

ARCHIVE

THE ARCH NEWSLETTER

MARCH-MAY 2020

NEWS

COVID-19 Fact Check. ARCH interns and UCSF medical students, Fiona Ng and Hallen Pham, developed a website with reliable and easy-to-understand information about coronavirus in seven languages with the intent to better fight against this pandemic together and eliminate fear and potential harm from misinformation. More languages, such as Russian, Tagalog, etc. to come!

Check out the website here:

<https://covid19factcheck.com/>

ARCH Research Brief on “High Mortality from COVID-19 among Asian Americans in San Francisco and California” is garnering public interest. Led by Brandon Yan, Fiona Ng, and Tung Nguyen, ARCH’s Research Brief on “High Mortality from COVID-19 among Asian Americans in San Francisco and California” has received good attention from the media, supervisors, and policy makers.

Check out the research brief here:

https://asianarch.org/press_releases/Asian%20COVID-19%20Mortality%20Final.pdf

Arnab Mukherjea, DrPH, MPH will be promoted to Associate Professor at CSU East Bay. Congratulations!

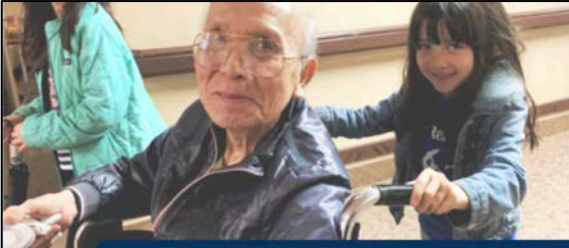


Collaborative Approach for Asian Americans Pacific Islanders Research and Education (CARE) Registry Virtual Information Session, June 8th, 2020, 10-11AM PST. The purpose of CARE is to reduce disparities in research participation among Asian Americans and Pacific Islanders (AAPI) through the creation of a research registry of AAPI who are interested in participating in various types of research. Join our virtual information session through Zoom to learn more about the CARE Registry, discuss community involvement in research from perspectives of the community and research partners, and develop collaborative partnerships that will facilitate use of the CARE Registry. For more information:

<http://careregistry.ucsf.edu/>

RSVP here:

<https://careinfomeeting.eventbrite.com/>



C.A.R.E Virtual Informational Session

Collaborative Approach for Asian Americans Pacific Islanders Research and Education (CARE) Registry

- ◆ Learn more about the CARE Registry, which aims to recruit **10,000 AAPI** to participate in research in Alzheimer's Disease and related dementias, aging and caregiving
- ◆ Discuss community involvement in research from perspectives of community and research partners
- ◆ Develop new and collaborative partnerships between community and research partners that will facilitate use of CARE registry

June 8, 2020 | 10-11 AM (PST)
All researchers and community partners are invited to participate.
RSVP: <https://careinfoevent.eventbrite.com>

C.A.R.E Staff: careaspi@gmail.com or (669) 256-2609
Principal Investigator (Dr. Van Ta Park): van.park@ucsf.edu
Visit our website at careregistry.ucsf.edu



Funded by NIH/NIA R24AG063718.
IRB Protocol Number: 19-28027

ANNOUNCEMENT



IMPACT-AD
Institute on Methods and Protocols for Advancement of Clinical Trials in ADRD
September 13-17, 2020 | San Diego, CA

Professionals Track
For all trial personnel
2.5 days

Fellowship Track
For future Principal Investigators
4.5 days

- ▶ **Clinical trials in ADRD**
- ▶ **Diversity of study investigators and staff**
- ▶ **Objective metrics of success and impact**

Supported by the National Institute on Aging and the Alzheimer's Association.
For more information, visit impact-ad.org or email our program administrator, Mr. Tyler Berkness, at impact-ad@atrihub.io.



Josh Grill, PhD
Co-Program Director
UCI MIND



Rema Raman, PhD
Co-Program Director
USC ATRI





Distributing COVID-19 Fact Sheets in Multiple Languages. In collaboration with Harvard Health Publishing, the COVID-19 Health Literacy Project has created and translated accessible COVID-19 information into 35+ languages to help all patients, especially immigrants and non-English speaking communities, stay informed and healthy. Our materials include fact sheets on COVID-19 prevention, management, pregnancy, and information for children. These materials are freely available without any copyright restrictions. You can find the fact sheets here: <https://covid19healthliteracyproject.com/#languages>
For more information: <http://www.covid19healthliteracyproject.com>

IMPACT-AD will be hosting a new program to train clinical trialists in Alzheimer's Disease and Related Dementias (ADRD), September 13-17, 2020 in San Diego, CA. IMPACT-AD is now accepting applications and is open to a diverse range of clinicians, scientists, and research professionals, including those with and without previous experience in ADRD. Participation is open to all individuals with a full-time position at their respective institution. IMPACT-AD will arrange and cover all travel costs for accepted trainees. Training topics will include ADRD trial design, participant-related issues, trial ethics, analysis plans, outcome measures, study management and more. For more information, visit: <https://impact-ad.org/>

RESEARCH AWARDS

Two ARCH members received research awards from Rutgers Asian Resource Centers for Minority Aging Research (RCMAR). Congratulations! For more information: <https://rcmar.rutgers.edu/rcmar-scientists>

- **JiWon Choi:** SHARE (Share History, Activity, Resilience, and Experience) project among Asian American older adult caregivers of individuals with Alzheimer's disease and related dementias.
Mentors: Van Park, Janice Tsoh
- **Arnab Mukherjea:** Culturally appropriate interventions to increase CRC screening in South Asian Populations.
Mentors: Scarlett Lin Gomez, Susan Ivey

Arnab Mukherjea received Pilot Study Grant from the Center for Aging in Diverse Communities (CADC) at UCSF. Project title "Understanding Potential Influence of Social, Cultural, and Historical Traumas on Health of Diverse South Asian Communities in California." CADC primary mentor is Tung Nguyen.

ABSTRACT REVIEWS

PREPARED BY VAN TA PARK

January 1, 2020 – March 30, 2020

Selected Abstracts Highlight

- Mukherjea A et al. evaluated of an educational outreach to promote colorectal cancer screening among South Asians in the San Francisco Bay Area.
<https://www.ncbi.nlm.nih.gov/pubmed/31898079>
- Kanaya A co-authored a paper that examined the relationship of acculturation to cardiovascular disease risk factors among U.S. South Asians, using data from the MASALA study. <https://www.ncbi.nlm.nih.gov/pubmed/32113027>
- Kanaya A co-authored a paper that examined whether diet quality differs between South Asian adults in the Mediators of Atherosclerosis in South Asians Living in America (MASALA) Study and whites, Chinese Americans, African Americans, and Hispanics in the Multi-Ethnic Study of Atherosclerosis (MESA).
<https://www.ncbi.nlm.nih.gov/pubmed/32133497>
- Kanaya A co-authored a paper that examined the social influence of adult children on the cardiovascular-related health behaviors of older South Asian (SA) immigrants to inform lifestyle interventions. <https://www.ncbi.nlm.nih.gov/pubmed/32122159>
- Ta Park et al. examined whether the knowledge, attitudes, and behaviors (KAB) about school bullying improved after watching a Korean Drama (K-drama) and asked participants about their perspectives of using a K-Drama as an intervention.
<https://www.ncbi.nlm.nih.gov/pubmed/32182641>
- Joseph G and co-authors observed cancer genetic counseling communication between genetic counselors and low-income Chinese immigrants and identified themes that describe the gaps in communication and the need for genetic counseling techniques to enhance the efficacy of communication across language, literacy, and culture.
<https://pubmed.ncbi.nlm.nih.gov/29197036/>

[J Immigr Minor Health](#). 2020 Jan 2. doi: 10.1007/s10903-019-00965-8. [Epub ahead of print]

<https://www.ncbi.nlm.nih.gov/pubmed/31898079>

Preliminary Evaluation of Educational Outreach to Promote Colorectal Cancer Screening Among South Asians in the San Francisco Bay Area.

[Mukherjea A](#)^{1,2}, [Ansari ZK](#)³, [Senthil Kumar S](#)³, [Katyal T](#)³, [Sahota DS](#)³, [Handa R](#)³, [Ivey SL](#)³.

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Abstract

Culturally-tailored interventions increase rates of colorectal cancer (CRC) screening in diverse populations. South Asian Americans have very low rates of CRC screening. Targeted interventions may improve community awareness and likelihood of undergoing screening. We identified and recruited multiple South Asian-serving community and religious centers to conduct South Asian physician-led presentations about CRC screening. A post-presentation survey tool was used to evaluate CRC screening history, intent to screen, and acceptance of a tailored brochure. In a convenience sample of 103 surveys, many participants had not undergone screening in the past (48%), and intent to screen after the presentation was high in those previously not screened (87%). Those who took a culturally-tailored brochure said they would share materials with family and friends (95% and 39% respectively). Our results support earlier findings of success in culturally-tailored interventions and indicate acceptance of culturally-tailored CRC screening outreach in community sites.

KEYWORDS:

Colorectal cancer screening; Community outreach; Cultural messaging; Culturally-tailored interventions; South Asian Americans

PMID: 31898079 DOI: [10.1007/s10903-019-00965-8](https://doi.org/10.1007/s10903-019-00965-8)

[Diabetes Res Clin Pract.](#) 2020 Feb 26;161:108052. doi: 10.1016/j.diabres.2020.108052.
[Epub ahead of print]

<https://www.ncbi.nlm.nih.gov/pubmed/32113027>

The relationship of acculturation to cardiovascular disease risk factors among U.S. South Asians: Findings from the MASALA study.

[Al-Sofiani ME](#)¹, [Langan S](#)², [Kanaya AM](#)³, [Kandula NR](#)⁴, [Needham BL](#)⁵, [Kim C](#)⁶, [Vaidya D](#)⁷, [Golden SH](#)⁸, [Gudzune KA](#)⁹, [Lee CJ](#)¹⁰.

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Abstract

AIM:

We investigated the association between acculturation strategies and cardiometabolic risk among South Asian (SA) immigrants in the US.

METHODS:

In this cross-sectional analysis of data from 849 SA participants in the Mediators of Atherosclerosis in SAs Living in America (MASALA), we performed multidimensional measures of acculturation to categorize the participants into three acculturation classes: separation (preference for SA culture), assimilation (preference for US culture), and integration (similar preference for both cultures). Differences in glycemic indices, blood pressure, lipid parameters and body composition by acculturation strategy were examined.

RESULTS:

Women in the integration class had the lowest prevalence of diabetes (16.4%), prediabetes (29.7%), fasting and 2-h glucose compared to women in the separation class with the highest prevalence of diabetes (29.3%), prediabetes (31.5%), fasting and 2-h glucose and 2-hr insulin (all $p < 0.05$). Women in the assimilation class had significantly lower triglycerides, BMI, and waist circumference and higher HDL compared to women in the separation class after adjusting for age, study site, and years in the US. After additionally accounting for socioeconomic/lifestyle factors, women in the assimilation class had significantly lower triglyceride and higher HDL levels compared to women in the separation class ($p < 0.01$). There was no significant association between acculturation strategies and cardiometabolic risk in SA men.

CONCLUSION:

SA women who employed an assimilation or integration strategy had a more favorable cardiometabolic profile compared to women using a separation strategy. Future research should investigate the behavioral and psychosocial pathways linking acculturation strategies with cardiometabolic health to inform preventive interventions among SAs living in America.

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KEYWORDS:

Acculturation; Assimilation; Cardiometabolic health; Cardiovascular disease risk factors; Immigration; Integration; Separation

PMID: 32113027 DOI: [10.1016/j.diabres.2020.108052](https://doi.org/10.1016/j.diabres.2020.108052)

[J Nutr.](#) 2020 Mar 4. pii: nxaa050. doi: 10.1093/jn/nxaa050. [Epub ahead of print]

<https://www.ncbi.nlm.nih.gov/pubmed/32133497>

Differences in Diet Quality among Multiple US Racial/Ethnic Groups from the Mediators of Atherosclerosis in South Asians Living in America (MASALA) Study and the Multi-Ethnic Study of Atherosclerosis (MESA).

[Rodriguez LA](#)¹, [Jin Y](#)², [Talegawkar SA](#)², [Otto MCO](#)³, [Kandula NR](#)⁴, [Herrington DM](#)⁵, [Kanaya AM](#)⁶.

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Abstract

BACKGROUND:

Diet quality is an important risk factor for type 2 diabetes (T2D) and cardiovascular disease (CVD). Little is known about the diet quality of South Asians in the United States, a group with higher rates of T2D and CVD compared with other racial/ethnic groups.

OBJECTIVE:

This study determined whether diet quality differs between South Asian adults in the Mediators of Atherosclerosis in South Asians Living in America (MASALA) Study and whites, Chinese Americans, African Americans, and Hispanics in the Multi-Ethnic Study of Atherosclerosis (MESA).

METHODS:

Cross-sectional data from 3926 participants free of CVD from MESA visit 5 (2010-2011) and 889 South Asian participants from MASALA visit 1 (2010-2013) were pooled. Diet quality was assessed using the Alternative Healthy Eating Index (AHEI-2010) derived using FFQs. Multivariable linear regression models adjusted for age, sex, and total energy intake were used to compare mean differences in diet quality between the racial/ethnic groups.

RESULTS:

MESA participants were, on average, 14 y older than MASALA participants. The adjusted mean (95% CI) scores for the AHEI-2010 were 70.2 (69.5, 70.9) among South Asians, 66.2 (66.3, 68.2) among Chinese Americans, 61.1 (60.7, 61.6) among whites, 59.0 (58.4, 59.7) among Hispanics, and 57.5 (56.9, 58.1) among African Americans. The mean AHEI scores among South Asians were 3.1 (1.8, 4.3), 9.2 (8.3, 10.1), 11.2 (10.2, 12.3), and 12.8 (11.8, 13.7) points

higher compared with Chinese Americans, whites, Hispanics, and African Americans, respectively.

CONCLUSIONS:

South Asian adults in the United States have a higher diet quality compared with other racial/ethnic groups. This paradoxical finding is not consistent with the observed higher rates of T2D and CVD compared with other groups. This is further evidence of the importance of studying the South Asian population to better understand the causes of chronic disease not explained by diet quality.

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KEYWORDS:

Alternative Healthy Eating Index 2010; South Asians; diet quality; ethnicity; race

PMID: 32133497 DOI: [10.1093/jn/nxaa050](https://doi.org/10.1093/jn/nxaa050)

[Ethn Health](#). 2020 Mar 2:1-19. doi: 10.1080/13557858.2020.1734779. [Epub ahead of print]

<https://www.ncbi.nlm.nih.gov/pubmed/32122159>

Social influence of adult children on parental health behavior among South Asian immigrants: findings from the MASALA (Mediators of Atherosclerosis in South Asians Living in America) study.

[Ram A](#)¹, [Dave SS](#)², [Lancki N](#)³, [Moran M](#)², [Puri-Taneja A](#)², [Mammen S](#)³, [Kanaya AM](#)⁴, [Kandula NR](#)^{1,2,3}.

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Abstract

Objectives: Examine the social influence of adult children on the cardiovascular-related health behaviors of older South Asian (SA) immigrants to inform lifestyle interventions.

Design: This mixed-methods study used data from an ancillary study of social networks (2014-2018) in the Mediators of Atherosclerosis in South Asians Living in America cohort. Phase 1 was a quantitative analysis of self-reported diet and physical activity among SA adults ($n = 448$, mean age = 58 years, SD 8.4) who named at least one adult child to their social network. The Alternative Healthy Eating Index (AHEI) was used to measure parents' diet; higher numbers indicate a healthier diet (range 0-110). Phase 2 was a thematic content analysis of in-depth qualitative interviews from a subsample of these parents ($n = 23$, mean age = 55, SD 7.6).

Results: Parents with an adult child in their network who consumed uncooked vegetables daily had mean parental AHEI score 1.5 points higher (adjusted p -value = 0.03) than those who had a child in the network who ate uncooked vegetables less often. When at least one adult child in their network ate fresh fruit daily compared to less frequently or when at least one child ate non-SA food daily compared to less frequently, mean parental AHEI scores were higher by 2.0 (adjusted p -value = 0.01) and 1.6 (adjusted p -value = 0.03) points respectively. Parents with an adult child in their network who exercised at least weekly were more likely to meet guideline-recommended physical activity levels than parents with children who exercised less often (76% v. 56%, adjusted p -value = 0.02). Adult children provided social support and were seen as 'role models' for healthy behavior, especially when adopting Western health behaviors.

Conclusion: Positive role modeling and support from adult children were important facilitators of healthy behavior change in older SA immigrants and can inform health behavior interventions for SA adults.

KEYWORDS:

MASALA; Social network; South Asian; intergenerational; lifestyle intervention; social influence

PMID: 32122159 DOI: [10.1080/13557858.2020.1734779](https://doi.org/10.1080/13557858.2020.1734779)

[Int J Environ Res Public Health](#). 2020 Mar 3;17(5). pii: E1637. doi: 10.3390/ijerph17051637.

<https://www.ncbi.nlm.nih.gov/pubmed/32182641>

Promising Results from the Use of a Korean Drama to Address Knowledge, Attitudes, and Behaviors on School Bullying and Mental Health among Asian American College-Aged Students.

[Ta Park VM](#)¹, [Suen Diwata J](#)², [Win N](#)³, [Ton V](#)², [Nam B](#)¹, [Rajabally W](#)⁴, [Jones VC](#)⁵.

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Abstract

The limited research on bullying, mental health (MH), and help-seeking for Asian American (ASA) college students is concerning due to the public health importance. Korean drama (K-Drama) television shows may be an innovative approach to improve knowledge, attitudes, and behaviors (KAB) on bullying. This study examined whether the KAB about school bullying improved after watching a K-Drama and asked participants about their perspectives of using a K-Drama as an intervention. A convenience sample of college students ($n = 118$) watched a K-Drama portraying school bullying and MH issues. Pre-/post-tests on KAB on bullying were conducted. Interviews ($n = 16$) were used to understand their experiences with K-Dramas. The mean age was 22.1 years (1.6 SD), 83.9% were female, and 77.1% were ASAs. Many reported experiences with anxiety (67.8%), depression (38.1%), and school bullying victim experience (40.8%). Post-test scores revealed significant differences in knowledge by most school bullying variables (e.g., victim; witness) and MH issues. There were varying significant findings in post-test scores in attitudes and behaviors by these variables. Participants reported that they "love" the drama, felt an emotional connection, and thought that K-Dramas can be an educational tool for ASAs. K-Dramas may be an effective population-level tool to improve health outcomes among ASAs.

KEYWORDS:

Asian Americans; Korean drama; health disparities; health education; help-seeking; intervention; mental health; school bullying

PMID: 32182641 DOI: [10.3390/ijerph17051637](https://doi.org/10.3390/ijerph17051637)

<https://pubmed.ncbi.nlm.nih.gov/29197036/>

Cancer Genetic Counseling Communication with Low-Income Chinese Immigrants

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Abstract

As genetics and genomics become part of mainstream medicine, these advances have the potential to either reduce or exacerbate health disparities. Relatively, little research has explored the quality of genetic counseling communication experienced by limited English proficiency patients, especially Chinese Americans. We observed and audio recorded genetic counseling appointments (n = 40) of low-income, limited English-proficient Chinese patients (n = 25) and conducted post-visit interviews (n = 17) using stimulated recall to examine patient understanding of the communication. Standard techniques based in grounded theory, including iterative data review and multiple coders, were used to analyze observation fieldnotes and interview transcripts and to identify these themes: (1) strong beliefs in environmental causes of cancer and skepticism about genetic causes, (2) willingness to undergo genetic testing despite skepticism of hereditary cause of cancer, (3) misunderstanding of key information needed to make informed decisions about testing and screening/prevention options, (4) variable quality of medical interpretation, and (5) selective family communication about cancer and genetic counseling and testing. Together, these themes describe substantial gaps in communication and identify the need for genetic counseling techniques and skills that enable counselors to communicate more effectively across language, literacy, and culture. Understanding the mechanisms of inheritance and the implications of genetic test results can be challenging for anyone, and it is exceptionally daunting for those who have limited English proficiency and/or low literacy. For Chinese immigrant patients to reap the full benefits of genetic counseling and testing, effective communication is essential. Research on interventions to improve communication is needed to ensure that disparities do not widen as genomic medicine reaches a more diverse population.

Keywords:

Communication; Genetic counseling; Genomic medicine; Health disparities; Health literacy; Hereditary cancer; Limited English proficiency; Precision medicine.

PMID: 29197036 PMCID: PMC6002298 DOI: [10.1007/s12687-017-0350-4](https://doi.org/10.1007/s12687-017-0350-4)

[Transl Behav Med.](#) 2020 Jan 4. pii: ibz183. doi: 10.1093/tbm/ibz183. [Epub ahead of print]

<https://www.ncbi.nlm.nih.gov/pubmed/31901165>

Effect of a mobile just-in-time implementation intention intervention on momentary smoking lapses in smoking cessation attempts among Asian American young adults.

[Huh J](#)¹, [Cerrada CJ](#)¹, [Dzubur E](#)¹, [Dunton GF](#)¹, [Spruijt-Metz D](#)^{1,2}, [Leventhal AM](#)^{1,2}.

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Abstract

Identifying vulnerable windows for a given problematic behavior and providing timely and appropriate support are critical for building an effective just-in-time (JIT) intervention for behavioral change. We developed and evaluated an implementation intention (II) based, JIT cessation intervention prototype to support Asian American young adult smokers to prevent lapses in their cessation attempts in real-time. We examined how a JIT II reminder may prevent lapses during self-identified high-risk smoking situation (HRSS) as a microtemporal process. We also tested whether the effect of JIT reminder changes over the course of study and differed between those who used their own versus project loan phones. Asian American young adult smokers (N = 57) who were interested in quitting or reducing smoking participated in a 4 week, mobile-based, cessation study (MyQuit USC, MQU). MQU is a JIT mobile app that deploys a user-specified II reminder at user-specified HRSS and assesses momentary lapse status. Generalized mixed linear models were conducted to assess the effect of the JIT intervention on lapse prevention. We found a significant interaction effect ($p = .03$) such that receiving JIT reminder reduced the likelihood of lapses for participants using their own phones but not for the loaners. The results also showed that when participants enacted the suggested II, they were less likely to lapse ($p < .001$). The JIT effect did not change over time in study ($p = .21$). This study provides evidence that receiving a reminder of a smoker's own plan just before a self-identified risky situation on a familiar device and successfully executing specified plans can be helpful in preventing lapses. Our results highlighted factors to consider when designing and refining a JIT intervention.

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KEYWORDS:

Asian American young adults; Cessation; Implementation intention; Just-in-time intervention; Within-person randomization

PMID: 31901165 DOI: [10.1093/tbm/ibz183](https://doi.org/10.1093/tbm/ibz183)

[Qual Life Res.](#) 2020 Jan 3. doi: 10.1007/s11136-019-02385-5. [Epub ahead of print]

<https://www.ncbi.nlm.nih.gov/pubmed/31900761>

Expressive writing intervention for posttraumatic stress disorder among Chinese American breast cancer survivors: the moderating role of social constraints.

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Abstract

PURPOSE:

Posttraumatic stress disorder (PTSD) is a significant condition among breast cancer survivors (BCSs). However, few intervention studies for cancer-related PTSD were conducted among Asian cancer survivors. We evaluated a culturally sensitive expressive writing intervention, which combined cognitive reappraisal and emotional disclosure, in reducing PTSD among Chinese American BCSs. We also tested social constraints (defined as social conditions when individuals feel misunderstood or alienated when they desire to disclose their thoughts and feelings) as a moderator.

METHODS:

Chinese American BCSs (n = 136) were randomly assigned to three groups with assigned writing topics for 3 weeks: a self-regulation group, which wrote about the deepest feelings related to cancer in week 1, cognitive reappraisal about stress and coping in week 2, and benefit finding in week 3; an enhanced self-regulation group, with the same instructions, except weeks 1 and 2 were reversed; and a cancer-fact group, which wrote about cancer experiences objectively for 3 weeks. PTSD symptoms were measured at baseline and 1-, 3-, and 6-month follow-ups. Social constraints were measured at baseline.

RESULTS:

Both the self-regulation and enhanced self-regulation groups showed reduced PTSD symptoms compared to the cancer-fact group. For reexperiencing and hyperarousal symptoms, expressive writing was more effective for BCSs who experienced high vs. low levels of social constraints; the opposite was found for avoidance symptoms.

CONCLUSION:

Findings demonstrated the effectiveness of expressive writing intervention in reducing PTSD for this minority population, and that the moderating role of survivors' social network varies among different PTSD symptom clusters. ClinicalTrials.gov Identifier: [NCT02946619](#).

KEYWORDS:

Breast cancer; Chinese American; Expressive writing; PTSD; Social constraints

PMID: 31900761 DOI: [10.1007/s11136-019-02385-5](https://doi.org/10.1007/s11136-019-02385-5)

[Hear Res.](#) 2019 Dec 24;387:107875. doi: 10.1016/j.heares.2019.107875. [Epub ahead of print]

<https://www.ncbi.nlm.nih.gov/pubmed/31896498>

Evidence for gene-smoking interactions for hearing loss and deafness in Japanese American families.

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Abstract

BACKGROUND:

This study investigated the relationship between smoking and hearing loss and deafness (HLD) and whether the relationship is modified by genetic variation. Data for these analyses was from the subset of Japanese American families collected as part of the American Diabetes Association Genetics of Non-insulin Dependent Diabetes Mellitus study. Logistic regression with generalized estimating equations assessed the relationship between HLD and smoking. Nonparametric linkage analysis identified genetic regions harboring HLD susceptibility genes and ordered subset analysis was used to identify regions showing evidence for gene-smoking interactions. Genetic variants within these candidate regions were then each tested for interaction with smoking using logistic regression models.

RESULTS:

After adjusting for age, sex, diabetes status and smoking duration, for each pack of cigarettes smoked per day, risk of HLD increased 4.58 times (odds ratio (OR) = 4.58; 95% Confidence Interval (CI): (1.40,15.03)), and ever smokers were over 5 times more likely than nonsmokers to report HLD (OR = 5.22; 95% CI: (1.24, 22.03)). Suggestive evidence for linkage for HLD was observed in multiple genomic regions (Chromosomes 5p15, 8p23 and 17q21), and additional

suggestive regions were identified when considering interactions with smoking status (Chromosomes 7p21, 11q23, 12q32, 15q26, and 20q13) and packs-per-day (Chromosome 8q21).

CONCLUSIONS:

To our knowledge this was the first report of possible gene-by-smoking interactions in HLD using family data. Additional work, including independent replication, is needed to understand the basis of these findings. HLD are important public health issues and understanding the contributions of genetic and environmental factors may inform public health messages and policies.

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KEYWORDS:

Family; Gene-environment interaction; Genome-wide linkage; Hearing loss; Linkage; Smoking

PMID: 31896498 DOI: [10.1016/j.heares.2019.107875](https://doi.org/10.1016/j.heares.2019.107875)

[Community Ment Health J.](#) 2020 Jan 10. doi: 10.1007/s10597-020-00547-1. [Epub ahead of print]

<https://www.ncbi.nlm.nih.gov/pubmed/31925654>

State Vocational Rehabilitation Services and Employment Outcomes for Asian Americans with Psychiatric Disabilities.

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Abstract

One major concern of Asian Americans with psychiatric disabilities is underutilization of services, furthermore their service needs and accessibility have been significantly understudied. This study examined the effects of the public vocational rehabilitation (VR) services on employment outcomes for Asian Americans with psychiatric disabilities in the United States. This study investigated which individual characteristics, work disincentives, and VR service types were related to competitive employment outcomes among Asian Americans with psychiatric disabilities and compared the findings to other racial/ethnic groups. Logistic regression analyses were used to analyze a sample of RSA-911 data from fiscal year 2013. The results provided empirical support regarding VR services and employment outcomes for Asian Americans with psychiatric disabilities. Specifically, level of education, work experiences, and receipt of health insurance benefits were significantly related to employment outcomes among the Asian American group. Regarding VR services, job placement assistance, on-the-job supports, maintenance, miscellaneous training, and other services also predicted employment outcomes. Future research needs to address the impact of specific cultural factors on access to VR services, service utilization, and employment outcomes.

KEYWORDS:

Asian americans; Employment; Psychiatric disabilities; Vocational rehabilitation services

PMID: 31925654 DOI: [10.1007/s10597-020-00547-1](https://doi.org/10.1007/s10597-020-00547-1)

[Community Ment Health J.](#) 2020 Jan 9. doi: 10.1007/s10597-019-00545-y. [Epub ahead of print]

<https://www.ncbi.nlm.nih.gov/pubmed/31919658>

Mental Illness Public Stigma and Generational Differences Among Vietnamese Americans.

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Abstract

Public stigma is one barrier to accessing behavioral health care among Vietnamese Americans. To explore and identify features of culture and acculturation that influence behavioral health-related stigma, six focus groups were conducted with Vietnamese American participants in three generational groups and eleven key informant interviews were conducted with Vietnamese community leaders, traditional healers, and behavioral health professionals. Data were analyzed using Link and Phelan's (Annu Rev Sociol 27(1):363-385, 2001) work on stigma as an organizing theoretical framework. Findings underline several key cultural and generational factors that intersect to affect perceptions, beliefs, and stigma about mental health treatment. In particular, participants in the youngest groups highlighted that while they recognized the value of mental health services, they felt culturally limited in their access. This appeared to be closely related to intergenerational communication about mental health. The findings suggest avenues for further research as well as interventions to increase mental health treatment access and adherence.

KEYWORDS:

Immigrants; Mental health; Public stigma; Vietnamese

PMID: 31919658 DOI: [10.1007/s10597-019-00545-y](https://doi.org/10.1007/s10597-019-00545-y)

[J Allergy Clin Immunol Pract.](#) 2020 Jan 6. pii: S2213-2198(19)31060-8. doi: 10.1016/j.jaip.2019.12.026. [Epub ahead of print]

<https://www.ncbi.nlm.nih.gov/pubmed/31917364>

Food Allergy Among Asian Indian Immigrants in the United States.

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PMID: 31917364 DOI: [10.1016/j.jaip.2019.12.026](https://doi.org/10.1016/j.jaip.2019.12.026)

Immigration history, lifestyle characteristics, and breast density in the Vietnamese American Women's Health Study: a cross-sectional analysis.

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Abstract

PURPOSE:

Breast density is an important risk factor for breast cancer and varies substantially across racial-ethnic groups. However, determinants of breast density in Vietnamese immigrants in the United States (US) have not been studied. We investigated whether reproductive factors, immigration history, and other demographic and lifestyle factors were associated with breast density in Vietnamese Americans.

METHODS:

We collected information on demographics, immigration history, and other lifestyle factors and mammogram reports from a convenience sample of 380 Vietnamese American women in California aged 40 to 70 years. Breast Imaging Reporting and Data System (BI-RADS) breast density was abstracted from mammogram reports. Multivariable logistic regression was used to investigate the association between lifestyle factors and having dense breasts (BI-RADS 3 or 4).

RESULTS:

All participants were born in Viet Nam and 82% had lived in the US for 10 years or longer. Younger age, lower body mass index, nulliparity/lower number of deliveries, and longer US residence (or younger age at migration) were associated with having dense breasts. Compared to women who migrated at age 40 or later, the odds ratios and 95% confidence intervals for having dense breasts among women who migrated between the ages of 30 and 39 and before age 30 were 1.72 (0.96-3.07) and 2.48 (1.43-4.32), respectively.

CONCLUSIONS:

Longer US residence and younger age at migration were associated with greater breast density in Vietnamese American women. Identifying modifiable mediating factors to reduce lifestyle changes that adversely impact breast density in this traditionally low-risk population for breast cancer is warranted.

KEYWORDS:

Asian ethnicity; Breast density; Immigration; Lifestyle; Risk factor

PMID: 31916076 DOI: [10.1007/s10552-019-01264-1](https://doi.org/10.1007/s10552-019-01264-1)

[Nurs Res.](#) 2020 Jan 15. doi: 10.1097/NNR.0000000000000409. [Epub ahead of print]

<https://www.ncbi.nlm.nih.gov/pubmed/31972848>

Health Literacy and Outcomes of a Community-Based Self-Help Intervention: A Case of Korean Americans with Type 2 Diabetes.

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BACKGROUND:

Although scientific reports increasingly document the negative impact of inadequate health literacy on health-seeking behaviors, health literacy's effect on health outcomes in patients with diabetes is not entirely clear, owing to insufficient empirical studies, mixed findings, and insufficient longitudinal research.

OBJECTIVE:

To empirically examine underlying mechanisms of health literacy's role in diabetes management among a group of Korean Americans with type 2 diabetes mellitus.

METHODS:

Data from a randomized clinical trial of a health literacy-focused type 2 diabetes self-management intervention conducted during 2012-2016 in the Korean American community were collected at baseline, 3, 6, 9, and 12 months. A total of 250 Korean Americans with type 2 diabetes participated (intervention, 120; control, 130). Participants were first-generation Korean American immigrants. Health literacy knowledge was measured with the original Rapid Estimate of Adult Literacy in Medicine and the diabetes mellitus-specific Rapid Estimate of Adult Literacy in Medicine. Functional health literacy was measured with the numeracy subscale of the Test of Functional Health Literacy in Adults and the Newest Vital Sign screening instrument, which also uses numeracy. Primary outcomes included glucose control and diabetes quality of life. Multivariate analyses included latent variable modeling.

RESULTS:

A series of path analyses identified self-efficacy and self-care skills as significant mediators between health literacy and glucose control and quality of life. Education and acculturation were the most significant correlates of health literacy.

DISCUSSION:

Despite inconsistent findings in the literature, this study indicates that health literacy may indirectly influence health outcomes through mediators such as self-care skills and self-efficacy. The study highlights the importance of health literacy, as well as underlying mechanisms with which health literacy influences processes and outcomes of diabetes self-management.

PMID: 31972848 DOI: [10.1097/NNR.0000000000000409](https://doi.org/10.1097/NNR.0000000000000409)

[Dement Geriatr Cogn Disord](#). 2020 Jan 22:1-8. doi: 10.1159/000504801. [Epub ahead of print]

<https://www.ncbi.nlm.nih.gov/pubmed/31968337>

The CAIDE Dementia Risk Score and the Honolulu-Asia Aging Study.

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Abstract

INTRODUCTION:

The CAIDE (Cardiovascular Risk Factors, Aging, and Incidence of Dementia) dementia risk score is based on demographic, genetic, and modifiable risk factors in midlife and has been shown to be predictive of later-life dementia.

OBJECTIVE:

To test the predictive capacity of the CAIDE dementia risk score among a cohort of Japanese-American men.

METHODS:

Midlife measures were obtained from a sample of 3,582 Japanese-American men in the Honolulu Heart Program (1965-1968, average age = 53.1 years). A follow-up exam in 1991 (average age = 77.8 years) assessed cognitive impairment using the Cognitive Abilities Screening Instrument (CASI). Severe cognitive impairment was defined as a CASI score <60.

RESULTS:

In this cohort, the CAIDE dementia risk score demonstrates significant association with later-life severe cognitive impairment (OR = 1.477, 95% CI: 1.39-1.58). However, the area under the receiver-operating characteristic curve c-statistics suggests poor predictive ability (c = 0.645, 95% CI: 0.62-0.67). Using a score cut-point of 10, the accuracy is acceptable (0.82), but the sensitivity is low (0.50).

CONCLUSION:

While the CAIDE dementia risk score at midlife is associated with later development of cognitive impairment in Japanese-American men, its predictive capacity in this population is weak.

PMID: 31968337 DOI: [10.1159/000504801](https://doi.org/10.1159/000504801)

[J Dev Behav Pediatr.](#) 2020 Jan 28. doi: 10.1097/DBP.0000000000000749. [Epub ahead of print]

Effect of Maternal Distress on Perceptions of Infant Behavior May Differ in Chinese-American and European-American Mothers and Infants.

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Abstract

OBJECTIVE:

This study examined the associations between maternal distress (symptoms of depression and anxiety) and observer and maternal ratings of infant temperament in Chinese-American (CA) and European-American (EA) 4-month-old infants (N = 114 dyads).

METHODS:

Maternal distress was obtained through self-reported symptoms of depression and anxiety. Mothers reported infant temperament (distress at limitations, soothability, and fear) through the short form of the Infant Behavior Questionnaire-Revised. To obtain observer-rated infant reactivity, infants were administered a battery of visual and auditory stimuli in the laboratory, in which infant behaviors (fret/cry, limb activity, and arching of the back) were coded.

RESULTS:

Maternal distress accounted more for the maternal perception of her infant among EA mothers than among CA mothers, but the relation was only observed for soothability. Higher maternal distress was associated with maternal report of lower soothability for EA mothers. Observer-rated infant reactivity, but not maternal distress, was positively associated with EA and CA maternal report of distress at limitations. Observer-rated infant negativity was associated with somewhat higher ratings of infant fear for EA mothers, although this association for EA mothers was not significantly different from CA mothers.

CONCLUSIONS:

Potential biases in maternal report of infant behavior due to effects from maternal distress may not be generalizable across cultures but may vary because of cultural norms for emotional experience and expectations for infant behavior. EA mothers' ratings of infant distress and soothability, but not fear, may be influenced by maternal distress.

PMID: 31996568 DOI: [10.1097/DBP.0000000000000749](#)

[SSM Popul Health](#). 2020 Jan 11;10:100542. doi: 10.1016/j.ssmph.2020.100542. eCollection 2020 Apr.

<https://www.ncbi.nlm.nih.gov/pubmed/32021900>

Asian American mental health: Longitudinal trend and explanatory factors among young Filipino- and Korean Americans.

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Abstract

OBJECTIVES:

This study examined a longitudinal trend of mental health among young Asian Americans during the transition from adolescence to emerging adulthood and investigated explanatory factors of the trend.

METHOD:

We longitudinally followed a cohort of Filipino American and Korean American youth and their families in Midwest since 2014 ($N = 1,574$ in Wave 1). This study used three waves of youth data ($n = 781$, $MAGE = 15$ in W1).

RESULTS:

Depressive symptoms and suicidal ideation significantly increased among the samples between 2014 and 2018, which also became more serious in severity. Intergenerational cultural conflict in the family and the experience of racial discrimination significantly contributed to the upsurge of mental health distress. Conversely, a strong peer relationship and ethnic identity were critical resources suppressing both depressive symptoms and suicidal ideation.

CONCLUSIONS:

This study substantiated a troubling upward trend in mental health struggles among young Asian Americans and demonstrated a significant additive influence of culture and race/ethnicity on mental health beyond the normative influences of family process and peers. These key factors should be targeted in intervention to better serve Asian American young people who may mask their internal struggles.

KEYWORDS:

Asian Americans; Intergenerational cultural conflict; Mental health; Racial discrimination; Transition to young adulthood

PMID: 32021900 PMCID: [PMC6994703](#) DOI: [10.1016/j.ssmph.2020.100542](#)

[J Cancer Educ.](#) 2020 Feb 14. doi: 10.1007/s13187-020-01707-3. [Epub ahead of print]

<https://www.ncbi.nlm.nih.gov/pubmed/32060860>

A Population Health Equity Approach Reveals Persisting Disparities in Colorectal Cancer Screening in New York City South Asian Communities.

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Abstract

To assess colorectal cancer (CRC) screening among South Asians (SAs) and explore the challenges and facilitators to CRC screening among SA subgroups in New York City (NYC). Fifty-one semi-structured in-depth interviews and surveys were conducted among SA immigrants in NYC. Qualitative results suggested challenges to CRC screening were related to socio-cultural factors, such as a lack of knowledge on CRC and CRC screening, and structural factors, such as cost and language. A physician referral was the most cited facilitator to CRC screening. Participants reported culturally and linguistically adapted education and information on CRC and CRC screening would help to overcome noted challenges. Our findings support the development of targeted, linguistically and culturally adapted campaigns for this population that facilitate access to health systems and leverage natural community assets and social support systems.

KEYWORDS:

Colorectal cancer screening; South Asian

PMID: 32060860 DOI: [10.1007/s13187-020-01707-3](https://doi.org/10.1007/s13187-020-01707-3)

[Prim Care Diabetes](#). 2020 Feb 11. pii: S1751-9918(19)30497-8. doi: 10.1016/j.pcd.2020.01.010. [Epub ahead of print]

<https://www.ncbi.nlm.nih.gov/pubmed/32057722>

Diabetes control in Asian Americans - Disparities and the role of acculturation.

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Abstract

Asian Americans (AA) are disproportionately affected by diabetes (DM) and its complications than non-Hispanic whites (whites). We examined white-AA disparities in glycemic, cholesterol and blood pressure control, known as 'ABCs of DM', and evaluated if acculturation plays a role in DM control in AA with DM. Using data from NHANES 2011-2016, we found AA patients were significantly less likely to meet glycemic, cholesterol and the collective 'ABCs' goals than their white counterparts. Acculturation was positively associated with glycemic goal achievement in AA patients. This study identified disparities and pointed to strategies related to acculturation to improve DM control for AA.

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KEYWORDS:

Acculturation; Asian Americans; Diabetes control; NHANES; 'ABCs diabetes'

PMID: 32057722 DOI: [10.1016/j.pcd.2020.01.010](https://doi.org/10.1016/j.pcd.2020.01.010)

[J Perinatol.](#) 2020 Feb 12. doi: 10.1038/s41372-020-0601-9. [Epub ahead of print]

<https://www.ncbi.nlm.nih.gov/pubmed/32051543>

The risk of small for gestational age in very low birth weight infants born to Asian or Pacific Islander mothers in California.

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Abstract

OBJECTIVE:

To evaluate potential differences and to show the risk associated with small for gestational age (SGA) at birth and discharge among infants born to mothers of various Asian/Pacific islander (PI) races.

STUDY DESIGN:

In this retrospective cohort study, infants with weight <1500 g or 23-28 weeks gestation, born in California during 2008-2012 were included. Logistic regression models were used.

RESULTS:

Asian and PI infants in ten groups had significant differences in growth parameters, socioeconomic factors, and some morbidities. Overall incidences of SGA at birth and discharge were 21% and 50%, respectively; Indian race had the highest numbers (29%, 63%). Infants of parents with the same race were at increased risk of SGA at birth and discharge compared with mixed race parents.

CONCLUSION:

Specific Asian race should be considered when evaluating preterm growth. Careful consideration for the appropriateness of grouping Asian/PI races together in perinatal studies is warranted.

PMID: 32051543 DOI: [10.1038/s41372-020-0601-9](https://doi.org/10.1038/s41372-020-0601-9)

[Asian J Psychiatr.](#) 2020 Feb 10;50:101960. doi: 10.1016/j.ajp.2020.101960. [Epub ahead of print]

<https://www.ncbi.nlm.nih.gov/pubmed/32086173>

Utilizing YouTube as platform for psychiatric emergency patient outreach in Chinese Americans.

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Abstract

OBJECTIVE:

Chinese Americans significantly underutilize mental health resources, which leads to delayed diagnosis, suboptimal management, and can be contributing to the large number of psychiatric emergencies seen in the ED. The goal of this study is to understand the role of using YouTube as a platform for psychiatric emergency outreach among Chinese Americans.

METHODS:

We posted three videos about psychiatric emergencies in Cantonese on YouTube. We collected viewing data during a five-year period. The recorded parameters include watch time, number of views, average view duration, traffic source, search terms, and watch device type.

RESULTS:

The videos generated 40,608 min of watch time and 5976 views, with an average view duration of 6.80 min. The top three traffic sources are YouTube suggested videos, direct YouTube search, and browse features. The three most used viewing devices are mobile phones (25,068 min of watch time, 3491 views, and 7.18 min of average view duration), computer/TV (9222 min of watch time, 1717 views, and 5.37 min of average view duration), and tablets (6318 min of watch time, 768 views, and 8.23 min of average view duration).

CONCLUSION:

Majority of the viewers used mobile phones, and mobile phones and tablets had significantly longer average view durations as compared to computer/TV. YouTube and wireless devices may have potential as internet based psychiatric emergency outreach platform. This study calls for further research to explore the effectiveness of using social media and wireless devices for psychiatric emergency education prior to ED arrival, particularly in minority populations with cultural barriers to health care.

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KEYWORDS:

Asian Americans; Patient education; Patient outreach; Psychiatric emergencies; Social media;
Social stigma

PMID: 32086173 DOI: [10.1016/j.ajp.2020.101960](https://doi.org/10.1016/j.ajp.2020.101960)

[Am J Public Health](#). 2020 Feb 20:e1-e7. doi: 10.2105/AJPH.2019.305523. [Epub ahead of print]

<https://www.ncbi.nlm.nih.gov/pubmed/32078359>

Health Conditions, Outcomes, and Service Access Among Filipino, Vietnamese, Chinese, Japanese, and Korean Adults in California, 2011-2017.

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Abstract

Objectives. To determine the impact of data disaggregation on the ability to identify health disparities and needs for future research for Filipino, Vietnamese, Chinese, Japanese, and Korean adults in California. *Methods.* Using available data from the 2011-2017 California Health Interview Survey, we conducted bivariate and multivariable analyses to assess disparities in health conditions, outcomes, and service access compared with non-Hispanic Whites for Asians as an overall group and for each individual subgroup. *Results.* As an aggregate category, Asians appeared healthier than did non-Hispanic Whites on most indicators. However, every Asian subgroup had at least 1 disparity disguised by aggregation. Filipinos had the most disparities, with higher prevalence of fair or poor health, being obese or overweight, and having high blood pressure, diabetes, or asthma compared with non-Hispanic Whites ($P < .05$) in multivariable analyses. *Conclusions.* Failure to disaggregate health data for individual Asian subgroups disguises disparities and leads to inaccurate conclusions about needs for interventions and research. (*Am J Public Health*. Published online ahead of print February 20, 2020: e1-e7. doi:10.2105/AJPH.2019.305523).

PMID: 32078359 DOI: [10.2105/AJPH.2019.305523](https://doi.org/10.2105/AJPH.2019.305523)

[Dev Psychol.](#) 2020 Mar;56(3):475-488. doi: 10.1037/dev0000806.

<https://www.ncbi.nlm.nih.gov/pubmed/32077718>

Emotion talk in Chinese American immigrant families and longitudinal links to children's socioemotional competence.

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Abstract

Parent emotion talk (ET), a type of emotion-related socialization practice, is theorized to foster children's emotion-related regulation and socioemotional skills. Yet, there has been limited research linking parent ET to children's effortful control, a top-down regulatory process. Despite the observed cultural differences in ET between Chinese and European American families, few researchers tested whether the socioemotional benefits of ET are generalizable to Chinese American families, an immigrant group with contrasting values in their heritage and host cultures. The present study examined Chinese American parents' ET, its associations with sociocultural factors, and prospective relations to school-age children's effortful control, sympathy, and socially appropriate behaviors. In a two-wave (1.5 years apart) longitudinal study of first- and second-generation Chinese American children (N = 258, age = 6-9 years at Wave 1, 52% from low-income families), the content and quality of parent ET (e.g., the overall quality of emotion talk, frequency of emotion explanations, emotion questions, and number of emotion words) was coded from a video-recorded shared book reading task. Children's effortful control, sympathy, and social behaviors were rated by parents, teachers, and children. Results showed that the Chinese American parents from lower socioeconomic status families, families with lower English proficiency, or more recent immigrants displayed lower ET. Parent ET was prospectively related to children's higher effortful control after controlling for stability, and higher effortful control was concurrently associated with children's higher sympathy and more socially appropriate behaviors. The findings provide empirical support for the socioemotional benefits of ET for school-age children in Chinese American immigrant families. (PsycINFO Database Record (c) 2020 APA, all rights reserved).

PMID: 32077718 DOI: [10.1037/dev0000806](https://doi.org/10.1037/dev0000806)

[J Res Adolesc.](#) 2020 Feb 20. doi: 10.1111/jora.12551. [Epub ahead of print]

<https://www.ncbi.nlm.nih.gov/pubmed/32077538>

Correlates of Ethnicity-related Dating Preferences among Asian American Adolescents across the High School Years.

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Author information

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3 Willamette University.

Abstract

Ethnicity-related dating preferences among Asian American adolescents and the links between preferences (i.e., for a same-ethnic dating partner) and ethnic identity centrality and regard, American identity centrality and regard, parent-adolescent closeness, and perceptions of discrimination were investigated. Data from 175 self-identified Asian American high school students were collected yearly for four consecutive years. Higher levels of ethnic identity centrality and regard and parent-adolescent closeness averaged across four years were associated with preferring a same-ethnic partner. Moreover, foreign-born adolescents were less likely to prefer a same-ethnic partner when they encountered a higher than average level of discrimination on any given year. Results highlight variability in the developmental and individual-level factors that shape how adolescents navigate their dating relationships.

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PMID: 32077538 DOI: [10.1111/jora.12551](https://doi.org/10.1111/jora.12551)

[J Cross Cult Gerontol.](#) 2020 Feb 28. doi: 10.1007/s10823-020-09396-7. [Epub ahead of print]

<https://www.ncbi.nlm.nih.gov/pubmed/32112183>

"I was Confused About How to Take Care of Mom Because this Disease is Different Everyday": Vietnamese American Caregivers' Understanding of Alzheimer's Disease.

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Abstract

Family members provide the majority of caregiving to individuals living with Alzheimer's disease (AD) and related dementias. Asian American families are disproportionately impacted by the burden of caregiving due to limited knowledge about the disease in this community. This study explored how Vietnamese American caregivers understand AD and provide care to family members with AD. Twenty caregivers who have provided care to a family member with AD participated in a semi-structured qualitative interview. Data were analyzed using thematic analysis. Several themes were identified in the caregivers' understanding of AD: (a) "Now I know:" the disruptions, shocks and surprises leading up to the initial diagnosis; (b) The frustrations of managing family members' cognitive impairments; (c) "Going with the flow:" challenges in managing personality and behavioral changes; (d) The exhaustion of around-the-clock caregiving; (e) "Taking it day by day" in the face of progressively worsening symptoms. Underlining the participants' descriptions of AD was a shared understanding of the progressively worsening, complex and unpredictable nature of the disease that makes it challenging for family caregivers on a daily basis. Findings provide important implications for healthcare workers' outreach to Vietnamese American families to ease the caregiving experience through culturally-responsive education, thereby enhancing the families' ability to recognize the early symptoms and seek appropriate help.

KEYWORDS:

Alzheimer's caregiving; Knowledge about Alzheimer's disease; Vietnamese American caregivers

PMID: 32112183 DOI: [10.1007/s10823-020-09396-7](https://doi.org/10.1007/s10823-020-09396-7)

[J Cancer Educ.](#) 2020 Mar 5. doi: 10.1007/s13187-020-01730-4. [Epub ahead of print]

<https://www.ncbi.nlm.nih.gov/pubmed/32140968>

Culturally Tailored Intervention to Promote Mammography Screening Practice Among Chinese American Women: a Systematic Review.

[Zhang X](#)¹, [Li P](#)², [Guo P](#)¹, [Wang J](#)¹, [Liu N](#)¹, [Yang S](#)¹, [Yu L](#)¹, [Zhang X](#)³, [Zhang W](#)⁴.

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Abstract

Our review aimed to assess the effectiveness of culturally tailored intervention in mammography practice for Chinese American women. We searched the entire paper published by the Cochrane Library, PubMed, and Web of Science from inception to 17 October 2019. Moreover, we manually checked reference lists of included studies to find other potentially eligible studies. It included clinical trials published in English that evaluated the effects of culturally tailored intervention on mammography practice for Chinese American women. Finally, we involved eight studies in our review. After the intervention, the mammography intention and breast cancer-related knowledge were significantly improved. However, there was no significant impact on mammography completion rate, perceived susceptibility, perceived seriousness, perceived benefits, perceived barriers, and Eastern cultural views of Chinese American women. The culturally tailored interventions could serve as promising approaches to improve mammography screening practice for Chinese American women, but further improvements are needed.

KEYWORDS:

Breast cancer; Chinese American women; Culturally tailored intervention; Mammography; Systematic review

PMID: 32140968 DOI: [10.1007/s13187-020-01730-4](https://doi.org/10.1007/s13187-020-01730-4)

[Subst Use Misuse](#). 2020 Mar 5:1-11. doi: 10.1080/10826084.2020.1732423. [Epub ahead of print]

<https://www.ncbi.nlm.nih.gov/pubmed/32133915>

Subjective Social Status and Financial Hardship: Associations of Alternative Indicators of Socioeconomic Status with Problem Drinking in Asian Americans and Latinos.

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Author information

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Abstract

Background: Prior research shows inconsistent associations between socioeconomic status (SES) and alcohol outcomes, particularly for immigrant populations. Conventional markers of SES may not fully capture how social position affects health in these groups.

Objective: We examine: (1) the associations of two alternative indicators, subjective social status (SSS) and financial hardship, with problem drinking outcomes, heavy episodic drinking (HED) and alcohol use disorder (AUD), for Asian Americans and Latinos; and (2) moderation of these relationships by educational level and nativity status.

Methods: Multiple logistic regression modeling was performed using nationally-representative Asian American ($n = 2,095$) and Latino samples ($n = 2,554$) from the National Latino and Asian American Study. Age, gender, nativity, individual-level SES (income and education), unfair treatment, racial discrimination, and social support were adjusted.

Results: Financial hardship was independently associated with AUD in both Asians and Latinos. Lower SSS was associated with increased AUD risk among individuals with college degrees or with US nativity in both populations. The association between financial hardship and HED was positive for US-born Latinos and foreign-born Asians, and negative for foreign-born Latinos.

Conclusions: SSS and financial hardship are indicators of SES that may have particular relevance for immigrant health, independently of education and income, with SSS particularly meaningful for AUD in the more conventionally advantaged subgroups. There may be underlying processes affecting Asian and other Latino subgroups with similar socioeconomic and nativity profiles and exposing them to common risk/protective factors of AUD.

KEYWORDS:

Asian American drinking; Latino drinking; alcohol use disorder; financial hardship; heavy episodic drinking; immigrant drinking; subjective social status

PMID: 32133915 DOI: [10.1080/10826084.2020.1732423](https://doi.org/10.1080/10826084.2020.1732423)

[Asia Pac J Clin Oncol](#). 2020 Mar 4. doi: 10.1111/ajco.13324. [Epub ahead of print]

<https://www.ncbi.nlm.nih.gov/pubmed/32129941>

Colorectal cancer in the United States and a review of its heterogeneity among Asian American subgroups.

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Abstract

Colorectal cancer is the third most common cancer in the United States. Established risk factors include older age, unhealthy lifestyle (high consumptions of red/preserved meat, low consumptions of fruit and vegetables, smoking, high alcohol consumption, and lack of physical activities), personal and family medical histories and low socioeconomic status (low insurance coverage, education and income). Asian American subgroups vary significantly in terms of culture, socioeconomic status, and health behaviors, yet most registries and researches aggregate all Asian Americans as one group. In this review, we summarized and compared colorectal cancer incidence among different Asian American subgroups, and to explore the reasons behind the heterogeneity. Based on limited literatures, we found that Japanese Americans have the highest colorectal cancer incidence among all Asian Americans. The incidence is decreasing among most Asian American subgroups except for Korean Americans. Such heterogeneity is influenced by lifestyle factors related to the country of origin and the United States, as well as colorectal cancer screening.

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KEYWORDS:

Asian-Americans; colorectal cancer; incidence; mortality

PMID: 32129941 DOI: [10.1111/ajco.13324](https://doi.org/10.1111/ajco.13324)

[J Appl Gerontol.](#) 2020 Mar 4:733464820910030. doi: 10.1177/0733464820910030. [Epub ahead of print]

<https://www.ncbi.nlm.nih.gov/pubmed/32129126>

A Qualitative Analysis of the Delivery of Person-Centered Nutrition to Asian Americans With Dementia in the Adult Day Health Care Setting.

[Sadarangani T](#)¹, [Chong S](#)², [Park S](#)¹, [Missaelides L](#)³, [Johnson J](#)⁴, [Trinh-Shevrin C](#)², [Brody A](#)^{1,2}.

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Abstract

Adult day service centers (ADSCs) provide community-based long-term care, including meals, to racially diverse older adults, 47% of whom have dementia and consequently experience elevated nutritional risk. We examine nutritional behaviors for Chinese and Vietnamese persons living with dementia (PLWD) in ADSCs and evaluate the extent to which ADSCs provide person-centered nutritional care. Multi-stakeholder interviews were conducted. Data were coded using Dedoose and analyzed using Braun and Clarke's six-step method. The Model for the Provision of Good Nutritional Care in Dementia guided analysis. Barriers to food intake included distracting meal environment, rigid mealtimes, and excessively restrictive diets. Conversely, peer relationships, culturally tailored meals and celebrations, and consistent staff assisting with feeding benefited PLWD. ADSCs can support healthy nutritional behaviors and quality of life among PLWD through person-centered nutritional care. To optimize nutritional services, further exploration is needed with respect to the ADSC environment, users' culture and ethnicity, and liberalized diets for PLWD.

KEYWORDS:

adult day care; dementia; immigrants; nutrition; qualitative methods

PMID: 32129126 DOI: [10.1177/0733464820910030](https://doi.org/10.1177/0733464820910030)

[Ann Gastroenterol](#). 2020 Mar-Apr;33(2):210-218. doi: 10.20524/aog.2020.0450. Epub 2020 Feb 12.

<https://www.ncbi.nlm.nih.gov/pubmed/32127743>

Temporal trends of incidence and mortality in Asian-Americans with pancreatic adenocarcinoma: an epidemiological study.

[Gad MM](#)^{1,2}, [Găman MA](#)³, [Saad AM](#)^{1,4}, [Al-Husseini MJ](#)^{4,5}, [Shehata OA](#)⁴, [Saleh MA](#)¹, [Nelson AD](#)¹, [Simons-Linares CR](#)¹.

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- 5 Department of Medicine, Ascension St John Hospital, Detroit, MI, USA (Muneer J. Al-Husseini).

Abstract

BACKGROUND:

Pancreatic cancer is the fourth most common cause of cancer-related deaths in the United States, with an estimated 45,750 deaths in 2019. Mortality outcomes seem to differ based on the ethnicity of the patients, with most studies focusing on the mortality and survival of Caucasians and African Americans. Little attention has been given, however, to Asian-American patients diagnosed with pancreatic adenocarcinoma (PAC). In this study, we aimed to investigate mortality rates in Asian-American patients with PAC.

METHODS:

The SEER 13 registries (Surveillance, Epidemiology, and End-Results) of the National Cancer Institute were used to study PAC cases during 1992-2015. The incidence and incidence-based mortality rates per 100,000 person-years, and the annual percentage changes were calculated using SEER*stat software and Joinpoint regression software.

RESULTS:

A total of 5814 PAC cases in Asian-American patients were identified. Most patients were older than 60 years (77.6%) and had metastatic disease (55.8%). The overall incidence of PAC among Asian-Americans was 5.740 per 100,000 person-years (95% confidence interval [CI] 5.592-5.891). Incidence rates were highest among males and patients older than 60 years. PAC incidence rates among Asian-Americans increased by 1.503% (95%CI 1.051-1.956; P<0.001) per year over the study period. PAC incidence rates increased over the study period for all sex, age, and stage subgroups. PAC incidence-based mortality among Asian-Americans increased by 4.535% (95%CI 3.538-5.541; P<0.001) per year over the study period.

CONCLUSION:

The incidence of PAC in Asian-Americans, as well as incidence-based mortality rates, are on the rise, irrespective of age, sex or stage subgroup.

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KEYWORDS:

Asian-Americans; Pancreatic adenocarcinoma; SEER; racial disparities

PMID: 32127743 PMCID: [PMC7049244](#) DOI: [10.20524/aog.2020.0450](#)

[J Genet Couns.](#) 2020 Mar 3. doi: 10.1002/jgc4.1237. [Epub ahead of print]

<https://www.ncbi.nlm.nih.gov/pubmed/32125051>

Psychological correlates of interest in genetic testing among Korean American adoptees and their parents.

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Abstract

Adopted persons increasingly have turned to genetic testing to obtain health information or to search for birth family. The present study investigated psychological factors that may contribute to interest among adoptees and their parents in genetic testing for the adoptee, including adoptees' ethnic identity development, their thoughts or curiosity about birth family (birth family thoughts), and the interaction of these two factors. Data were drawn from the second wave of a longitudinal study, conducted in 2014, on transracially, transnationally adopted Korean American adolescents and their adoptive parents. In a sample of 106 adolescent-parent dyads, 2 adolescents (1.89%) had undergone genetic testing. Among the dyads in which adolescents had not sought genetic testing, 47.12% of adolescents and 43.27% of parents indicated interest in genetic testing for the adolescent adoptee. Adolescents' interest in genetic testing was independent from parents' interest. Neither adolescent psychological adjustment nor physical health was related to interest in genetic testing in either adolescents or parents. Adolescents' birth family thoughts were related to adolescents' interest in genetic testing, but not to parents' interest in genetic testing for their child. This study showed ethnic identity exploration and resolution moderated the relationship between birth family thoughts and adolescents' interest in genetic testing. Results point to the relevance of birth family thoughts and identity development to genetic testing in transnational and transracial adolescent adoptees.

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KEYWORDS:

adolescents; adoption; birth family thoughts; disparities; diversity; family; family history; genetic testing; parents; psychosocial; underrepresented populations

PMID: 32125051 DOI: [10.1002/jgc4.1237](https://doi.org/10.1002/jgc4.1237)

[Int J Environ Res Public Health](#). 2020 Mar 10;17(5). pii: E1786. doi: 10.3390/ijerph17051786.

<https://www.ncbi.nlm.nih.gov/pubmed/32164148>

Obesity and Obesogenic Behaviors in Asian American Children with Immigrant and US-Born Mothers.

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Abstract

Child obesity is understudied in Asian Americans, which include a growing population of recent immigrants. We examined the relationship between maternal nativity and time in the US, and obesity and obesogenic behaviors among Asian American children. We analyzed public-use data from the 2013-2016 California Health Interview Survey for Asian American children ages 2 to 11 years. We used logistic regression to determine the odds of obesity and obesogenic behaviors associated with maternal nativity and time in the US. This study included n = 609 children. Children of US-born mothers had lower odds of obesity (adjusted odds ratio, AOR, 0.12; 95% CI 0.02 to 0.91) and lower fruit intake (AOR 0.15, 95% CI 0.03 to 0.81) than children of recent immigrants (< 5 years in the US). Asian American children with recent immigrant mothers are more likely to be obese and eat less fruit than children with US-born mothers. Efforts to prevent obesity and increase fruit consumption are particularly important for this vulnerable population of children of recent immigrants.

KEYWORDS:

Asian American; children; immigrants; nativity; obesity

PMID: 32164148 DOI: [10.3390/ijerph17051786](https://doi.org/10.3390/ijerph17051786)

[Fam Process](#). 2020 Mar 10. doi: 10.1111/famp.12532. [Epub ahead of print]

<https://www.ncbi.nlm.nih.gov/pubmed/32153020>

Explaining the Asian American Youth Paradox: Universal Factors versus Asian American Family Process Among Filipino and Korean American Youth.

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Abstract [Chinese](#), [Spanish](#)

This study used longitudinal survey data of Filipino American and Korean American youth to examine ways in which universal factors (e.g., peer antisocial behaviors and parent-child conflict) and Asian American (AA) family process variables (e.g., gendered norms) independently and collectively predict grade point average (GPA), externalizing, and internalizing problems. We aimed to explain the "Asian American youth paradox" in which low externalizing problems and high GPA coexist with high internalizing problems. We found that universal factors were extensively predictive of youth problems and remained robust when AA family process was accounted for. AA family process also independently explained youth development and, in part, the AA youth paradox. For example, gendered norms increased mental distress. Academic controls did the opposite of what it is intended, that is, had a negative impact on GPA as well as other developmental domains. Family obligation, assessed by family-centered activities and helping out, was beneficial to both externalizing and internalizing youth outcomes. Parental implicit affection, one of the distinct traits of AA parenting, was beneficial, particularly for GPA. This study provided important empirical evidence that can guide cross-cultural parenting and meaningfully inform intervention programs for AA youth.

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KEYWORDS:

Asian American family process; Asian American youth; Culture; Parenting; Youth developmental outcomes; crianza; cultura; jóvenes asiáticoamericanos; proceso familiar asiáticoamericano; resultados del desarrollo de los jóvenes; □ □ □ □ □ □ □ □ □ □ ; □ □ □ □ □ □ □ □ ; □ □ ; □ □ ; □ □ □ □ □ □ □ □ □ □

PMID: 32153020 DOI: [10.1111/famp.12532](https://doi.org/10.1111/famp.12532)

Increased Mortality in Asians With Systemic Sclerosis in Northern California.

<https://www.ncbi.nlm.nih.gov/pubmed/32198914>

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Abstract

OBJECTIVE:

The objective of this study is to evaluate racial/ethnic differences in disease manifestations and survival in a US cohort of patients with systemic sclerosis (SSc), with a focus on Asian patients.

METHODS:

A retrospective cohort study was conducted among Kaiser Permanente Northern California adults with an incident SSc diagnosis by a rheumatologist from 2007 to 2016, confirmed by a chart review to fulfill 2013 American College of Rheumatology (ACR)/European League Against Rheumatism (EULAR) classification criteria. Self-reported race/ethnicity was categorized as non-Hispanic white, Asian, Hispanic, and black. Disease manifestations and survival were compared, using white patients as the reference.

RESULTS:

A total of 609 patients with incident SSc were identified: 89% were women, and 81% had limited cutaneous SSc, with a mean age at diagnosis of 55.4 ± 14.8 years. The racial/ethnic distribution was 51% non-Hispanic white ($n = 310$), 25% Hispanic ($n = 154$), 16% Asian ($n = 96$), and 8% black ($n = 49$). Compared with white patients, black patients had a greater prevalence of diffuse disease (14.5% vs. 44.9%; $P < 0.001$), and Asians had higher rates of anti-U1-RNP antibodies (32.1% vs. 11.9%; $P = 0.005$). Nine-year overall survival rates following SSc diagnosis were lower in Asian (52.3%), black (52.2%), and Hispanic patients (68.2%) compared with white patients (75.8%). Pulmonary hypertension and infections were the leading causes of death in Asian patients. Asian race was associated with higher mortality on univariable (hazard ratio [HR] 1.83 [95% confidence interval (CI) 1.08-2.99]; $P = 0.020$) and multivariable analyses (HR 1.80 [95% CI 0.99-3.16]; $P = 0.047$) when adjusting for age, sex, body mass index, cutaneous subtype, smoking status, interstitial lung disease, pulmonary hypertension, renal crisis, and malabsorption syndrome.

CONCLUSION:

Asian patients with SSc in this US cohort had increased mortality compared with white patients. These patients warrant close monitoring for disease progression.

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PMID: 32198914 DOI: [10.1002/acr2.11126](https://doi.org/10.1002/acr2.11126)

[J Racial Ethn Health Disparities](#). 2020 Mar 20. doi: 10.1007/s40615-020-00729-3. [Epub ahead of print]

<https://www.ncbi.nlm.nih.gov/pubmed/32198697>

Cancer Control Continuum in Korean American Community Newspapers: What Is the Association with Source Nationality-US vs. Korea?

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Abstract

Prior research suggests that cancer information obtained from Korean American community media, which are the primary health information sources among the population, does not connect to Korean Americans' increased cancer knowledge or cancer protective/detective behavior. We aim to identify the reason by analyzing cancer type, cancer control continuum, and cancer topic presented in Korean American community newspapers. The nationality of news source, US and Korea, and its association with the cancer coverage were examined. We found that among articles that cited any source, nearly one third used a source from Korea. The source nationality was associated with cancer coverage. In particular, cancer risk factors and screening were more likely to be discussed when a US source was cited as compared to when no source was cited. Korean sources were never or rarely observed in articles focusing on a few cancer sites (e.g., breast and prostate, which Korean Americans have higher risks compared to native Koreans), cancer preventive behaviors (diet, physical activity, no smoking), and specific cancer detection methods (mammogram, pap-smear). We suggest Korean American media to reflect the cancer priority and information needs among Korean Americans, which are varied from native Koreans, and to acknowledge the differences in cancer prevention and detection guidelines between the U.S. and Korean healthcare system. Also, the U.S. government should disseminate cancer screening and prevention guidelines, customized to racial/ethnic groups' cancer prevalence and communication preference.

KEYWORDS: *Cancer disparity; Community media; Content analysis; Korean Americans*

PMID: 32198697 DOI: [10.1007/s40615-020-00729-3](https://doi.org/10.1007/s40615-020-00729-3)

[Cancer Nurs.](#) 2020 Mar 17. doi: 10.1097/NCC.0000000000000797. [Epub ahead of print]

<https://www.ncbi.nlm.nih.gov/pubmed/32195706>

The Asian Immigrant Cancer Survivor Experience in the United States: A Scoping Review of the Literature.

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Author information

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Abstract

BACKGROUND:

Cancer is the leading cause of death for Asian Americans, a growing population in the United States. While cancer survivors often experience complex issues after diagnosis, being an immigrant and having cancer pose additional challenges.

OBJECTIVE:

This scoping review analyzed research about immigrant cancer survivors of Asian ethnicity in the United States and provided a structured method to understand an area of research and evidence. Aims focused on immigrants' experiences and how findings could tailor evidence-based interventions, programs, and resources.

METHODS:

The PubMed, CINAHL, and Scopus databases were searched to identify studies in English (2009-2018) targeting Asian immigrant cancer survivors in the United States. While 385 records were initially identified, 32 studies met the inclusion criteria.

RESULTS:

Thematic analysis of charted study elements revealed 4 themes with subthemes: (1) survival patterns, (2) barriers, (3) culturally informed care, and (4) quality of life (QOL). While qualitative studies provided insight about the cancer experience from immigrants' perspectives, quantitative designs posed descriptions and associations among QOL concepts.

CONCLUSIONS:

Study results illustrate the need for survival research that explores outcomes by Asian ethnic subgroups and tracks the influence of acculturation. Future research should test culturally informed interventions that minimize barriers and foster QOL across the cancer continuum. Culturally tailored instruments can expedite larger-scaled studies that allow generalization.

IMPLICATIONS FOR PRACTICE:

Asian immigrants comprise an underserved, vulnerable, and growing group with various cancers. Nurses who care for immigrants and their families should be cognizant of cultural beliefs, values, practices, and issues related to communication, care access, and socioeconomics.

PMID: 32195706 DOI: [10.1097/NCC.0000000000000797](https://doi.org/10.1097/NCC.0000000000000797)

[Res Aging](#). 2020 Mar 20:164027520912493. doi: 10.1177/0164027520912493. [Epub ahead of print]

<https://www.ncbi.nlm.nih.gov/pubmed/32195629>

Immigrant Status, Resilience, and Perceived Oral Health Among Chinese Americans in Hawaii.

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3 NYU Grossman School of Medicine, New York University, NY, USA.

Abstract

OBJECTIVES:

This study aims to examine the associations among immigrant status, resilience, and perceived oral health for Chinese American older adults in Hawaii.

METHOD:

Data derived from 430 Chinese American adults aged 55 years and older residing in Honolulu, HI. We compared the self-rated oral health and oral health problems between U.S.-born Chinese Americans and foreign-born Chinese Americans by using ordered logistic regression and ordinary least squares regression models.

RESULTS:

Findings suggest that immigrant status and lower levels of resilience are associated with poorer self-rated oral health and more oral health problems for Chinese American older adults in Hawaii. Resilience is more strongly associated with self-rated oral health for U.S.-born Chinese American than for foreign-born Chinese Americans, but this pattern was not evident for oral health problems.

DISCUSSION:

Older Chinese American immigrants in Hawaii are disadvantaged in terms of their oral health. Understanding their susceptibilities may lead to targeted interventions.

KEYWORDS:

Chinese Americans; immigration; oral health problems; resilience; self-rated oral health

PMID: 32195629 DOI: [10.1177/0164027520912493](https://doi.org/10.1177/0164027520912493)

[J Health Econ Dev.](#) 2019 Summer;1(2):1-8. Epub 2019 Oct 1.

<https://www.ncbi.nlm.nih.gov/pubmed/32195481>

Diminished Returns of Income Against Cigarette Smoking Among Chinese Americans.

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Abstract

INTRODUCTION:

Although educational attainment and income are protective against tobacco use, Marginalization-related Diminished Returns (MDRs) theory posits that the protective effects of socioeconomic status (SES) indicators may be smaller for marginalized groups than mainstream social groups. We aimed to compare the effects of educational attainment and income on current smoking status of Chinese American and European American adults.

METHODS:

Data came from the National Health Interview Survey (NHIS - 2015). A total number of 28081 individuals entered our analysis. This included 420 Chinese Americans and 27661 European Americans. The independent variables were educational attainment (years of schooling) and annual income. The dependent variable was current established smoking status. Age, gender, region, and marital status were covariates. Ethnicity (Chinese American vs. European American) was the moderator.

RESULTS:

Overall, educational attainment and income were inversely associated with the odds of current established smoking. Ethnicity showed a significant interaction with income but not educational attainment. This finding suggested that the protective effect of income, but not educational attainment, on odds of current established smoking might be smaller for Chinese Americans than European Americans.

CONCLUSIONS:

While educational attainment reduces the odds of current established smoking, high-income Chinese Americans remain at high risk of smoking due to a phenomenon called MDRs. In fact, high income is associated with greater smoking prevalence in Chinese Americans, rather than less. To reduce ethnic disparities in tobacco use, we need to go beyond SES inequalities by addressing structural causes of higher than expected risk of smoking in high SES ethnic minorities.

KEYWORDS:

Chinese; East Asians; Whites; education; ethnicity; population groups; smoking; socioeconomic position; socioeconomic status; tobacco use

PMID: 32195481 PMCID: [PMC7082102](#)

[Health Equity](#). 2020 Mar 18;4(1):31-42. doi: 10.1089/heap.2019.0087. eCollection 2020.

<https://www.ncbi.nlm.nih.gov/pubmed/32195450>

Cultural Influences on Dietary Self-Management of Type 2 Diabetes in East Asian Americans: A Mixed-Methods Systematic Review.

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Abstract

Purpose: Many East Asian Americans (EAAs) (populations originating from China, Korea, Japan, and Taiwan) with type 2 diabetes mellitus (T2DM) experience unique challenges in managing their disease, including language barriers and traditional cultural beliefs, particularly among first-generation immigrants. The purpose of this mixed-methods systematic review was to examine cultural perspectives of EAAs that influence dietary self-management of T2DM and identify education interventions and their approaches to enhance EAAs' dietary self-management of diabetes.

Methods: A mixed-methods systematic review was conducted to examine EAAs' perspectives from qualitative studies and to identify education interventions and their approaches from quantitative studies. A literature search was conducted using PubMed/MEDLINE, SCOPUS, CINAHL, and Web of Science from 1995 to 2018. Sixteen studies (10 qualitative and 6 quantitative) met criteria for analysis. Thematic synthesis of qualitative data was conducted using a line-by-line coding strategy. Extracted quantitative data were assessed for cultural approaches used in the interventions and diabetes-related outcomes.

Results: In the qualitative studies, beliefs about food impacted EAAs' abilities to adopt appropriate dietary recommendations for diabetes management. Requiring a specialized diet disrupted social harmony and made EAAs feel burdensome to others. Having bilingual and bicultural resources eased the stress of making dietary modifications. The most commonly incorporated approaches in diabetes education interventions were bilingual education and culturally specific dietary recommendations. Social roles and harmony were not discussed. Significant reductions in hemoglobin A1c and increases in diabetes knowledge were reported post-intervention.

Conclusions: Beliefs about food, beliefs about social roles, and access to culturally competent care play an important role in dietary self-management of T2DM among EAAs. Understanding the cultural influences on dietary self-management of T2DM and tailoring interventions to meet the needs of EAAs are essential in effort to address the growing epidemic and improve patient outcomes.

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KEYWORDS:

Asian American; diabetes; diet; self-management

PMID: 32195450 PMCID: [PMC7081245](#) DOI: [10.1089/heap.2019.0087](#)

[J Immigr Minor Health](#). 2020 Mar 27. doi: 10.1007/s10903-020-01004-7. [Epub ahead of print]

<https://www.ncbi.nlm.nih.gov/pubmed/32221768>

Depressive Symptom Severity and Immigration-Related Characteristics in Asian American Immigrants.

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Abstract

The study examined immigration factors associated with depressive symptom severity among Asian American immigrants. Participants were 458 Chinese, Korean and Vietnamese adults. Depressive symptom severity was measured by PHQ-9. Overall, the likelihood of being moderately to severely depressed was significantly increased among immigrants living in the US for < 10 years and Korean Americans compared to Chinese Americans. However, mild level of depressive symptoms was not associated with any immigration-related factors. The positive impact of shorter duration of living in the US and a younger age at immigration (≤ 17) on depressive symptoms was evident among women but not among men. For men, marital status and education level were significant predictors of being moderately to severely depressed. Differentiating immigrant factors and identifying depressive symptom severity can help drive community and clinical interventions to detect and treat depression early among Asian American immigrants.

KEYWORDS:

Asian Americans; Depression; Immigrants; Symptom severity

PMID: 32221768 DOI: [10.1007/s10903-020-01004-7](https://doi.org/10.1007/s10903-020-01004-7)

[Contemp Clin Trials](#). 2020 Mar 24:105995. doi: 10.1016/j.cct.2020.105995. [Epub ahead of print]

<https://www.ncbi.nlm.nih.gov/pubmed/32220632>

The South Asian Healthy Lifestyle Intervention (SAHELI) trial: Protocol for a mixed-methods, hybrid effectiveness implementation trial for reducing cardiovascular risk in South Asians in the United States.

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Abstract

Intensive lifestyle interventions targeting diet and physical activity are recommended for reducing atherosclerotic cardiovascular disease (ASCVD) risk in adults. However, existing interventions often do not reach immigrant populations because of a mismatch between the social, cultural, and environmental context of immigrants and Western bio behavioral models which underpin evidence-based lifestyle interventions. The South Asian Healthy Lifestyle Intervention (SAHELI) study is a type 1 hybrid design randomized controlled trial aimed at reducing ASCVD risk in South Asian Americans, a group at higher ASCVD risk than whites and other Asian Americans. The objective is to evaluate the clinical effectiveness and implementation potential of a community-based, culturally-adapted lifestyle intervention for South Asian adults. Participants (n = 550) will be randomized to printed healthy lifestyle

education materials or SAHELI, a group-based lifestyle change program that includes weekly classes for 16 weeks and 4 booster classes through month 11. SAHELI integrates evidence-based behavior change strategies with culturally-adapted strategies and group motivational interviewing to improve diet, physical activity, and stress management. Follow-up assessments will occur at 6 and 12 months. We hypothesize that the SAHELI intervention group will have greater improvements in clinical ASCVD risk factors (weight, blood pressure, glycated hemoglobin, and lipids), physical activity, and psychosocial outcomes than the print material group at 6- and 12- months. We will use mixed-methods to examine SAHELI's potential for reach, adoption, implementation, and maintenance from the perspective of multiple stakeholders. This study offers the potential to increase the reach and effectiveness of evidence-based lifestyle interventions for South Asian adults at increased risk for ASCVD.

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KEYWORDS:

Cardiovascular; Clinical trial; Implementation; Lifestyle intervention; Mixed-methods; Prevention; South Asian

PMID: 32220632 DOI: [10.1016/j.cct.2020.105995](https://doi.org/10.1016/j.cct.2020.105995)

Soc Work. 2020 Mar 25. pii: swaa006. doi: 10.1093/sw/swaa006. [Epub ahead of print]

<https://www.ncbi.nlm.nih.gov/pubmed/32211808>

Concerns about Suicide among Asian Americans: The Need for Outreach?

Leung CA.

Abstract

Suicide was the ninth leading cause of death for Asian Americans in 2017. The growth of Asian American populations has led to more discussions about suicide prevention efforts. A 128-item needs assessment survey was administered at cultural events in 10 predominantly immigrant Asian communities. In five years, 1,840 respondents (61 percent response rate) filled out the survey anonymously to express their health and mental health concerns. This study aims to identify factors and help-seeking behaviors associated with having suicidal concerns among Asian Americans in various subgroups. Among the respondents, 1,314 rated the intensity of their concerns about suicide with an average of 0.74 (SD = 1.11) on a four-point rating scale in that 13.7 percent rated their concerns as severe. Taiwanese respondents expressed the highest intensity score (1.09) compared with other ethnic groups (from 0.29 to 1.04). A logistic regression analysis found that each unit of health concerns on a four-point rating scale significantly increases the likelihood of suicide concerns by 46 times among Asian Americans. Consistent with previous studies, immigrants were likely to share mental health problems with friends and physicians. Effective suicide prevention requires mental health awareness programming for the Asian American community.

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KEYWORDS:

Asian populations; gatekeeping; immigration history; needs assessment; suicide

PMID: 32211808 DOI: [10.1093/sw/swaa006](https://doi.org/10.1093/sw/swaa006)