center, and UCSF Dean's Diversity Leader for Research Diversity. Dr. Nguyen's research focuses on achieving health equity using community-based participatory research (CBPR) methods. He has led conducted intervention research with Asian American populations on breast, cervical, and colorectal cancer screening as well as tobacco control, hepatitis B and C screening, nutrition and physical activity, and end-of-life care.

## Session 1

Topic: Domestic Violence/Human Trafficking



**Hediana Utarti, PhD** joined Asian Women’s Shelter in 2000 and is currently its Anti Trafficking Program Coordinator/Community Advocate. Her tasks include managing and developing the program, providing direct services for survivors, and conducting prevention education in various communities. She also involves in AWS Community Building program including domestic violence prevention education, and in day to day shelter work such as crisis line. She co-facilitated AWS shelter support group for more than 10 years utilizing Art as Healing to enhance survivors’ stabilization and recovery.

Previously she lived and worked in Honolulu, Hawai’i where she obtained her Ph. D in Political Science focusing on Culture and Politics. She started her community based anti-violence work in 1995, when she joined Family Peace Center in Honolulu as a Support Group Facilitator for survivors of domestic violence.

**Wei-Mei Hung, MSW** joined Asian Women's Shelter (AWS) in 2012 and is currently its Transitional Housing Program Coordinator/Community Advocate. Her tasks include managing and coordinating transitional housing grants, providing case management and groups for survivors, and building community partnerships. Her previous position at AWS was to gather data, write grant reports and conduct evaluation projects.

She has a Master degree of Social Work, with the focus on violence prevention, from Washington University in St. Louis. Before studying graduate school in the U.S., she had worked as a social worker and supervisor in Taiwan in the field of domestic violence, family violence and sexual assault and served indigenous populations for 6 years.



**Daisy Fung, BA** joined Cameron House in December 2018 as a Domestic Violence Case Manager with the Social Services Ministry. She is Bilingual in Chinese (Cantonese and Mandarin) and English. Her duties and responsibilities include providing case management, intervention, and advocacy for victims of domestic violence. Apart from this, Daisy also coordinates and facilitates the Cantonese Women’s Support Group. Daisy was born and raised in Hong Kong. She received her Bachelor’s Degree in Communication Studies from San Francisco State University. During her college years, she has exchanged to Hong Kong and facilitated a Youth Substance Use Intervention group for a year. After graduation, Daisy was determined to work in the non-profit sector and she feels honored and blessed to serve the community at Cameron House.

Session 1  
Topic: Cancer Care



**Arnab Mukherjea, DrPH, MPH** is an Assistant Professor of Health Science (Public & Community Health) at California State University, East Bay and a Core Member of the Asian American Research Center on Health. His applied research interests broadly revolve around using community-engaged methods to understand and address health disparities among understudied Asian & Pacific Islander (API) subgroups, with a particular focus on contextual and culturally-framed risk factors among South Asians in the United States. Arnab's current studies include examining facilitators and barriers for colorectal cancer screening among diverse South Asian subgroups in Northern California, as well as social, demographic, and cultural profiles of South Asians who currently use or have quit culturally-specific tobacco products. He completed his undergraduate (BA in Molecular & Cell Biology with a minor in Education) and graduate (MPH in Health & Social Behavior with specialization in Multicultural Health; DrPH in Applied Health Disparities Research) degrees at UC Berkeley and postdoctoral training (Tobacco Control and Chronic Disease Prevention) at UCSF and UC Davis. Arnab firmly believes that community participation is essential for affected groups to understand, address, and ultimately take ownership of their own individual and collective health prospects.



**Susan Ivey, MD, MHSA** is a professor adjunct at University of California, Berkeley, School of Public Health. She has been exploring barriers and facilitators of colorectal cancer screening among South Asians living in the US for 6 years along with 20 years of work on South Asian health issues. She is also board-certified in family medicine and teaches in the UCB-UCSF Joint Medical Program.

**Toshali Katyal, BA** is a recent graduate in Public Health and Global Poverty and Practice from UC Berkeley and is a researcher at the UCSF Center for Vulnerable Populations, studying the impact of indoor smoke-free homes policy amongst supportive housing units across SF. She is interested in exploring the health disparities among minority groups in the San Francisco Bay Area.

**Sailakshmi Senthil Kumar, BA** is a Folklore graduate student from UC Berkeley and is interested in issues of South Asian diasporic health, women's health, and preventative care.

**Zahra Ansari, BA** is a graduate from UC Berkeley where she majored in Public Health. She currently resides in Bethesda where she is a post-baccalaureate research fellow at the National Institute on Minority Health and Health Disparities. She is interested in exploring topics of minority health, health communication, and using innovative solutions to improve the healthcare experience.



**Jasmin Woo, BA** is a Research Assistant at the University of California, San Francisco, Division of General Internal Medicine. She attended the University of California, Santa Cruz, where she received a B.S. in Molecular, Cell, and Developmental Biology. Her interests in research lie in understanding and reducing health disparities, specifically among Asian American communities with increased barriers to healthcare. As an aspiring family nurse practitioner, she aims to be a future advocate for preventative medicine as well as a community collaborator in multidisciplinary research, with an emphasis in bringing evidence-based improvements for patients.

Session 2  
Topic: Mental Health



**Natalie Tualemoso Ah Soon, MPH** is the Program Manager of two population-focused mental health promotion and early intervention programs for RAMS, Inc.: Asian and Pacific Islander Mental Health Collaborative in San Francisco County and Pacific Islander Wellness Initiative in Alameda County; and, also coordinates the Asian and Pacific Islander Health Parity Coalition, including serving a leadership role on San Francisco's Joint Health Equity Coalition. Ms. Ah Soon is co-chair and founder of the Regional Pacific Islander Taskforce in the SF Bay Area, focusing on increasing the visibility of Pacific Islander health and social disparities and its strengths and assets. She has 15 years of experience in developing and optimizing service delivery and resources for underserved, diverse populations in the areas of health and mental health on the local, state, and national level. She is passionate about health equity and social justice. She is a proud native of American Samoa and fluent in Samoan.



**Anila Pillai, MPH** is an Ayurvedic Physician who was trained and has practiced in India before moving to San Francisco 9 years ago. From University of San Francisco, she received her Master's in Public Health with an emphasis in population health. She has been passionate about the health and wellness industry for years. She is now the project coordinator of Asian and Pacific Islander Mental Health Collaborative and Steering committee member of Asian and Pacific Islander Health Parity Coalition. Her experiences include community level programs that work with various diverse communities on the issues of mental health. providing culturally & linguistically meaningful mental health promotion modalities in San Francisco, specifically with Cambodian, Filipino, Laotian, Samoan, and Vietnamese communities; developing resources and tools. Anila is also a part of the LOOP project through UCSF. Upon joining the LOOP, she has been introduced to the world of tobacco control, and plans to continue making an impact in the tobacco control community. She looks forward to learning and using her experience and networks to make an impact on underrepresented communities.



**Mory Chhom, MPH** is the Health and Wellness Program Manager at VYDC, overseeing the organization's behavioral health and prevention education programs. She and her team work with youth to provide case management services and health education to increase their knowledge, build their skills and confidence, and support them to become successful young adults. With over 13 years of work experience in community health, she has contributed to providing technical assistance to health centers serving primarily AANHPI, teaching health education to undergraduate students in Cambodia, conducting research to understand the health seeking behaviors of Cambodians, providing health education in Oaxaca, Mexico, and conducting a strength-based assessment for young Southeast Asian girls in Oakland, California. Mory was born in a Cambodian refugee camp in Thailand and raised in Modesto, California. She is dedicated to achieving health equity for all. In her free time, she enjoys hiking, camping and other outdoor activities with her family. She is also a huge fan of cooking, collecting records, and dancing.



**Khanh Nguyen, MNPL** is the Operations and Programs Director at the Vietnamese Youth Development Center responsible for the oversight of the agency's operations and programs that are consistent with VYDC mission and vision. Khanh provides strategic leadership and direction in the development and implementation of strategies for the short and long-term goals of the agency. In addition, Khanh is pursuing his passion at the University of San Francisco in the Doctorate of Education (Ed.D) in Organization and Leadership program. With this education and 10 plus years of nonprofit experience, Khanh hopes to critically connect theory to practice centered and framed by Asian Pacific Islander and urban youth's voice and experience for a more socially equitable and just world. In his spare time, Khanh loves hanging out with his partner and their dogs.

**Camillia K. Lui, PhD** is a Scientist at the Alcohol Research Group and Public Health Institute. Her work focuses on socioeconomic disparities in alcohol/tobacco use among young adults; environmental prevention strategies to reduce alcohol/tobacco/drug use; and program evaluation and organizational capacity building in Asian American and Pacific Islander (AAPI) communities. She is currently leading a research study on the disparities in smoke-free policies among California community colleges. In collaboration with Special Services for Groups, she is part of the Technical Assistance Provider team for the AAPI population for the California Reducing Disparities Project, a statewide initiative to achieve mental health equity.

**Ruthie Chang, EdM** is a Senior Evaluator at Hatchuel Tabernik and Associates (HTA) in Berkeley, CA. She brings a special interest in issues of mental health, equity, and child development to her research and evaluations for K-12 school districts, community colleges, foundations, and national youth initiatives. Prior to HTA, Ruthie worked on research projects with Harvard's Project Zero and Empirical Education, bringing a lens from her experience working in child and family social services. She earned her BA from the University of North Carolina in Sociology and Communications and her EdM at Harvard University in Mind, Brain, and Education.

**Beemy Nguyen:** “Beemy Nguyen is Prevention Project Assistant for Project Ohana in the Bay, a prevention project on HIV/AIDS, hepatitis, and substance misuse amongst the Asian American, Native Hawaiian, and other Pacific Islander communities. Previously, Nguyen had attended CSU Monterey Bay and graduated with a bachelor’s degree in Human Communications with a History, Oral History, and New Media. She is currently enrolled at Johns Hopkins University and is expected to graduate in 2022 with a Masters in Communications focusing on Nonprofit and Corporate Communications. Her long-term goal is to work with diverse communities where she can help advocate, empower, and create opportunities for those in need.”

**Daniel Nava:** Daniel Nava graduated from UC Berkeley with a B.A. in Molecular and Cell Biology. The last two years have been spent as a Prevention Project Assistant with Project Ohana in the Bay, a federally funded program that focuses on substance misuse and sexual health education with young adults. Recently he began a part time position as a youth educator and community outreach assistant with North County Prevention Partnership, a San Mateo County funded program for substance education/prevention in the community of San Mateo County. Recently he became an HIV/Hep C testing coordinator through the San Francisco Department of Public Health.

Session 2  
Topic: Chronic Disease



**Van Ta Park, PhD, MPH** is an Associate Professor at UCSF's Department of Community Health Systems. Her research focuses on racial/ethnic minority health and healthcare disparities, especially among Asian Americans and Pacific Islanders (AAPI), through community-based participatory research. Her research areas include mental health, Alzheimer's disease and related dementias (ADRD), and caregiving. Her current work includes a NIH/NIA R24 grant called, "Collaborative Approach for AAPI Research and Education (CARE) in ADRD," to reduce the disparities in research participation among AAPI through the creation of a registry of 10,000 AAPI who are interested in participating in ADRD, aging, and caregiver-related research.

**JiWon Choi, PhD, RN** is an assistant professor at Institute for Health & Aging, University of California, San Francisco (UCSF). Dr. Choi's research focuses on developing physical activity interventions using community-based participatory approach and digital technologies among vulnerable women populations including pregnant women, obese/overweight women with young children, and physically inactive Korean immigrant women at risk for metabolic syndrome. Dr. Choi is currently conducting a qualitative walking interview study to explore the built and social environments of physical activity among Korean immigrant women.

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

The purpose of the CARE-T2D study (Caring for Asian Americans through Research and Education on Type 2 Diabetes) is to explore family support dynamics among Filipino- and Chinese-Americans with Type 2 Diabetes. Funding for the study is from SF BUILD (Building Infrastructure Leading to Diversity), a project funded by the National Institutes of Health. SF BUILD is led by San Francisco State University (SFSU) in partnership with the University of California, San Francisco (UCSF). The team presenting today includes: Dr. Maria Lourdes “Malou” Bayog (UCSF), Hillary Peregrina (SFSU), Sumiyo Brennan (J. F. Oberlin University, Tokyo), and Dr. Therese Doan (SFSU).

**Joyce Cheng, MS**, is the program manager at the Chinese Community Health Resource Center (CCHRC), and the Secretary/Treasurer at the Asian Alliance for Health. Ms. Cheng began her role as a health educator/ research associate in 2006 and has progressed to her current position. Ms. Cheng is bilingual in English and Chinese (Mandarin and Cantonese) and utilizes her bi-cultural skills and experience in public health to support the efforts of CCHRC in minimizing health disparities in the Chinese community in San Francisco. She coordinated health promotion educational campaigns on violence prevention, chronic disease management, general health and etc. Ms. Cheng assumed the role of research associate for numerous NIH-funded research studies and assisted in grant processes, research, and publications.

Session 3  
Topic: Substance Use

**Kara Young, MA** is a health educator and research assistant at the Chinese Community Health Resource Center (CCHRC) in San Francisco Chinatown. She attended Bryn Mawr College in Pennsylvania, where she received a B.A. in Biology. Following graduation, she moved to Hangzhou, China to earn a master's degree in China Studies from Zhejiang University. She is passionate about health equity, systems change, and providing culturally conscious health education programs and services for the Asian American community. In the future, she hopes to pursue a medical degree and continue working with community.

**Christina Tam, PhD, MSW** is an Associate Scientist with the Alcohol Research Group of the Public Health Institute in Emeryville, California. She recently completed her postdoctoral training with the UC Berkeley School of Public Health and received her PhD in Social Welfare at UCLA in 2016. Christina's research focuses on social determinants that contribute to racial/ethnic disparities in alcohol use and other health risk behaviors, with a particular focus on neighborhood effects and Asian Americans.

## Session 3 Traditional Complementary Medicine and Help Seeking



**Michael Liao, MSW**

Director of Programs at NICOS Chinese Health Coalition

Since 2004, Michael has been providing diversity-sensitive training on a wide range of topics such as cultural awareness, cross-cultural communication, sexual-orientation issues, and anti-oppressive practices. From 2012-2013, Michael played a lead role in implementing statewide technical assistance and training for Culturally and Linguistically Appropriate Services (CLAS).



**Katrina (Kat) Alvarado, MA Education Candidate**

CLAS ACT Project Coordinator at NICOS Chinese Health Coalition

Kat graduated with a double BA in Asian American Studies and Pan-African Studies, and is currently enrolled in an MA Education program with an emphasis on Equity and Social Justice. Her past and current research projects explore Filipinx identities through a post-colonial lens. Prior to NICOS, Kat has worked extensively to promote educational equity for LGBTQ+, undocumented, low-income, and other marginalized student communities. As CLAS ACT Project Coordinator, Kat uses education as a tool to promote culturally responsive practices to organizations in the San Francisco Bay Area.



### **Esther Chen, L.Ac, MSTCM**

Born in Canton/Guangzhou, China, Esther was inspired by her father who also practiced Traditional Chinese Medicine (TCM). Armed with a NIH scholarship funded neuroscience degree with a honor thesis from University of California, Riverside, she considers TCM her calling. She studied at ACTCM. She works with her father to advance her clinical skills for ten years after graduation. Esther then joined Chinese Hospital and taught at ACTCM since 2016.

Esther's patients range widely in age, ethnicity and the type of work they do. Most of her patients respond positively to her treatments. Her biggest satisfaction comes from happy and smiling patients.



### **Anagha Prasad, BNYS**

I am a Post Bachelorette student in Dietetics at San Francisco State University. I am aspiring to be a Registered Dietitian and would like to focus on Community Nutrition and affordable diet plans. I have a Bachelor's degree in Naturopathy and Yogic Sciences as well. I am a believer and an advocate of Naturopathy procedures as a route to wellness. I have worked with patients suffering from various ailments like diabetes, obesity, Rheumatoid Arthritis etc and have taught general and therapeutic yoga to many students and patients. Currently, I am working on projects based on food insecurity in college students.



**Diane Qi** is a second year medical student at UCSF School of Medicine. She is from Union City, CA and attended university at Dartmouth College. After graduation, she worked at Boston Healthcare for the Homeless Program doing case management work with families experiencing homelessness. At UCSF, Diane is part of PRIME-US, a program for students interested in urban underserved medicine. In the future, Diane is interested in family medicine and FQHC primary care work with a range of special interests including Asian American health, integrative medicine, women's health and work with domestic violence and substance use.



### **Antony Nguyen, BA**

Born and raised by Vietnamese refugees in Savannah, GA, my family faced many obstacles, from health disparities to racism, to establish a life here. Eventually, I found myself attending the University of California, Berkeley, where I received a B.A. in Integrative Biology and minored in Global Public Health. With a passion sparked for public health, I hope to pursue a Master of Public Health and a medical degree. My research interests include the health disparities of Asian immigrants and refugees, culturally integrated preventive interventions for rural populations in third world countries, and health-related social needs of at-risk urban youth.



**Isabel Nguyen, BS** In 2017, I graduated from UC Irvine with a B.S. in Biological Sciences. I am currently working as a research associate at UCSF for the iMD (interactive Mobile Doctor) project. As a child of Vietnamese-American immigrants, I was exposed early on to the multitude of barriers faced by immigrants as they navigated health problems. Through community and clinical-based research, I hope to gain insight into ways to improve healthcare access among immigrant and underserved communities while tackling health disparities. In the future, I aim to practice pharmacy with the goal of bridging communication between Asian immigrants and the wider community.