

**The First South Asian
American Health Conference**

THANK YOU!

Participants

Faculty

UMDNJ Staff, Leadership

Ramada Inn Conference Center

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Day's Work

What Did We Learn?

What Do We Take Home?

**What Agenda Did We Develop
For The Future?**

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Day's Work

**South Asians 2 Million Strong &
Growing**

“Model Minority” w Health Disparity

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Health Disparities

Access

Utilization of Services

Health Status

Nutrition

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Heavy Disease Burden

- **Diabetes**
- **Heart Disease**
 - **Cancer**
- **Oral Health**
- **Mental Illness**
- **Domestic Violence**
- **Infections**

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Ethnic Disparity- Intrinsic Factors

- **Identity/ Communication**
- **Low Thresholds of Risk Factors**
- **Disproportionate Disease Burden**
- **Disease Character- Younger age**
 - **Health Beliefs/ Behavior**
- **Help Seeking in Health / Disease**

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Ethnic Disparity- External Factors

- **Access**
- **“Dispensation” Bias**
- **Lack of “Cultural Empathy”**
- **Use of Standard Thresholds**

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Prevention/ Early Intervention

- **Diabetes**
- **Heart Disease**
- **Cancer**
- **Oral Health**
- **Etc.**
- **Etc.**
- **E**

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Rigorous Thresholds For Screening / Treatment

- **Weight / BMI**
- **Waist Measurement**
- **Other ATP III Risk Factors**
- **Identify New Predictors**

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Encourage

- **Seek Early Intervention**
- **Adhere to Treatment**
- **“Cultural Empathy”**
 - **Health Professionals**
 - **System**

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Most Important Take Home

- **Motivate the community**
- **Help Their Learning:**
 - **Healthy Habits**
 - **Wellness Behavior**
 - **Disease Prevention**

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Simple Things

- **Avoid Harmful Habits:**
 - **Tobacco, *Paan***
- **Exercise Regularly**
- **Nutritious Diet / Moderation**
- **Maintain Body Weight**
- **Regular Check up**
- **Follow Advice**

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Teach Children Young

Agenda Goals Access 1 - Increase

- **Join National and Local Efforts**
- **Legislators**
- **Funding Agencies**

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Agenda Goals Access 2 - Navigate

- **Educate People**
- **Help Organizations Outreach To Educate**

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Agenda Goals Data

- **South Asian Category at Data Collection**
 - **NHANES etc. – Valuable Future Data**
- **Foster Primary Research**
 - **Disease Patterns**
 - **Behavior Change**

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Agenda Goals Data

- **Foster Primary Research- “Makes Good Economic Sense”**
 - **Prevent Economic Loss**
 - **Results usually transferable to all**
 - **Researcher’s “Ideal” Subjects - High Prevalence**

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Agenda Goals Community Outreach

- **Culturally competent to Help Learning:**
 - **Health Literacy**
 - **Health, Wellness Knowledge**
 - **Preventive Health**
 - **Disease Specific Knowledge**

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Agenda Goals Community Outreach

- **Culturally competent Behavior Modification**
 - **Kick Harmful Habits**
Smoking, Tobacco chew, *Paan*
 - **Seek**
 - ✓ **Screening**
 - ✓ **Early Intervention**
 - ✓ **Timely Treatment**
 - **Compliance**

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Agenda Goals Professional Outreach

- **High Prevalence**
- **Stringent thresholds**
 - **Screening**
 - **Treatment**
- **Cultural Competence**
- **“Cultural Empathy”**

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Agenda Goals Organizational Outreach

- **Raise Awareness**
- **Affirmative Involvement in**
 - **Community Outreach**
 - **Professional Outreach**

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