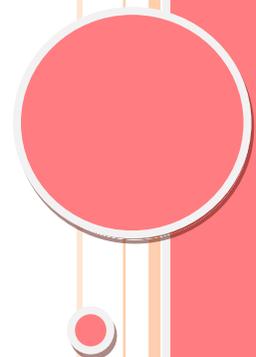


# 2018 ANNUAL REPORT

## *Asian Center – Southeast Michigan*



## Hepatitis B Program

- Since 2006, our Executive Director, Dr. Lee has been studying hepatitis B (HBV) prevalence among Asian Americans in Michigan. Later HBV vaccines were offered to eligible adults; and assistance was provided to chronic HBV patients to follow up on disease progress. During these programs, education on HBV had always been a major part. In 2017, the 10-year screening data were cleaned and analyzed. The report was published in a peer-reviewed journal (Hepatitis Archive, August, 2018). The report basically shows HBV is still not widely understood among Asian Americans. Therefore, the HBV education will take a new, more intense and effective way in 2019. Screening will be continued to enhance education.
- Asian Center-Southeast Michigan (AC-SE MI) was invited to join the National Hepatitis Coalition in late 2017; and started to attend their monthly tele-conferences. In July of 2018, Dr. Lee attended the National Coalition Conference in Washington D. C., learned the progress the Coalition has made in the past years. She participated in the congressional meetings to brief law-makers and ask for more funding on hepatitis research and service. And also learned soon there may be medication to cure hepatitis B.
- The new HBV education idea will include smaller groups with improvised discussion, lead by a trained community health worker, under a more leisure environment to allow the idea imprinted in depth to the participants.

## Senior Resource Advocates & Evidence-Based Health Workshop

- Every year during the annual health insurance enrollment, AC-SE MI helped many seniors to review and select health insurance. Our 3 MMAP (Medicare and Medicaid Assistance Program) certified consultants helped many people in the community through the year.
- In 2018, we helped a senior to form a knitting group at Cranbrook Senior Housing in Ann Arbor. This senior resident likes knitting and wants to teach others. Now she leads a knitting group that meets weekly and knits together; it became part of their fun social time.
- Our 2018 Evidence-Based Health Workshop Schedule and Records:

#	Workshop	Location	Period	Ethnic Group	# of certificates
1	DPATH	Costick Center	3/26/18 – 4/30/18	general	cancelled
2	Tai-chi	Turner Center	3/22/18 - 5/10/18	general	12
3	MOB	KACCM	4/16/18 - 6/7/18	Korean	9
4	Healthy Eating	Costick Center	9/17/18 – 10/22/18	general	6
5	Tai-chi	Brandon Library	10/11/18 – 12/6/18	general	17
				<b>Total</b>	<b>44</b>

## Diabetes Prevention Program Final Report – Brief Summary

Asian Center – SE MI was awarded a Community Health Matching Grant from Blue Cross Blue Shield Foundation of Michigan to offer diabetes prevention. The grant period was set for July 1, 2016 to June 30, 2018. And the program ended in June on time with great results.

This “Diabetes Prevention Program” (DPP) used the curriculum from the CDC website: <https://www.cdc.gov/diabetes/prevention/lifestyle-program/curriculum.html>. This is a yearlong program that starts with weekly sessions for the first 16 weeks, and then the monthly sessions for 8 months. The goals of the program are:

1. Lose 7% of body weight through healthy eating
2. Do 150 minutes of moderate physical activity each week

For the low BMI Asian groups (Chinese and Koreans), we waived the first goal since there was nobody even in the overweight range. Instead, we added a hemoglobin A1c test for all participants at the first and last sessions.

In two years, AC-SE MI conducted 4 diabetes prevention workshops, recruited 74 participants, with 53 of them completing. For a yearlong program, 30% attrition is acceptable. Because we anticipated having higher attrition, the coaches put in extra effort, including personal make-up, one-on-one discussion, etc to make their learning easier and more effective.

Everyone in the program reached their goals of weight control and exercise. About 4-5 people who started at the overweight level (among Asian Indian and Filipino groups) lost more than 10 lbs and moved to a normal BMI range. Every participant did more than 150 minutes of moderate exercise weekly. There were 45, out of the 53 certified participants, had before/after A1c which showed the most encouraging results as below:

	Average A1c Drop
Pre-diabetes Participants (30)	0.14
Diabetes Participants (15)	0.60
Total Participants (45)	0.25

The data for diabetes patients is only a reference since we did not ask for their medication, nor did we know if there was any change in their medication regimen during the year. But overall, A1c data can definitely prove the effectiveness of diabetes prevention. The general overall program evaluation also scored very high: 4.5 out of 5, with all positive feedback. We received nothing but words of appreciation from participants. This is a successful program.



Filipino DPP Group



Korean DPP Group

## **Special DHHS (Department of Health and Human Services) Programs**

### ➤ Men’s health in Detroit

AC-SE MI participated in the 2018 Detroit Men’s health conference on June 2, 2018 at the Henry Ford Hospital in Detroit. As one of the planning committees, AC-SE MI worked with many local Detroit community organizations and DHHS Office of Minority Health, Office of the Assistant Secretary for Health to offer this event. Topics discussed included “manhood”, men’s health and disease prevention; nutrition and fitness etc. There were more than 30 participants, most were community leaders. The conference went well, participants committed to carry the healthy living message to the community they serve.

### ➤ Immunization Improvement Plan for Michigan

Dr. Lee, was invited by MDHHS (Michigan DHHS) to represent Michigan in a task force, sponsored by the Office of the Assistant Secretary, DHHS, for “Adult Immunization Improvement Plan” for Region 5 (including Illinois, Indiana, Michigan, Minnesota, Ohio and Wisconsin). After 9 months planning, a conference took place on 6/11/18 in Chicago, also supported by National Vaccine Program, that every state shared their improvement plan. AC-SE MI did a survey on current adult immunization in Michigan and initiated a proposal of an improvement plan based on the survey data. The proposal was submitted to MDHHS.

## **Programs with AARP**

### ➤ Disrupting Disparities

An AARP survey conducted in the summer of 2018 found that two-thirds of the older adults in Michigan said they suffer from one or more health conditions, and 12% of these individuals reported having gone without needed care, due to cost, lack of transportation, or lack of available timely appointments. The full report can be found in the following site: <https://states.aarp.org/aarp-report-michigan-must-address-disparities-in-health-care-access/>. AC-SE MI participated in their task meetings and shared their data to the community.

### ➤ Caregiver Appreciation Luncheon

An appreciation luncheon, sponsored by AARP, for Asian American caregivers took place on 11/1/2018 in Southfield. AC-SE MI was one of the partner organizations working with AARP to recruit Asian American caregivers for this event. There were close to 200 people attended. Participants appreciated such a graceful event.

### ➤ Caregivers Support Group

After the above mentioned luncheon, AC-SE MI proposed to AARP to organize these caregivers and to form an Asian American Caregiver Support Group. This will provide support to the current caregivers, and help future ones if they have to walk the same path. In Michigan, family members are the primary caregivers for older adults.

## **2018 Health Fairs and Flu Shot**

- After more than 7 years of ACA (Affordable Care Act), the need for health fairs among Asian Americans has been reduced drastically. Majority of the immigrants now can purchase

their own health insurance; therefore, they do not need to attend free health fairs. In 2018, AC-SE MI only participated in one such health fair. It was with UM Asian American Medical Students. We also advised medical students to start thinking other kind of health services they can offer to the community that may be more in need.

- Partnering with Walgreen, AC-SE MI organized 6 flu shot clinics serving more than 350 people in the Asian community in 2018. This is another service that may need to be modified to be more efficient in the future.

### Asian Center – SE MI Special Notes

- Our Program Manager, Ms Lisa Hou, was nominated as an AAPI hero in the AARP Heroes Program in the summer of 2018. She was jury-evaluated to be one of the 10 finalists; and the last step was voted in “Facebook”. She was #3 popular by Facebook subscribers. Good Job, Lisa!
- Our Executive Director, Dr. Janilla Lee, received the Governor Snyder’s Philanthropy Award among the APIA community in September for her 14 years in-kind service to the APIA community in the public health research and service. [See picture below.]
- AC-SE MI teamed up with Cancer Support Community of Greater Ann Arbor to help their Asian American cancer patients who have language barriers.
- AC-SE MI started in mental health study and service for Asian Americans in MI in late 2018. With the increasing new Asian immigrants, there are more needs shown in our services that many of them need mental stability in a brand new environment. We have applied for a small grant to first assess the need in mental health among Asians in MI.



### Dental Health Program for Asian Americans

The Asian American dental students at the University of Michigan had offered 2 dental health and hygiene education workshops this year. AC-SE MI is working with community organizations to set up more such workshops in 2019.



Tai-chi Workshop



Dr Lee accepted award