CSAAH Principal Investigator Chau Trinh-Shevrin, DrPH: Featured Speaker for the NIH NIMHD Health Disparities Seminar Series

Asian American Health: Context, Progress, and Challenges To Achieving Health Equity

On May 16, 2013 Dr. Chau Trinh-Shevrin, Associate Professor in the Departments of Population Health and Medicine and Principal Investigator of the Center for the Study of Asian American Health (CSAAH) at the NYU School of Medicine, was a featured speaker for the NIH National Institute on Minority Health and Health Disparities (NIMHD) Health Disparities Seminar Series. The title of her presentation was “Asian American Health: Context, Progress, and Challenges to Achieving Health Equity.” In August, Dr. Trinh-Shevrin will be a featured presenter for the 2013 NIMHD Translational Health Disparities Course—a two-week intensive course to equip health care and public health professionals, public policy professionals, academic researchers, members of community-based and faith-based organizations, and scientists engaged in health disparities research and activities with key concepts and research tools needed to conduct and develop translational research and interventions to eliminate health disparities. More information about the health disparities course can be found on the NIMHD website: http://1.usa.gov/15kIfOW

Strategies to Reach and Implement the Vision of Health Equity (STRIVE) Project

NYU CSAAH and the Asian & Pacific Islander American Health Forum (APIAHF) were recently awarded a grant from the Centers for Disease Control and Prevention (CDC) to help eliminate chronic disease disparities and improve the health of the nation's Asian American, Native Hawaiian and Pacific Islander (AA and NHPI) populations. The project, titled Strategies to Reach and Implement the Vision of Health Equity (STRIVE), is funded by the CDC as part of its Racial and Ethnic Approaches to Community Health (REACH) program. In the STRIVE project, $3 million dollars have been distributed to 15 AA and NHPI community-based organizations (CBOs) to plan and implement high impact, population wide strategies related to physical activity, nutrition and weight management. CBOs participating in the STRIVE project are: Asian Pacific Community in Action (Phoenix, AZ), Asian Services in Action (Cleveland, OH), Boat People SOS Alabama (Bayou La Batre, AL), Boat People SOS California (Orange County, CA), Center for Pan Asian Community Services (Atlanta, GA), Kokua Kalii Vallley Comprehensive Family Services (Honolulu, HI), Korean Community Services Metropolitan, Inc. (Bergen County, NJ), National Tongan American Society (Salt Lake City, UT), New Mexico Asian Family Center (Albuquerque, NM), Operation Samahan (National City, CA), (page 3)
Muslim Americans Reaching for Health and Building Alliances (MARHABA): A study of breast and cervical cancer screening barriers and facilitators among Muslim women in New York City

Muslims are one of the fastest growing religious groups in the US. However, little is known about their health disparities, and how their unique cultural, religious, and social beliefs and practices affect health behaviors and outcomes. In addition, a small but growing number of studies demonstrate Muslim women may have lower rates of breast and cervical cancer screening compared to the overall population. A confluence of poor healthcare access, language barriers, and cultural and religious beliefs may play a role.

To help address this health disparity, the NYU PRC was awarded a two-year grant from the CDC to conduct a qualitative study to understand the barriers and facilitators of breast and cervical cancer screening among a diverse group of Muslim women in New York City, including women from the African American, African, South Asian, Middle Eastern, and Southeast Asian Muslim communities. The Muslim Americans Reaching for Health and Building Alliances (MARHABA) study uses a community-based participatory research framework to collaborate with mosques, community-based organizations and social service agencies in New York City. For the study, in-depth interviews with over 100 Muslim women will be conducted by MARHABA team members, including our Community Health Workers Gulnahar Alam and Ramatu Ahmed [pictured above]. Study findings will inform the development of a large-scale campaign to promote cancer awareness and screening among Muslim women.

For more information about MARHABA, contact Project Coordinator Shilpa Patel at shilpa.patel@nyumc.org

The DREAM Project started its 3rd new round of educational classes in September 2013. The group has been attending classes since that time to learn how to control and manage diabetes, as well as how to involve their families in supporting and maintaining a healthy lifestyle. On March 3rd, 2013, the DREAM Project celebrated the achievements of this third group of program participants at a family fun night event.

The 40+ guests in attendance included current as well as past participants and friends of the DREAM Project, such as longtime DREAM Coalition member Shahnaz Yousuf. DREAM Project Community Health Workers Gulnahar Alam and MD Taher led attendees in a series of interactive games such as using role play to share knowledge gained during the educational classes. Guests were free to engage friends and family in games such as chess, checkers, carrom, and ludoo. The evening also included several song and dance performances by participants, staff, and friends of the DREAM Project. Guests concluded the evening with testimonials on how the program has impacted their health and lives, and the importance of a program such as DREAM to the Bangladeshi community.

The DREAM Project staff plans to continue the intervention, and expand its reach to the Kensington neighborhood of Brooklyn with the next round of education sessions, which began in March 2013.

For more information about the DREAM Project contact Lindsey Riley at: lindsey.riley@nyumc.org
Project AsPIRE Strengthens Community Health Workers’ Capacity from East to West

In 2012, NYU CSAAH and Kalusugan Coalition, Inc. (KC) received funding from the National Heart Lung and Blood Institute (NHLBI) to develop the Alliance of Filipino American Community Health Workers. To date, 35 community health workers (CHWs) were trained on CHW core competencies and how to implement NHLBI’s Healthy Heart, Healthy Family (HHHF) curriculum.

KC’s CHW trainers, Potri Ranka Manis and Leonida Gamboa were instrumental in taking lessons learned from Project AsPIRE to strengthen the capacity of CHW trainees from Alliance partners, the Filipino Community Cancer Collaborative in San Francisco, CA, Kalusugan Community Services in National City, CA, and the Pan-American Concerned Citizens Action League, in Jersey City.

In order to maintain a peer-to-peer mentorship system, the Alliance has used a multi-media approach, including periodic webinars with CHW trainees and the Alliance website (www.filamchw.org) which serves as an online clearinghouse of resources and toolkits on how to implement NHLBI’s Healthy Heart, Healthy Family (HHHF) curriculum.

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For more information about Project AsPIRE or the Alliance contact David Aguilar at david.aguilar@nyumc.org

Community Health Resource and Needs Assessments (CHRNAS)

According to the 2010 U.S. Census, Asians are the fastest growing racial and ethnic group with more than one million Asian Americans currently living in the New York City (NYC) area. Despite the tremendous growth in population, health research specifically focusing on Asian Americans in NYC is scarce.

In response, CSAAH is conducting the Community Health Resource and Needs Assessment (CHRNA) to determine 1) existing health issues in Asian American communities; 2) the resources available to Asian Americans; and 3) the best approaches to meet the needs of these communities. An initial round of CHRNAs were conducted among Asian American communities in NYC from 2004-2007 Community Reports available online here: http://bit.ly/176gDAo.

Using a venue-based approach allowed CSAAH and its community partners to reach underserved and hard-to-reach immigrant populations. This summer, a second round of CHRNAs is slated to begin with the goal of assessing changes in the last decade to population health improvements, risk and protective factors, and changes in the population, especially the increasing diversity of Asian subgroups and new emerging populations.

The CHRNAs will be kicked off in four communities including the Bangladeshi, Korean, Chinese, and Vietnamese communities. CSAAH is delighted to have 7 bright and motivated interns helping with this effort. Elaine Chan, Thinley Athuptsang, Helen Lee, Kasi Priyanka Silmi, Thuy-Ann Le and Anne Yeung will be working closely with CSAAH staff to design the survey, partner with community groups, and conduct the surveys. Elaine Chan is currently a Masters student in the Pediatric Nurse Practitioner program at Columbia University. Helen is a rising junior, double majoring in Psychology and Health Policy at Brandeis University. Priyanka is currently doing her Masters in Communication and Development Studies at Ohio University. Anne is a rising senior at Duke University, majoring in Public Policy Studies. We welcome them to the team! For more information about the CHRNA contact: Catlin Rideout at catlin.rideout@nyumc.org

For more information about the STRIVE Project contact: Catlin Rideout at catlin.rideout@nyumc.org

Above: Several CHW trainees of the Alliance with their certificates of completion.

For more information about the STRIVE Project contact: Catlin Rideout at catlin.rideout@nyumc.org

Strategies to Reach and Implement the Vision of Health Equity (STRIVE) Project continued

Orange County Asian and Pacific Islander Community Alliance, Inc. (Garden Grove, CA), Taulama For Tongans (San Mateo, CA), The Restaurant Opportunities Center of New Orleans (New Orleans, LA), United Sikhs (NJ), and the University of Hawaii Manoa (Honolulu, HI and Mangilao, GU).

For more information about Project AsPIRE or the Alliance contact David Aguilar at david.aguilar@nyumc.org

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NYU PRC Hosts Forum on Integrating CHWs within Affordable Care Act Implementation

On May 9, 2013 the NYU PRC hosted a forum on “Redesigning the Health Care Team: Integrating Community Health Workers within Affordable Care Act Implementation”. The main goal of the forum was to raise awareness among policymakers and key stakeholders of the need for CHW involvement within the Affordable Care Act, and to share information on opportunities, resources, and financing and infrastructure models for CHW integration within Affordable Care Act implementation efforts. The event was co-sponsored by the CHW Network of NYC, the New York University-NYC Health and Hospitals Corporation Clinical and Translational Science Institute (CTSI) Community Engagement and Population Health Research Core (CEPHR), the NYU Center for the Study of Asian American Health (CSAAH), and Project CHARGE (Coalition for Health Access to Reach Greater Equity). It was well-attended by over 120 individuals representing state and local departments of health, community-based organizations, academic institutions, and health facilities.

Slide presentations from each of the speakers are available for viewing and download on the PRC website: http://bit.ly/YHgBsN

Above: Over 120 individuals representing various state and local departments of health, community-based organizations, academic institutions, and health facilities attend the NYU Prevention Research Center’s forum on “Redesigning the Health Care Team: Integrating Community Health Workers within Affordable Care Act Implementation” on May 9, 2013.

Center Student Investigator and Health Disparity Research Training Programs

The NYU CSAAH-PRC Center Student Investigator (CSI) Program completed another successful semester with a highly motivated group of interns. The interns presented their impressive work to faculty and staff on May 3, 2013. Several interns also presented their work at the 8th Annual Student Conference of the Public Health Association of New York City (PHANYC) and the Columbia University, Mailman School of Public Health Student Research Diversity Day.

The Health Disparity and Research Training Program (HDRTP) and CSI Program are gearing up for the annual Summer Student Seminar Series, providing students with lectures and trainings aimed towards increasing awareness about health issues affecting Asian American populations, gaps in health status indicators, and barriers to both care delivery and research for these populations. The seminars also aim to provide an understanding of culturally and linguistically appropriate ways to research, outreach, community partnerships, and care delivery.

The CSI Program provides training, outreach, and research opportunities for students to gain knowledge and skills to address Asian American health disparities. The intensive HDRTP offers research training to highly qualified students and health professions over the course of two semesters, along with the unique opportunity to develop and implement a community-based research project.

To learn more about both programs, and for application instructions and materials, please visit: http://asian-health.med.nyu.edu/education-training

Congratulations, Carina!

Carina Katigbak, PhD, RN received the “Inaugural Best Dissertation Award” from the NYU College of Nursing for her dissertation entitled, “Perspectives of the Community Health Worker Role among Filipino-Americans with Hypertension in NYC: A Conceptual Framework.” Dr. Katigbak began working with Project AsPIRE in 2008 as a HDRTP Trainee and later became a Co-Investigator for Project AsPIRE to conduct a qualitative study exploring in-depth the role of community health workers in hypertension-related behavior change for this population. CSAAH was glad to support Dr. Katigbak’s work which greatly reinforces the critical role community health workers play in improving health outcomes of communities experiencing health disparities.

Left: Sergio Matos, Executive Director of the CHW Network of NYC engages the audience during Q&A. Right: CSAAH/PRC staff and interns check-in speakers and guests at registration.
NYU PRC Fostering International Learning Exchanges with Korean Public Health Officials & Academic Researchers

On March 27th, Dr. Simona Kwon, CSAAH Director and NYU PRC co-investigator, was invited to lecture at Ewha and Kyung Hee Universities in Seoul, Korea. Dr. Kwon presented on diabetes in Koreans and the NYU PRC’s diabetes prevention research, Project RICE, which is being conducted in the New York City Korean immigrant community. Healthcare professionals and researchers in Korea are becoming increasingly interested in diabetes and diabetes prevention given the rapidly growing diabetes rates in Korea. According to Dr. Kwon: “Within the past 30 years the rate of diabetes has increased 5-fold among Koreans in Korea. These rapidly increasing rates highlight the need for the implementation of diabetes prevention programs and strategies. It’s gratifying that there is interest and opportunities for the lessons learned and outcomes from Project RICE to inform prevention and health outcomes in Korea.”

On April 24th, the NYU PRC hosted a site visit of 17 local city health department officials representing 27 cities from Gyeonggi Province in South Korea [pictured above]. The health officials were accompanied by Dr. Jae Hyun Park, a researcher from Sungkyunkwan University School of Medicine in Seoul, Korea, to learn about health promotion and prevention strategies including city-wide activities to address risk factors related to chronic diseases, oral health, obesity, nutrition, and physical activity. We were excited by this opportunity to share our successes with the NYU PRC and Project RICE, as well as build international collaborations around diabetes prevention.

NYU PRC Assists with Outreach to NYC Asian Communities for 2013 American Diabetes Association EXPO

On March 9th, the American Diabetes Association held its 2013 Diabetes EXPO at the Jacob Javits Convention Center in Manhattan. NYU PRC staff members Smiti Kapadia, Lindsey Riley, and Jennifer Zanowiak served on the EXPO Planning Committee and provided expertise and assistance in outreach to New York City Asian communities. Planning is already underway for next year’s EXPO, which will be held on Saturday, March 22, 2014.

Project AXIS (Asian American eXchange and Information Source)

NYU CSAAH is working with the National Library of Medicine (NLM) to enhance their reach and tailoring of health resources, research, and information for Asian American communities. In collaboration with our colleagues at APIAHF and a network of Asian American-serving community-based organization and health and service providers, we will identify, assess, and highlight the information gaps in the existing online health information, research and resources for Asian American communities. Based on the collected information and data, recommendations will be presented to the NLM to inform the development and enhancement of meaningful web-based resources to address health issues facing our Asian American communities.

Represents of various groups serving NYC Asian communities met with Assemblymember Michael DenDekker in Albany on March 5th as part of Asian Pacific American State Advocacy Day.
Recent Publications:

- Islam NS, Wyatt LC, Patel SD et al. Evaluation of a Community Health Worker Pilot Intervention to Improve Diabetes Management in Bangladeshi Immigrants With Type 2 Diabetes in New York City. Diabetes Educ 2013; 39; e5.

...be on the look out for publications in press!

Expertise Shared on WFUV Radio and CMS and You Television Programs

During the week of January 7, 2013, NYU PRC staff and community partners were featured daily on a National Public Radio (NPR) affiliate WFUV (90.7 FM) broadcast series highlighting health issues in NYC immigrant communities. NYU PRC Director Dr. Nadia Islam and CSAAH Director Dr. Simona Kwon were interviewed for an extended 30-minute feature focusing on health disparities among Asian American communities. Links to the media clips are available on the PRC website located at: http://bit.ly/13rdYPQ.

Rhodora Ursua, Director of Project AsPIRE, along with Leonida Gamboa, Lead Community Health Worker of Kalusugan Coalition, Inc., and Sergio Matos, Executive Director of the Community Health Worker Network of New York were featured on the public access television program, “CMS (Centers for Medicare & Medicaid Services) and You” to discuss the critical value of the community health worker workforce. This program highlighted how community health workers are an innovative model to increase access, improve care and health outcomes while reducing costs. Such innovation is a key part of healthcare reform.

In May 2013, NYU PRC Project Coordinator, Smiti Kapadia, MPH and Heesoo Yeo, Community Health Educator with PRC community partner organization Korean Community Services, were also interviewed on “CMS and You”. The program which aired on public access television was focused on understanding health issues facing our Asian American communities.

NYU PRC and Project RICE Partners Featured on Asian America

Sue Robinson interviews Rucha Kavathe and Sunhi Shin about diabetes in the Asian American community and culturally-appropriate nutrition strategies to prevent diabetes among Asians. The show aired on PBS on April 28th and May 2nd.

Stay tuned with CSAAH through Social Media!

Join the “Friends of CSAAH” listserv by emailing Rebecca Park at rebecca.park@nyumc.org with “Subscribe” in the subject heading.