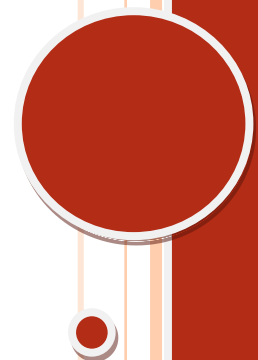


# 2017 ANNUAL REPORT

***Asian Center – Southeast Michigan***



## Hepatitis B Program

- The hepatitis B (HBV) project at Asian Center – SE MI started in 2006 when our Executive Director, Dr. Janilla Lee, was Associate Director of the Healthy Asian Americans Project (HAAP); it was a research project at the School of Nursing, University of Michigan (UM). It began with screening to learn HBV prevalence among Asian Americans in Michigan. In 2010, the project moved to AC-SE MI after HAAP closed down at UM. In the same year, vaccination and patient navigation programs were added to the project. For 10 years, there were 2000+ people screened, 110+ vaccinated, and 25+ patients received assistance for their disease follow-up and treatment. The project was suspended in 2016 due to shortfalls in fund and resources. Dr. Lee decided to pause and re-assess the project and its future direction.
- The screening results: 6% chronic hepatitis B patients, 50% have antibody, and 44% never infected, nor vaccinated. Free vaccination was offered to eligible participants, but only 46% took it. For free patient navigation, a minimum of one comprehensive liver test was offered to all patients; the take-rate was only 44%. Those who took the liver comprehensive test have been advised of follow-up directions by our program hepatologist. Details of this study are being summarized in a paper to be published in a peer-reviewed journal and will also be posted at our website, [www.asiancentersemi.org](http://www.asiancentersemi.org).
- Asian Center-SE MI will continue its HBV project, focusing more on education. In August of 2017, a small grant was received for the HBV educational video proposal. AC-SE MI was able to assemble a team of college students from the Department of Theatre and Drama at the University of Michigan to produce a high quality, short, funny yet informative educational video. It is posted at the AC-SE MI website home page. The video will be used as a public health education tool in our future HBV program, and subtitles will be added in Chinese, Korean and Vietnamese.

## Senior Resource Advocates & Evidence-Based Health Workshop

- The Resource Advocate program was slow in 2017; only a few requests were received and completed. However, our Michigan Medicare/Medicaid Assistance Program (MMAP) counselors continued to participate in Medicare Enrollment consultation programs and also helped seniors throughout the year with MMAP related issues. There were also a few Medicaid cases that needed our assistance.
- Evidence-Based Health Workshop Schedule and Records:

#	Workshop	Location	Period	Ethnic Group	# of certificates
1	DPATH	Costick Center	3/6/17 – 4/10/17	General	10
2	Tai-chi for arthritis & fall prevention	Turner Center, Ann Arbor	4/13/17- 6/15/17	General	4 (out of 12)
3	Tai-chi for arthritis & fall prevention	ACA, Madison Heights	8/11/17-9/29/17	Chinese	5
4	MOB	Costick Center	10/3/17-12/5/217	General	10
				<b>Total</b>	<b>29</b>

## 2017 Health Expo

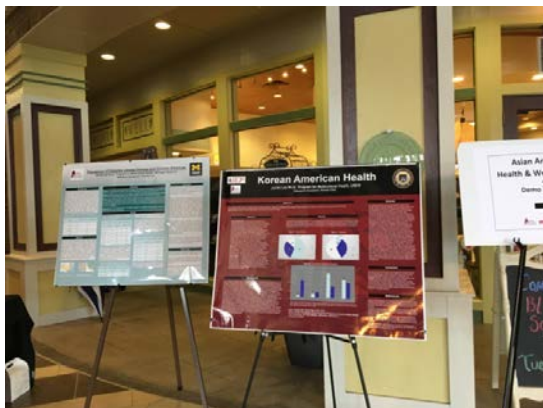
The “Asian American Health Day” that we offered in 2017, jointly with Henry Ford West Bloomfield Hospital, took place on Saturday, March 25, 2017. The theme was geriatrics. It was very successful. More than 110 participants attended. A series of seminars was presented, along with posters of health data collection, and a dozen health organizations displaying their services.



The seminars were well received; the audience seemed to enjoy them very much. We gave each attendee a survey of 5 questions about the event, and the average of the overall Expo rating was 4.7 (out of 5). The self-health assessment was about 4 (out of 5) for our participants. We received much good feedback, and since then people have constantly asked when is our next health Expo. We will offer this event once every 2 years, so the next one will be in 2019.

Here are the seminar topics:

- Brain Storm – A Workout for the Mind
- Evolution of Modern Day Joint Replacement
- Medication Management
- Anti-Inflammatory Foods Cooking Demo
- Healthy Aging – All You Want to Know
- Essential Oils 101
- Seated Yoga and Meditation
- Tai-chi for Arthritis & Fall Prevention



## Diabetes Prevention Program

Our major program in 2017 was the Diabetes Prevention Program (DPP), funded by the Blue Cross Blue Shield Foundation of Michigan for 2 years. The first completed DPP workshop was the Chinese group in mid-October. Healthy eating, including calorie counting, and daily exercise routines are the two big take-away for participants to live a healthier life. Weight loss is not an objective for many Asian Americans since over-weight and obesity has never been an issue. Therefore, in this workshop the only goal adopted from the CDC curriculum is the 150-minute weekly exercise. Although we also weighed participants weekly, the 7% weight reduction was not adopted for this group. However, A1c (2-3 month blood sugar average) was added as a biomarker for them. And after one year, almost everyone dropped his/her A1c; the average A1c of the class dropped 0.3 units from a year ago. This is the most impressive result of the workshop.



Asian Indians, Koreans and Philippines have all completed their initial intensive weekly sessions and are currently into their monthly maintenance phase. They are all on schedule to complete the year-long program in the spring of 2018. Koreans will not have the goal of weight reduction either, for the same reason as the Chinese. Asian Indians and Philippines will adopt the weight reduction goal only if his/her BMI shows them in the overweight or obese groups. But all will have A1c testing before and after the intervention.

## 2017 Health Fairs

- In 2017, AC-SE MI only participated in two health fairs in the fall, one with UM Asian American Medical Students, and the other with the Vietnamese American Association of Michigan by offering flu shots and bone density screening.
- The data collected from the health fairs at the 3 Korean churches in 2016 are being analyzed, and results will be published in a peer-reviewed journal and posted on our site.

## 2017 Flu Shot Records

Partnering with Walgreen, AC-SE MI organized 7 flu shot workshops serving more than 500 people in the Asian community.

Where	When	# of doses
American Chinese Association (ACA) 32585 Concord Dr, Madison Heights, MI 48071	10/2/17	50
The Shree Swaminarayan Temple Detroit ISSO 1517 Joslyn Ave, Pontiac, MI 48340	9/23/17	100
Canton Hindu Temple 44955 Cherry Hill Rd, Canton, MI 48188	10/15/17	150
Chinese First Evangelical Community Church 3193 Rochester Road, Troy, MI 48083	10/15/17	20
St Andrew Kim Korean Catholic Church 21177 Halsted Rd, Northville Tnsp 48167	10/8/17	100
UAAMSA health fair on 9/30/2017 UM Medical School	9/30/2017	30
VAAM Health Fair w/PACCM	10/14/17	80
Total		530

### Asian Center – SE MI Special Programs

- Dr. Janilla Lee was chosen by the Michigan Department of Health and Human Services (MDHSS) to serve as a Michigan representative to the Region 5 task force of the national “Adult Immunization Improvement” program. The task force in Region 5 includes the following states: Illinois, Indiana, Michigan, Minnesota, Ohio and Wisconsin. Its assigned task goal is: “Improve access to adult vaccines.” AC-SE MI has worked on Hepatitis B vaccine and flu vaccine programs for Asian American adults and would be able to help this task force. The task force has monthly meetings and is scheduled to have a full conference in June, 2018.
- The Chinese meals at the Ann Arbor “Meals on Wheels” program is doing very well. Our Executive Director, Dr. Lee, helped create the initial 2-week menu in 2016, and its orders grew from 231 in January to 352 in December, a 52% growth in 2017.

### Dental Health Program for Asian Americans

The Asian American dental students in the Dental School at the University of Michigan are interested in doing community service by offering dental health and hygiene education. AC-SE MI is working with community organizations to set up some workshops for them in 2018.

Asian Center – Southeast Michigan  
January, 2018