

2016 ANNUAL REPORT

Asian Center – Southeast Michigan



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Hepatitis B Program

The IRB (Institutional Review Board) at University of Michigan for the hepatitis B (HBV) study was terminated in the summer after 10 years. We had collected enough data (2,000+) to see the prevalence of HBV patients among Asian Americans in Michigan remains at 6%. The last screening took place at the health fair offered by the United Asian American Medical Student Association (UAAMSA) at U of M Medical School in February. So in 2016, we only screened 51 people; but we also gave 26 people HBV vaccines. Our vaccine program also stopped, since the State Health Department no longer provided free vaccine.



After 10 years study, the last HBV screening was at the UAAMSA health fair in Feb.

The 10 years data in screening, vaccination and patient navigation will be analyzed and to write a paper sharing with the research community. There is a lot of experience on how to work with the Asian population for clinical services. And definitely the hepatitis B knowledge is still far away from reaching into the community.

In the next few years, education will be the prime focus on the HBV program. We would explore different strategies to conduct education; one thought was to write a skit and look for students to perform it. We would try to connect and collaborate with theatrical groups to start this project. We received Gilead support in August, so there is grant to start this effort.

AAA1B Resource Advocates (RA) programs

AC-SE MI received a 3-year grant from Area Agency on Aging 1B to work on the Resource Advocates project; a program that is set up to help seniors over 60 years old navigate through different services, such as insurance, Medicare, Medicaid and Meals on Wheels, etc. This is the 3rd year of our contract, we finally learned its process; which was not easy nor transparent. The process requires a lot of detail documentation; we had to put someone on the project specifically to

deal with all the paperwork required, as well as legal requirements. The participant's privacy also requires a lot of security check and set up. Its data transfer has to be encrypted. It is definitely one of the eye-opener projects.

In 2016 AC-SE spent close to 1200 hours, providing various services to 53 seniors. The funding agency in August decided not to continue our contract for the service in the 2017-2019 periods due to their reduced funding. However, AC-SE MI has decided to self-fund the program and continue to provide necessary services to Asian seniors; because we found out our seniors really need bilingual CHWs helping them, even just for simple house chores.

AAA1B Evidence-Base Health Workshop

AC-SE MI has been offering health promotion and disease prevention workshop programs.

In 2016, AC-SE MI offered the following:

Number of workshops	Name of Workshop	# of certificates
1	PATH (Chronic Disease self-management)	11
2	DPATH (Diabetes self-management)	17
1	Matter Of Balance	10
4	Healthy Eating	34
1	Tai-chi for arthritis & fall prevention	8

Minority Health Month Mini-Grant from MDHHS

Michigan Department of Health and Human Services offered a mini-grant this year to celebrate minority health month. AC-SE MI was one of the awardees to celebrate Asian American Health month in May. And major Asian ethnic organizations were invited to conduct a conversation among their stakeholders about community health

This "Health Conversation" took place on Sat, 6/11 at the Asian Center – SE MI in Southfield. Many community leaders from different ethnic groups attended the conversation. Our Board Member, Dr. Jamie Hsu was the facilitator leading this

effort. Participants were all eager to speak out, everyone took his/her turns orderly and expressed his/her concerns. The biggest concern among all is the language barrier in all areas; and an Asian Health clinic is a common goal.

The final report of this project was published in July. Anyone interested in learning its details, please contact us to get the full report.



Health conversation on 6/11

Blue Cross/Blue Shield of Michigan Foundation Grant (DPP program)

The BCBSMF grant started on July 1, 2016; it is for the diabetes prevention program (DPP). After 4 months planning, the first DPP workshop kicked off on Oct 18, 2016 for the Chinese community at Association of Chinese Americans Center in Madison Heights. Seventeen people signed up to take the program. The program will continue into 2017 for Asian Indian, Korean and Philippine communities.

Since obesity is not a problem among Asian Americans, the DPP objective of 7% weight reduction is really not applicable to Asian Americans; especially Chinese and Korean, maybe some of the Asian Indians and Filipinos. We had to modify the program, not to use the weight reduction as a program objective. So we decided to take participants' A1c reading at Session 0 (Introduction) and the last Session a year later. Theoretically, if they follow the discipline, they A1c should drop a year later.

For our DPP workshops, there is a lot of upfront preparation; because the Asian diets are very different from American's, the amount of acculturation is heavy. Most of the modification is done for:

- Translation of participants' manual to Chinese, Korean and Gujarati.
- Search for food calorie counters for Chinese, Korean, Gujarati and Filipinos
- Additional handouts needed to help the curricula in Chinese, Korean and Gujarati

Asian Center – SE MI

This year, AC-SE MI still joined Vietnamese American Association of Michigan (VAAM) to host another health fair in October. It might be the last one we would still participate. This year, we still sponsored the one in January for UAAMSA, and one in Oct with VAAM. As we reviewed the participants' demographic information, and learned that participants without health insurance is only 14%, comparing to 75% 10 years ago. There is really no need to offer these free health fairs any more. There is other health clinic work we can help out, that might be more helpful now. In the Oct health fair there were only 80+ people attended, yet there were about 60+ volunteers serving them; we could use our resource more effectively. Although it was a good will to serve the community, it should also be a smart, effective event to benefit the community. Both VAAM and UAAMSA have been briefed of the needs of these health fairs.

Our flu shot collaboration with Walgreen:

Where	When	# of shots
Chinese Alliance Church	9/23/16	20
American Chinese Association (ACA)	10/8/16	15
Asian Indian Temple in Pontiac	9/25/16	200
Canton Hindu Temple	October	100
Asian Indian Bharatiya temple in Troy	November	80
Health Fair in Warren with VAAM	10/22/16	30
St Andrew Kim Korean Catholic Church	10/23/16	126
Total		571

The “Meals on Wheels” program in Ann Arbor finally implemented its Chinese meal plan in February of this year. There were 35 deliveries in February, increased to 169 in November. We received many good feedbacks from some of the seniors we served.

Thank you for your support in 2016

Wish you the best in 2017