NYU PRC and KCS Hold Project RICE Community Forum on April 25th

Diabetes Prevention in the NYC Korean Community

United Sikhs Receives National Community Committee Oral Health Initiative Grant

United Sikhs, a Project RICE partner organization, was one of only four recipients of an award from the DentaQuest Foundation’s National Community Committee (NCC) Oral Health Initiative. The project will address oral health prevention in Sikh South Asian communities in New York City and New Jersey, and is in collaboration between United Sikhs, the NYU Prevention Research Center (NYU PRC), and the NYU College of Dentistry. Seeking to build local and national capacity for community engagement on oral health issues, the DentaQuest Foundation worked in partnership with stakeholders from the CDC, NCC, and others to develop the NCC Oral Health Initiative. Only partner community-based organizations associated with a PRC were eligible to apply for this award.

Studies of health care utilization among immigrants to the United States have shown that those who have resided here for fewer than 10 years are less likely than both native-born people and those who have resided here for a longer period to receive timely oral health care. (continued on page 4)

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Diabetes Prevention in the NYC Korean Community

Project RICE Community Forum attendees represented community-based service organizations, health providers, past and present Project RICE participants, and members of the Korean community.

On Wednesday, April 25th, the NYU PRC, in partnership with Korean Community Services (KCS), held the “Project RICE Community Forum on Diabetes Prevention in the Korean Community”, at the Flushing Town Hall Gallery in Flushing, Queens.

Project RICE, the core research project of the NYU PRC, is an important initiative to improve health and prevent diabetes in the New York City Korean community through the work of Community Health Workers (CHWs). (continued on page 3)
NYTWA Advocacy Efforts Lead to Big Win for Taxi Driver Health and Well-being

The New York Taxi Workers Alliance (NYTWA) celebrated a major victory on July 12th when the Taxi and Limousine Commission (TLC) voted to raise taxi fares by an average of 17%, the first major increase in eight years. The higher fares will go directly toward higher wages for taxi drivers. In addition, 6 cents of every cab fare will be put toward a health insurance and disability fund, the first ever health fund for drivers. The TLC will open a process for organizations to bid on a contract to administer the fund, for which NYTWA is planning to apply.

Mannunul Haq, a co-founder of NYTWA and a Community Health Worker (CHW) at the NYU Center for the Study of Asian American Health (NYU CSAAH), was thrilled by the TLC decision: “NYTWA has been the strongest advocate for New York City taxi drivers’ health rights since it was founded in 1998, and action on this issue is long overdue. We will continue to work with the TLC, the Mayor’s Office, New York City Council members, and the State to ensure that the fund will have a lasting and beneficial impact on drivers’ health and wellbeing. New York City’s taxi drivers depend on us.”

Asim Akhtar, NYTWA staff member and Project RICE CHW, is hopeful that the health fund will serve as an important first step to improving the health of taxi drivers: “Most of the drivers I meet don’t have health insurance and don’t see a regular doctor, even if they are sick, so I think this will help them begin to get the care they need and take control of their health. The data we have collected with Project RICE about taxi drivers’ health needs shows just how important this fund is.”

Asim worked with Project RICE to screen 262 taxi drivers in September 2011 during a health fair at JFK Airport in NYC. Overall, 55% of drivers were uninsured and 42.4% had children under the age of 21 who were uninsured. Of all drivers surveyed, 15.1% had previously been diagnosed with diabetes. Of those without a prior diabetes diagnosis who answered questions about family history of diabetes, physical activity, age, and body mass index (BMI), a diabetes risk score was calculated and 48.9% were determined to be at risk for developing diabetes. In addition, 81.3% of drivers were overweight or obese by normal BMI criteria, and only 21.9% had a normal blood pressure reading.

NYTWA and Project RICE are also currently examining diabetes risk among South Asian taxi drivers as well as the relationship between discrimination and health. The NYU PRC & Project RICE congratulate NYTWA’s advocacy efforts to improve the lives of NYC’s taxi drivers!

Op-Ed: NOPREN Weighs in on NYC’s Proposed Plan to Limit the Size of Sugary Drinks

New York City recently proposed a policy that would prohibit selling sugary drinks over 16 ounces at restaurants, movie theaters, and food carts. These beverages have been implicated as a contributor to obesity. NOPREN researchers looked at the potential this policy could have on calorie consumption from beverages at fast food restaurants.

Receipts were collected from customers leaving fast food restaurants, including 1,624 who bought a beverage (excluding shakes) from three different fast food chains in four cities (NYC, Newark, Philadelphia, Baltimore) during 2008-2010. Researchers determined the number calories in each drink using the nutrition information posted on each restaurant’s website.

They found that each drink purchased contained an average of 197 calories. In addition, 62% of all drinks purchased were larger than the maximum size that could be sold in NYC under the policy. Through an analysis of multiple simulations, NOPREN researchers found that if all customers who had purchased one of these larger drinks switched to a 16oz drink instead, they would consume an average of 63 fewer calories per customer. As a result of the size limit, some customers might choose to purchase two 16oz drinks instead of one. In order for the policy to have no effect on calories, 70% or more of customers would have to purchase two 16 ounce drinks instead of just one.

NYU PRC Joins in Educating Policy Makers About the Needs of APA Immigrants, Children, and Families

For the second time this year, NYU PRC staff traveled to Albany, NY to speak to policymakers about the needs of Asian Pacific American communities. As part of New York State’s 2012 Asian Pacific American Advocacy (APA) Day, organized by Assemblywoman Grace Meng, the NYU PRC joined together with over 60 policy advocates, social service providers, CHWs, researchers, and community members to advocate for landmark legislation A9792, calling for New York State to collect collect, analyze, and disseminate disaggregated data on diverse APA communities. NYU PRC staff met with Assemblywoman Shelley Mayer and the offices of Senator Ruth Hassell-Thompson and Assemblywoman Amy Paulin. Two days later, on May 9, 2012, the NYU PRC participated in the 4th Annual APA City Advocacy Day, organized by the 13% and Growing Coalition (http://nyti.ms/UhiM4y). More than 200 community members and advocates gathered at City Hall to support equitable funding for the APA community. PRC staff met with City Councilmember Oliver Koppell.
This is the first intervention of its kind funded by the Centers for Disease Control and Prevention (CDC) that targets the growing problem of diabetes in the Korean community in NYC. The Project RICE Community Forum provided an opportunity for community members and service providers to learn more about diabetes, prevention, and diabetes risk in the Korean community.

The event was attended by over 50 representatives from Korean community-based service organizations, health providers, past and present Project RICE participants, and members of the Korean community. New York City Council Member Peter Koo attended the event and congratulated the NYU PRC and KCS for addressing the critical issue of health and prevention in the Korean community. Dr. Mariano Rey, the Principal Investigator of the NYU PRC and Senior Associate Dean for Community Health and Research at NYU School of Medicine, praised this important effort in partnership with a leading social service organization in the Korean community:

"I am very pleased and thankful for our partnership with KCS, who is active in the community and in providing health services to promote the health of Koreans. We hope that more Koreans can benefit from disease prevention efforts as we move forward."

Dr. Nadia Islam, Project RICE Research Director, shared results from the first phase of the project, completed with 48 members of the Korean community in Flushing. Participants who completed the program lost weight from the start of the project, increased their level of physical activity, and reported healthier eating habits.

Participants also reported great satisfaction with Project RICE and with the community health workers who worked with them throughout the program. An important part of the program is fostering social support, which has been shown to improve health and health behaviors. At the end of the program, more participants reported suggesting doing physical activities with their friends and family, and talking to others about the benefits of physical activities, or asking friends and relatives to exercise with them.

Following the presentation of results, Ezra Hanjun Jang MD, a doctor of Internal Medicine, gave a presentation about diabetes and diabetes risk in the Korean community. He and Sunhi Shin, RN, CDE at NYU Diabetes Education Center participated in a Q&A session and took questions from the audience.

The event received much media coverage in the Korean press, and was featured in Korea Daily New York, The Korea Times, The New York Ilbo, and on The Korean Channel.

Links to articles featuring the community forum event in the Korean News:

- Korea Daily News
  Article 2 | http://bit.ly/Qo85dv

- The Korea Times - New York Edition
  Article 1 | http://ny.koreatimes.com/article/725927
  Article 2 | http://bit.ly/Qo7EQw

To learn more about Project RICE on the web visit: http://bit.ly/Ng5Qci
Community Partner Spotlight On: Arthur Ashe Institute of Urban Health

The Brooklyn Health Disparities Center, a joint venture of the Arthur Ashe Institute for Urban Health (AAIUH), an NYU PRC Comparative Effectiveness Research (CER) Program partner, SUNY Downstate Medical Center, and the Brooklyn Borough President’s Office, has received a $5.5 million grant from the National Institute on Minority Health and Health Disparities (part of the NIH) to continue and expand their work, focusing on community engagement to drive research, training, and policy. Their new grant will support two research studies, one focusing on HIV risk reduction and the other on promoting engagement to drive research, training, and policy. Their new grant will support two research studies, one focusing on HIV risk reduction and the other on promoting

CDC Partners with the NYU PRC to Reach Asian American Communities

The Centers for Disease Control and Prevention (CDC) has partnered with the NYU Center for the Study of Asian American Health (CSAAH) and the NYU Prevention Research Center (PRC) to assist with their outreach and data collection efforts for the National Health and Nutrition Examination Survey (NHANES). This year, the survey will be oversampling the Asian American population in Queens, NY, presenting a valuable opportunity to gain much needed information about the health of Asian Americans. Asian Americans are often underrepresented in publicly available national health datasets, and because of the small number of Asian Americans in the U.S., data on health problems and needs are often unavailable or unreliable. Asian Americans also represent diverse ethnic groups, which are often not captured in national surveys. The NHANES assesses the health and nutritional status of adults and children in the United States, and is used by public health officials, legislators, physicians, and researchers to develop effective health policies, design tailored health programs and services, and expand the knowledge base. NYU CSAAH and the PRC have assisted with the recruitment of interpreters and the placement of awareness raising articles in ethnic media outlets.

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Formative data collected through Project RICE shows that more than half of all Sikh South Asian respondents (53%) had never received a checkup or screening from a dentist. Of those who had ever received a checkup or screening from a dentist, only 29% reported receiving one in the last year. Thirty-four percent of respondents had been previously diagnosed with dental problems.

There are few models of community-based interventions that are targeted to Asian American sub-groups and designed to both assess and more importantly meet their oral health needs. To improve oral health and health care for this population, public health and primary care interventions must be leveraged and expanded through collaborations with trusted community-based partners. With this award, United Sikhs and the NYU PRC will collaborate to conduct a descriptive study on oral health in the Sikh South Asian communities of New York City and New Jersey and to build the capacity of these communities to address oral health issues. Findings from the descriptive study will be used to integrate a family-based oral health intervention component into the existing Project RICE diabetes prevention research study.

Learn more about the Mister B Project at: http://www.themenshealthinitiative.com/
PRC Special Interest Project Awards

The NYU PRC is pleased to announce that our faculty have received funding for two Special Interest Projects from the CDC in 2012:

1) SIP12-062: NYU Nutrition and Obesity Research and Evaluation Network (PI: Brian Elbel)
2) SIP 12-052: Breast and Cervical Cancer Screening Among Muslim Women in New York City (PI: Nadia Islam)

CONGRATULATIONS!

The NYU PRC has had a prolific start to the year with the publication of several articles in peer-reviewed journals.

Three articles have been published by PRC staff and investigators in Progress in Community Health Partnerships: Research, Education, and Action’s Special Issue on Asian American health. The articles describe the development of the PRC’s Community Empowered Research Training (CERT) Program, the role of federal policy in building research infrastructure among emerging minorities, and the role of national organization in leading community-based Asian American, Native Hawaiian, and Pacific Islander health research initiatives.

The PRC has also had three articles published in the American Journal of Public Health, including articles on the PRC’s CHW training, the barriers and facilitators of diabetes control in the Bangladeshi community, and social capital and smoking among Asian American men.

In addition, NYU PRC Co-Principal Investigator Dr. Chau Trinh-Shevrin has co-authored a paper about the NYU-Health and Hospitals Corporation Clinical and Translational Science Institute that has been published in the Journal of Clinical and Translational Science. Dr. Brian Elbel, Principal Investigator of the NYU Nutrition and Obesity Policy Research and Evaluation Network (NOPREN), has published an editorial on the potential effects of NYC’s ban on sugar sweetened beverages over 16 oz in the New England Journal of Medicine.

PRC Publications

The NYU PRC was established in 2009 by grant 1U48DP001904-01 from the Centers for Disease Control and Prevention.

For more information about the NYU PRC, please visit us on the web!

http://prevention-research.med.nyu.edu