



**Be Seen.
Be Heard.
Be FIERCE.**
@ NAPAWF

National Asian Pacific American Women's Forum



NAPAWF*NYC

Health Resource Guide

2nd Edition
January 2015



NAPAWF*NYC, the New York City chapter of the National Asian Pacific American Women's Forum, is a community of Asian American/Pacific Islander women dedicated to advocating for the advancement and wellness of AAPI women in New York City through the provision of multi-issue resources and a robust support network

Introduction

In 2013, a core team of NAPAWF*NYC members successfully created and launched the Health Resource Guide (HRG) in an effort to address the absence of Asian American Pacific Islander (AAPI) women's health issues in mainstream conversations about health care in the United States. In New York City, AAPIs comprise more than 13 percent of the population; however, up until last year, no comprehensive and user-friendly resources existed addressing AAPI women's health issues in the metropolitan area.

The HRG provided a comprehensive overview of health resources available in New York City, as well as important statistics and facts about relevant topics. Based on feedback and suggestions that we received from community partners, members, and other end-users of the HRG, NAPAWF*NYC updated the guide to provide more recent data, statistics, and stories on AAPI women's health issues, as well as actual prevention methods for certain diseases.

With this updated version, we decided to keep the structure - organized by topic, facts, and health/service organizations - since this method of presenting information was very well-received by those who reviewed and used the guide. The health organizations listed include names of organizations, contact information, office hours, languages available, and website links to specific health topics.

Through this second effort, we acknowledge the importance of expanding the HRG to a broader audience in New York City, including improvements to the accessibility of the online guide, as well as specific content changes. This outcome, of course, was only made possible by the continuous support from our community partners and the NAPAWF*NYC Board, as well as the Neighborhood Grant provided by the Citizens Committee for New York City - thank you for your partnership.

We hope that this version, like the first one, provides relevant information that helps AAPI women make informed decisions about their health needs/interests. We welcome any questions, comments, or suggestions from you - see our contact information on the back page - and look forward to working on continued improvements for the guide.

Sincerely,

NAPAWF*NYC Health Resource Guide Team



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How to Use This Guide

Please read the Introduction before using this guide. Each topic is organized in the following way:

WHAT YOU SHOULD KNOW

Learn important facts

WHAT YOU CAN DO

Learn prevention methods

COMMUNITY RESOURCES

Contact information for health organizations related to the topic

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Nutrition

WHAT YOU SHOULD KNOW

- Many serious health risks that disproportionately affect the AAPI population can be prevented or controlled through proper nutrition - ranging from reduction of certain ingredients to inclusion of certain foods rich in key nutrients.
- Asian Americans can still face multiple access barriers to health care and nutrition education, due to language barriers, misinformation and long-held misconceptions about the link between diet and health.
- Though cardiovascular health patterns vary greatly among subpopulations, studies show that Filipinos have hypertension rates of 60-65 percent, compared with 47 percent of the U.S. general population in the same age group [34]. High sodium consumption related diseases such as heart disease and hypertension can be addressed through diet.
- Asian Americans have a 30-50 percent higher prevalence of diabetes than their non-Hispanic, White counterparts [35]. One study reports that cases of diabetes among AAPIs grew by 68 percent from 1994 to 2001 in Medicare beneficiaries, ages 67 or older, faster than other minority groups [36]. Compelling evidence indicates that lifestyle changes, such as diet, can prevent or delay the occurrence of Type 2 diabetes in high-risk groups [37].

WHAT YOU CAN DO

- The key to prevention in general is to eat a well-balanced diet. Though most East Asian diets are low in total and saturated fat, sodium intake can be higher. The FDA recommended consumption of sodium ~1,500mg can help in prevention of hypertension and promote overall cardiovascular health. Certain Pacific Islander populations, in which animal protein consumption is higher, can benefit from a move to lower-fat diets.
- Use of sugar substitutes and balanced carbohydrate intake can help control and curb onset diabetes. Careful sugar and carbohydrate moderation can also be cardioprotective, in conjunction with a more active lifestyle. Osteoporosis can be prevented by building stronger bones by the age of 20, through diet and moderate sun exposure. For older populations, calcium and vitamin D consumption can aid in strengthening bone mass density; supplements can be used in lieu of dairy consumption for lactose intolerant individuals.
- In addition to nutrition education, AAPIs can benefit from taking an active role in understanding their risk factors, such as smoking or alcohol, and family history.

Community Resources

<p>Korean Community Services of Metropolitan New York, Inc. (KCS) 35-56 159th Street Flushing, NY 11358 718.939.6137 kcsny.org</p>	<p>Kalusagan Coalition 39-04 63rd St Woodside, NY 11377 718.426.7600 kalusagancoalition.org</p>	<p>Food Retail Expansion to Support Health (FRESH) program Call 311 for more information fresh@nycedc.com tirzurl.com/freshnapawfny</p>
<p>Coalition for Asian American Children and Families Project CHARGE (Coalition for Health Access to Reach Greater Equity) 50 Broad Street, 18th Floor New York, NY 10004 212.809.4675 cacl@cacl.org cacl.org</p>	<p>The Partnership for a Healthier New York City healthiernyc.org</p>	

Visit **ADDITIONAL RESOURCES** to learn more information on the topics.

Visit **SOURCES** to see where we found information about the topic.

Visit **CONTACT US** to get involved with NAPAWF*NYC.

Anxiety & Depression

WHAT YOU SHOULD KNOW

- According to The National Institute for Mental Health (NIMH), approximately 16 million American adults suffer from **clinical depression** in any given year [1]. While depression is highly treatable in the United States [2], the **stigma** surrounding mental illness in many AAPI cultures is often so extreme that it limits the effectiveness of education and prevention/treatment options within the community.
- Young Asian Americans (1.5 and 2nd generation), particularly women, feel pressured to live up to the “**model minority**” **stereotype** while facing other difficulties: balancing different and competing cultures, fulfilling family obligations, and overcoming racial and/or gender-based discrimination in schools/workplaces/other social settings [3]. For some immigrants and refugees, especially those of Southeast Asian descent, the difficulties are further complicated by unique factors, such as **surviving traumatic post-conflict experiences** in their home countries.
- Several studies indicate that **AAPIs are less likely to proactively seek help and/or treatment** for such disorders, despite the availability of community and internet resources [4]. And because of their reluctance to acknowledge the existence of mental health issues, AAPI patients also tend to ignore any connections between their physical ailments and potential mental health disorders [5].

If you or someone you know is experiencing symptoms of depression or anxiety*, here are the steps that you can take to provide support:

- Refer them to one of the community resources listed on the following page;
- Talk to them directly about mental health issues and share stories;
- Encourage them to make changes to their lifestyle, which could include maintaining a healthy diet, getting regular exercise, and taking time for fun and relaxation;
- Share other stories of empowerment from highly-visible AAPI women in the media.

WHAT YOU CAN DO

Suicide

- While the causes of suicide are diverse, about 90 percent of those who commit suicide - estimated at **more than 30,000 lives** in the U.S. per year - have some kind of mental illness that is typically **untreated or undertreated** [6]. In New York City, Asian American is the only racial/ethnic group with suicide listed as one of the top 10 leading causes of death [7].
- According to the Center for Disease Control, **young Asian American women** have the **second-highest rate of suicide** of any American ethnic group [8]. **Elderly AAPI women** also have **higher rates of suicide** (7.95 per 100,000) than Caucasian (4.18) and African American women of the same age (1.18) [9].
- A 2009 study by the University of Washington found that **nearly 16 percent of U.S.-born AAPI women have contemplated suicide in their lifetimes** - that is high when compared with the general U.S. population (13 percent) [10].

If you or someone you know is at risk of suicide*, here are the steps that you can take to provide support:

- Refer them to one of the community resources listed on the following page;
- Talk to them directly about their thoughts on suicide;
- Encourage them to seek help from a professional mental health care provider;
- Share other stories of empowerment and survival from highly-visible AAPI women in the media.

Symptoms of Anxiety & Depression

Symptoms of Depression

(not exhaustive)

Persistently sad/irritable mood

pronounced changes in sleep, appetite and energy

lack of interest in hobbies

recurrent thoughts of death or suicide

persistent physical symptom that do not respond to treatment (headaches, digestive disorders, and chronic pain)

substance abuse

anger

Symptoms of Anxiety

(not exhaustive)

Surge of overwhelming panic

feeling of losing control

heart palpitations or chest pain

trouble breathing or choking sensation

hyperventilation

hot flashes or chills

trembling or shaking

Community Resources

Beth Israel Medical Center

East 16th Street at 1st Avenue
New York, NY 10003
212.533.6374
info@mdsg.org
tinyurl.com/bimcnapawfnyc

Callen-Lorde Community Health Center Mental Health and Social Services

356 West 18th Street
New York, NY 10011
212.271.7200
tinyurl.com/callenapawfnyc

Charles B. Wang Community Health Center Mental Health Bridge Services

268 Canal Street
New York, NY 10013 | 212.941.2213
136-26 37th Avenue
Flushing, NY 11354 | 718.886.1200
tinyurl.com/bridgenapawfnyc

Elmhurst Hospital Center - Asian Mental Health Program

79-01 Broadway, Room H3-111
Elmhurst, NY 11373
718.334.3902
Insurances Accepted and Payment
Methods: Medicaid, Medicare, Sliding Fee
Languages: Cantonese, Korean, Mandarin

Gouverneur Hospital Asian Bicultural Clinic

227 Madison Street, Room #3-100
New York, NY 10002
212.238.7332
tinyurl.com/ghnapawfnyc

Hamilton-Madison House Behavioral Health Services

253 South St 2nd Fl
New York, NY, 10002 + 20 Other Locations
Insurances Accepted and Payment
Methods: All Major HMOs, Medicaid, Medicare, Private Insurance, Sliding Fee
Languages: Cantonese, Fujianese, Japanese, Khmer, Korean, Mandarin, Toishanese, Vietnamese
212.720.4520 ext. 9531
tinyurl.com/hmhnawawfnyc

Henry Street Settlement Asian Bi-Cultural Mental Health Services

40 Montgomery Street
New York, NY 10002 | 212.233.5032
info@henrystreet.org
tinyurl.com/hssnapawfnyc

Lower Eastside Service Center

46 East Broadway
New York, NY 10002
212.343.3520
Insurances Accepted and Payment
Methods: Medicaid
Languages: Cantonese, Toishanese
tinyurl.com/lescnawawfnyc

Mekong NYC

2471 University Ave @ East 190th Street
Bronx, NY 10468
347.918.9220
tinyurl.com/meknapawfnyc

Mental Health Association of New York - Asian LifeNet Hotline

(24 hours)
877.990.8585
Languages: Cantonese, Mandarin, Japanese, Korean, Fujianese

The National Alliance on Mental Illness of New York City, Inc.

505 Eighth Avenue, Suite 1103
New York, NY 10018
212.684.3264
tinyurl.com/naminapawfnyc

Recovery, Inc. International: Mental/Behavioral Health

2043 East 64th Street
New York, NY 11234 + various locations
718.241.2220
inquiries@recovery-inc.org
tinyurl.com/rinapawfnyc

South Beach Psychiatric Center Asian Bridger Program

777 Seaview Avenue
Staten Island, NY 10305
Insurances Accepted and Payment
Methods: All Major HMOs, Medicaid, Medicare, Sliding Fee
Languages: Cantonese, Korean, Mandarin, Other Chinese Dialects, Toishanese
718.680.0006
917.524.4733
tinyurl.com/abpnawawfnyc

Body Image

- Body image - or the perception about an individual's weight, body, shape, hair and skin color, and facial features - is a persistent issue among AAPI women and men; however, women tend to link their physical appearance to their overall self-worth more than men. Both in the media and at home, there are standards of beauty that **negatively influence the attitudes and behaviors of AAPIs and how they view themselves** [11].
- Several studies have shown that Asian American young women who identified more strongly with traditional Asian values (“model minority”) reported higher levels of body image dissatisfaction [12]. This is also true for those women who have internalized media portrayals of beauty ideals and strive for what is conventionally attractive.
- External pressures to reflect “well” on the community may be **an additional trigger for AAPI women to seek the “perfect body”** through excessive dieting and other regimens [13]. And when the “projected ideal” is not within reach, that can often cause women to have lower self-esteem, psychological problems, eating disorders, and depression [14].

“ I don't think I'll ever be thin enough to satisfy my family. I don't think I'll ever be thin enough to satisfy society. And unless things start changing from the inside, I don't think I'll ever be thin enough to satisfy myself. As of right now, I'm still spending hours every week, working off the calories at the gym and measuring my portions on the kitchen scale. I'm still trying to be the perfect student, daughter, and human specimen -- as futile as that may be, I feel that it is expected of me. I know all experiences -- and body types -- are unique and I'm not speaking on behalf of all Asian women, **but I know I'm not the only one.** [15] ”
- Noel Duan

If you or someone you know has concerns about body image issues - as generally outlined above - here are the steps that you can take to provide support:

- Refer them to one of the community resources listed on the following page;
- Talk to them directly about their body image issues;
- Share other stories of empowerment from highly-visible AAPI women in the media.

Community Resources

NYC Department of Youth and Community Development DYCD Youth Connect

156 William St, 3rd Floor
New York, NY 10038
800.246.4646
youthconnect@dycd.nyc.gov
tinyurl.com/dycdnawpwnyc

The Women's Therapy Centre Institute

562 West End Ave, Suite 1C
New York, NY 10024
212.721.7005
wtcinc@mac.com
tinyurl.com/wtcinawpwnyc

Child Center of NY Asian Outreach

8708 Justice Avenue
Elmhurst, NY 11373
718.899.9810 x 208
meghanasawant@childcenterny.org
tinyurl.com/ccnawpwnyc

New York Coalition for Asian American Mental Health

c/o Two Bridges
275 Cherry Street
New York, NY 10002
212.720.4524
nycaamh@yahoo.com
tinyurl.com/amhnapawpwnyc

South Asian Youth Action SAYA!

54-05 Seabury Street
Elmhurst, NY 11373
718.651.3484
riti@saya.org
saya.org

Third Root Community Health Center

300 Marlborough Road
Brooklyn, NY 11226
718.940.9343
info@thirdroot.org
thirdroot.org

Thick Dumpling Skin

thickdumplingskin.com

“A vibrant community for Asian Americans to share and discuss our unhealthy quest, past and present, for the “perfect” body. Our struggles with food & body image are not merely about will power – they’re social, cultural, and familial.”

The Renfrew Center of New York

38 East 32nd Street
10th Floor
New York, NY 10016
1.800.RENFREW (736.3739)
renfrewcenter.com

Breast Cancer

- While breast cancer incidence and mortality rates are typically lower for AAPI women than for women of other ethnicities, **the disease remains one of the most commonly diagnosed cancers in the community** [16]. AAPI women are also the least likely to have annual mammograms - an important screening test to detect cancer at the early stages and often recommended for those age 40+ [17].
- Based on a series of community health needs and resource assessments conducted in New York communities [18], researchers suggest that there may be **multiple barriers to effective care** for AAPI women, including: limited English proficiency, lack of knowledge about how to conduct breast self-exams, and insurance problems [19].

If you or someone you know has concerns about breast cancer, here are the steps that you can take to provide support:

- Refer them to one of the community resources listed on the following page;
- Refer them to a local support group: more details here - <http://tinyurl.com/cbwsuppnawfnyc>
- Encourage them to be proactive and learn how to conduct breast self-exams, starting from age 20;
- Inform them that women typically have yearly mammograms, starting from age 40;

Cervical Cancer

- Cervical cancer impacts the cervix, a part of the female reproductive system connecting the uterus and vagina. It is a slow-growing cancer, primarily caused by human papillomavirus (HPV). According to the American Cancer Society, in 2014, there will be over 12,360 new cases of invasive cervical cancer and over 4,000 deaths [20].
- Cervical cancer rates for all major racial groups have fallen in recent years, with the exception of Asian American women. Rates for Vietnamese American women are approximately five times higher than that of white women [21] and rates for Korean American women are more than double that of white women [22]. At the same time, **young AAPI women have lower participation in pap smears**, one of the key ways of detecting the cancer at an early, treatable phase [23].
- Higher rates of cervical cancer amongst AAPI women are closely linked to lack of health insurance, **lack of knowledge about pap smears and preventative care**, discomfort with the required procedures, and limited culturally and linguistically appropriate services [24].

If you or someone you know has concerns or questions about cervical cancer, here are the steps that you can take to provide support:

- Refer them to one of the community resources listed on the following page;
- Encourage them to speak with their healthcare provider to learn more about the preventative care measures available to them, based on their age and medical history.

Type of Prevention Measure [25]	Target Group
Pap Smears - cervical cancer screening	21-29, every 3 years
Co-Testing - pap smear + HPV test	30 and older
Condom Use - reduces HPV transmission rates	All ages
Vaccination - may prevent up to 65 to 75 percent of cervical cancers (Cervarix and Gardasil)	10-12, three dose series no older than 26

Community Resources

FOR BREAST CANCER

**APICHA Community Health Center
Women and Youth Program**
400 Broadway
New York, NY 10013
212.334.6029
apicha@apicha.org
tinyurl.com/apichanapawfnyc

**American Cancer Society
New York's Asian Initiatives**
41-60 Main Street, Suite 307
Flushing, NY 11355
718.886.8890
tinyurl.com/acsainapawfnyc

FOR CERVICAL CANCER

**APICHA Community Health Center
Women and Youth Program**
400 Broadway
New York, NY 10013
212.334.6029
apicha@apicha.org
tinyurl.com/apichanapawfnyc

**American Cancer Society
New York's Asian Initiatives**
41-60 Main Street, Suite 307
Flushing, NY 11355
718.886.8890
tinyurl.com/acsainapawfnyc

**Charles B. Wang
Community Health Center
Women's Health Department**
268 Canal St, 1st & 5th Fl
New York, NY 10013 | 212.966.0228
136-26 37th Ave, 2nd Floor
Flushing, NY 11354 | 718.886.1200
tinyurl.com/whnapawfnyc

**Charles B. Wang
Community Health Center
Women's Health Department**
268 Canal St, 1st & 5th Fl
New York, NY 10013 | 212.966.0228
136-26 37th Ave, 2nd Floor
Flushing, NY 11354 | 718.886.1200
tinyurl.com/whnapawfnyc

**Sapna NYC
South Asian Breast Health Action**
2348 Waterbury Avenue, 1st Floor
Bronx, NY 10462
718.828.9772
info@sapnanyc.org
tinyurl.com/sapnapawfnyc

Foundation for Women's Cancer
(formerly the Gynecologic Cancer
Foundation)
800.444.4441
312.578.1439
foundationforwomenscancer.org

National Cancer Institute (NCI)
800.422.6237 (800.4.CANCER)
cancer.gov
National Cervical Cancer Coalition
800.685.5531
nccc-online.org

**National Women's Health
Information Center (NWHIC)**
800.994.9662 (800-994-WOMAN)
888.220.5446
womenshealth.gov

Planned Parenthood of NYC
Margaret Sanger Square
26 Bleecker Street
New York, NY 10012
212.965.7000
choicevoice@ppnyc.org
tinyurl.com/ppnycnapawfnyc

Project Renewal Scan Van
200 Varick Street
New York, NY 10014
212.620.0340
631.581.4171
tinyurl.com/prsvnapawfnyc

Planned Parenthood of NYC
Margaret Sanger Square
26 Bleecker Street
New York, NY 10012
212.965.7000
choicevoice@ppnyc.org
tinyurl.com/ppnycnapawfnyc

Domestic Violence

- Domestic violence, also known as intimate partner violence, can happen to anyone. It is defined as a pattern of abusive behaviors used to gain power and control over a partner, spouse or relative. **These behaviors are not isolated incidents** and could include verbal, emotional, psychological, sexual, economic, or physical forms of abuse such as: threats, slapping, choking, rape, and blaming the survivor for abuse.
- **41-61 percent of AAPI women report experiencing physical and/or sexual violence by an intimate partner during their lifetime.** For some survivors, the abuse is not isolated to just one batterer, since many AAPI households are multi-generational - and there can be multiple sources of violence [26].
- Underreporting of domestic violence in AAPI households can be attributed to multiple factors, including cultural issues surrounding privacy and shame that prevent women from reaching out to authorities, fear of law enforcement, and language barriers [27].

If you or someone you know may be in a harmful or abusive relationship, here are the steps that you can take to provide support:

- Refer them to one of the community resources listed on the following page;
- Talk to them directly about creating a safety plan and/or an emergency bag;
- Share other stories of survival from highly-visible AAPI women in the media.

Sexual Violence

- According to the World Health Organization, sexual violence is defined as: any sexual act, attempt to obtain a sexual act, unwanted sexual comments or advances, or acts to traffic, or otherwise directed against a person's sexuality using coercion, by any person regardless of their relationship to the victim, in any setting, including but not limited to home and work [28]. In the U.S., it is estimated that over 50 percent of rapes and sexual assaults go unreported [29].
- The National Violence Against Women Survey (NVAWS) found that 6.8 percent of Asian/Pacific Islander women reported rape in their lifetime [30]. Similar to other women of color, API women are subjected to derogatory and demeaning stereotypes. Myths that API women are “submissive”, “elusive”, and/or “sexually available” make API women vulnerable to pervasive sexual harassment in the workplace, religious institutions, in school, and by law enforcement.

If you or someone you know is a survivor of sexual assault(s), here are the steps that you can take to provide support:

- Refer them to one of the community resources listed on the following page;
- Talk to them directly about speaking with a health care provider about the incident(s);
- Share other stories of survival from highly-visible AAPI women in the media.

Her Journey towards Self-Empowerment

Meet Aarti - 35 years old, mother of a 6-year old girl, and a recent immigrant from India. Since coming to live with her husband in New Jersey in 2012, Aarti has suffered in silence from depression, due to her lack of financial security and independence. Her husband took it upon himself to use physical force whenever he felt that Aarti had disobeyed him somehow. Her feelings of unhappiness escalated when she discovered that she was pregnant with her second child. Aarti decided to take action, and over the next few days, she made child care and financial arrangements so that she could visit the nearest Planned Parenthood clinic. Her decision was by no means an easy one, but she found a way to empower and free herself.

- Aarti's Story (name has been changed for privacy reasons, and details provided by HRG volunteer who works in a community clinic in NJ)

Community Resources

**National Organization of Asians
and Pacific Islanders Ending
Sexual Violence**

napiesv.org

contact@napiesv.org

**New York State Coalition
Against Sexual Assault**

nyscasa.org

**New York City Alliance
Against Sexual Assault**

svfreenyc.org

New York Asian Women's Center

32 Broadway, 10th Floor

New York, NY 10004

212.732.0054 | Hotline 888.888.7702

New York Legal Assistance Group

7 Hanover Square, 18th Floor

New York, NY 10004

212.613.5000

Brooklyn Family Justice Center

350 Jay St, 15th Floor

Brooklyn, NY 11201

Queens Family Justice Center

126-02 82nd Avenue

Kew Gardens, NY 11415

**Safe Horizon New York City
Domestic Violence Hotline**

800.621.HOPE (4673)

Safe Horizons

Community Program

855.234.1042

A Call to Men

250 Merrick Road #813

Rockville Center, NY 11570

acalltomen.org

**Arab-American
Family Support Center**

The Manar Project

150 Court Street, 3rd Floor

Brooklyn, NY 11201

718.643.8000

**Korean American
Family Service Center**

P.O. Box 541429

Flushing, NY 11354

718.460.3801 | Hotline 718.460.3800

contact@kafsc.org

kafsc.org

Sakhi for South Asian Women

P.O. Box 20208

Greeley Square Station

New York, NY 10001

212.714.9153 | Helpline 212.868.6741

contactus@sakhi.org

**South Asian Women's Creative
Collective Movement to Power**

110-112 West 27th Street, Suite 603

New York, NY 10001

tinyurl.com/sawccnapawfnyc

info@sawcc.org

**Turning Point for Women
and Families**

PO Box 670086

Flushing, NY 11367

718.883.9400

tpny.org

info@tpny.org

Gender Identity & Sexuality

WHAT YOU SHOULD KNOW

- Human Rights Campaign defines the term “gender identity” as a person’s deeply felt psychological identification as a man, woman or some other gender, which may or may not correspond to the sex assigned to them at birth (e.g., the sex listed on their birth certificate) [31].
- Based on 2010 Census figures, an estimated 325,000 or 2.8 percent of all AAPI adults in the U.S. identify as lesbian, gay, bisexual, or transgender (LGBT) [32]. Given the prevalence of underreporting in these communities, it is likely that the figure is higher.
- While there are limited studies on the AAPI LGBT community, a recent survey of NY-Metro area AAPIs who identify as LGBT indicated that discrimination and harassment, as well as homophobia and transphobia, based on their sexual orientation continues to be a problem [33].

WHAT YOU CAN DO

If you or someone you know is having difficulty coming to terms with their gender identity and/or sexuality, here are the steps that you can take to provide support:

- Refer them to one of the community resources listed on the following page;
- Encourage them to speak with their loved ones and friends about how they are feeling;
- Share other stories of empowerment from highly-visible AAPIs who identify as LGBT, in the media.

Community Resources

Gay Asian & Pacific Islander

Men of New York

PO Box 30281

New York, NY 10011

gapimny@gapimny.org

gapimny.org

National Queer Asian Pacific Islander Alliance (NQAPIA)

1322 18th Street, NW

Washington, DC 20036

nqapia@gmail.com

Q-Wave

q-wave.org

Listserv:q-wave@yahoogroups.com

South Asian Gay & Lesbian Association of New York City

208 West 13th Street

New York, NY 10011

salganyc@hotmail.com

salganyc.org

The Audre Lorde Project Manhattan

147 West 24th Street, 3rd Fl

New York, New York 10011

212.463.0342

Brooklyn

85 South Oxford Street

Brooklyn, NY, 11217

718.596.0342

alp.org

The Dari Project

dariproject@gmail.com

dariproject.org

Nutrition

WHAT YOU SHOULD KNOW

- Many serious health risks that disproportionately affect the AAPI population can be prevented or controlled through proper nutrition - ranging from reduction of certain ingredients to inclusion of certain foods rich in key nutrients.
- Asian Americans can still face multiple access barriers to health care and nutrition education, due to language barriers, misinformation and long-held misconceptions about the link between diet and health.
- Though cardiovascular health patterns vary greatly among subpopulations, studies show that Filipinos have hypertension rates of 60-65 percent, compared with 47 percent of the U.S. general population in the same age group [34]. High sodium consumption related diseases such as heart disease and hypertension can be addressed through diet.
- Asian Americans have a 30-50 percent higher prevalence of diabetes than their non-Hispanic, White counterparts [35]. One study reports that cases of diabetes among AAPIs grew by 68 percent from 1994 to 2001 in Medicare beneficiaries, ages 67 or older, faster than other minority groups [36]. Compelling evidence indicates that lifestyle changes, such as diet, can prevent or delay the occurrence of Type 2 diabetes in high-risk groups [37].

WHAT YOU CAN DO

- The key to prevention in general is to eat a well-balanced diet. Though most East Asian diets are low in total and saturated fat, sodium intake can be higher. The FDA recommended consumption of sodium ~1,500mg can help in prevention of hypertension and promote overall cardiovascular health. Certain Pacific Islander populations, in which animal protein consumption is higher, can benefit from a move to lower-fat diets.
- Use of sugar substitutes and balanced carbohydrate intake can help control and curb onset diabetes. Careful sugar and carbohydrate moderation can also be cardioprotective, in conjunction with a more active lifestyle. Osteoporosis can be prevented by building stronger bones by the age of 20, through diet and moderate sun exposure. For older populations, calcium and vitamin D consumption can aid in strengthening bone mass density; supplements can be used in lieu of dairy consumption for lactose intolerant individuals.
- In addition to nutrition education, AAPIs can benefit from taking an active role in understanding their risk factors, such as smoking or alcohol, and family history.

Community Resources

Korean Community Services of Metropolitan New York, Inc. (KCS)
35-56 159th Street
Flushing, NY 11358
718.939.6137
kcsny.org

Coalition for Asian American Children and Families Project CHARGE (Coalition for Health Access to Reach Greater Equity)
50 Broad Street, 18th Floor
New York, NY 10004
212.809.4675
cacf@cacf.org
cacf.org

Kalusugan Coalition
39-04 63rd St
Woodside, NY 11377
718.426.7600
kalusugancoalition.org

The Partnership for a Healthier New York City
healthiernyc.org

Food Retail Expansion to Support Health (FRESH) program
Call 311 for more information
fresh@nycedc.com
tinyurl.com/freshnapawfnyc

Pregnancy & Birth Control

WHAT YOU SHOULD KNOW

- Young AAPI women often face unique challenges when it comes to good reproductive and sexual health, including barriers to reliable information about sex, low rates of condom use, and a lack of culturally-specific sexual health programs and services.
- A survey of AAPI women found that although more than two-thirds are sexually active, less than 40 percent utilize regular contraceptive methods during sexual intercourse [38]. The lack of such vital preventative measures leads to unintended pregnancies.
- Although studies have found that most AAPI young women surveyed are aware of emergency contraception (EC), over 60 percent of those same women were confused as to the purpose of the pills. Thus, lack of knowledge prevents many AAPI young women and girls from accessing EC in a timely manner [39].

WHAT YOU CAN DO

If you or someone you know is sexually active and has concerns about pregnancy and birth control, here are the steps that you can take to provide support:

- Refer them to one of the community resources listed on the following page;
- Talk to them directly about speaking with a health care provider about the best contraception options* for their health needs.

Contraception Option [40]	Description
Intrauterine Device (IUD)	A small T-shaped device (no larger than 32mm x 36mm) that is inserted into the uterus by a healthcare provider to prevent pregnancy. IUDs are categorized as long-acting reversible contraceptive methods (LARCs).
Hormonal Implant	The implant (Implanon or Nexplanon are the brand names) is a rod that is inserted under the skin of your upper arm. The implant releases hormones that keep the ovaries from releasing eggs. It prevents pregnancy for up to three years.
Oral Contraceptive ("The Pill")	The pill contains the hormones estrogen and progestin. It is taken daily to keep the ovaries from releasing an egg. The pill also causes changes in the lining of the uterus and the cervical mucus to keep the sperm from joining the egg.
Condom	A thin sheath that covers the penis during intercourse made up of one of the following materials - rubber (latex), plastic (polyurethane), or lambskin.
Vaginal Ring ("NuvaRing")	A thin, flexible ring that releases the hormones progestin and estrogen. It works by stopping the ovaries from releasing eggs.

Community Resources

APICHA Community Health Center

Women and Youth Program

400 Broadway
New York, NY 10013
212.334.6029
apicha@apicha.org
tinyurl.com/apichanapawfnyc

Callen-Lorde

Community Health Center

Sexual Health Clinic

356 West 18th Street
New York, NY 10011
212.271.7200
tinyurl.com/lordenapawfnyc

Charles B. Wang

Community Health Center

Women's Health Department

268 Canal St, 1st & 5th Fl
New York, NY 10013 | 212.966.0228
136-26 37th Ave, 2nd Floor
Flushing, NY 11354 | 718.886.1200
tinyurl.com/whnapawfnyc

Community Healthcare Network

Various locations in New York
866.CHN.8259
info@chnnyc.org
tinyurl.com/chnwhsnapawfnyc

Planned Parenthood of NYC

Margaret Sanger Square
26 Bleecker Street
New York, NY 10012
212.965.7000
choicevoice@ppnyc.org
tinyurl.com/ppnycnapawfnyc

National Asian Pacific American

Women's Forum Emergency

Contraception Issue Brief

155 Water Street
Brooklyn, NY 11201
202.470.3170
info@napawf.org

The Door

Sexual Health & Birth Control

555 Broome Street
New York, NY 10013
212.941.9090 x3221 / x3222
tinyurl.com/doornapawfnyc

IUD Task Force

iudtaskforce.org

STIs & HIV

- Sexually transmitted infections (STIs) and HIV (Human Immunodeficiency Virus) mainly affect the immune system leading to serious infections. These infections can be passed from person to person through vaginal, oral or anal sex as well as through foreplay.
- Although the transmission rate for STIs is decreasing for the overall population, chlamydia and gonorrhea rates for AAPIs are increasing. AAPI women have considerably higher STI rates than AAPI men [41].
- Nearly 2 out of 3 AAPIs have never been tested for HIV, despite their potential risk factors for the virus. Reluctance to get tested is often attributed to the stigma attached to HIV [42].

If you or someone you know is sexually active, here are the steps that you can take to provide support:

- Refer them to one of the community resources listed on the following page;
- Encourage them to practice safe sex to reduce the risk of contract an STI/HIV.

Community Resources

APICHA

400 Broadway
New York, NY 10013
212.334.7940
Clinic 212.334.6029
Infoline 866.274.2429
apicha.org

Chinese-American Planning Council

HIV/AIDS Services
165 Eldridge Street
New York, NY 10002
646.613.8420
Hotline 212.941.7992
hivcpc.org

Callen-Lorde

**Community Health Center
Sexual Health Clinic**
356 West 18th Street
New York, NY 10011
212.271.7200
tinyurl.com/lordenapawfnyc

Charles B. Wang

**Community Health Center
Women's Health Department**
268 Canal St, 1st & 5th Fl
New York, NY 10013 | 212.966.0228
136-26 37th Ave, 2nd Floor
Flushing, NY 11354 | 718.886.1200
tinyurl.com/whnapawfnyc

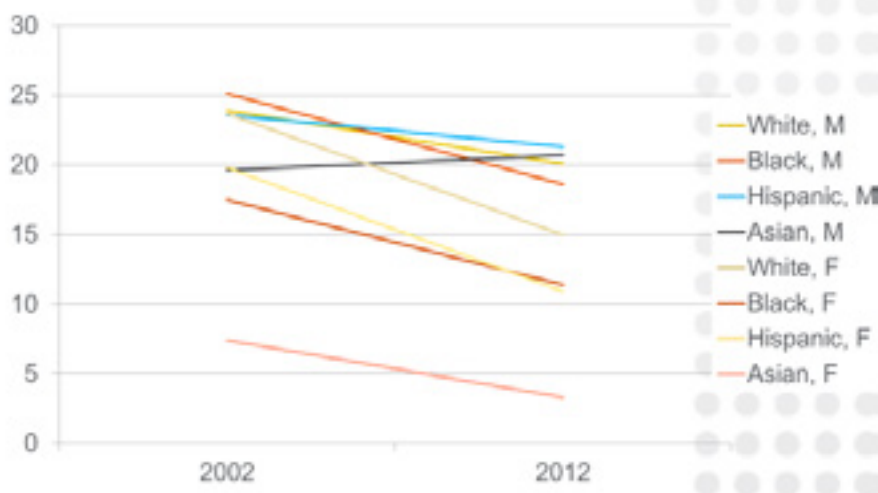
Banyan Tree Project

[banyantreeproject.org/wp2014/
stories-videos/](http://banyantreeproject.org/wp2014/stories-videos/)

Tobacco Use

- In New York State, over 25,000 people die each year from a smoking-related disease and 3,040 non-smokers die each year from exposure to others' smoking [43].
- In 2013, according to the health department, 16.1 percent of adult New Yorkers are smokers, a significant increase from the city's lowest recorded adult smoking rate of 14 percent in 2010. And for the first time since 2007, there are over one million smokers in New York City who are at risk of developing a smoking-related illness, including heart disease, stroke, diabetes, emphysema, lung and other cancers [44].
- There is no safe level of smoking - even brief exposure can be harmful to health [45].
- Smoking rates are much higher among Asian men (18.5 percent) than women (4.4 percent). Korean men (35.5 percent) and women (11.2 percent) had the highest smoking rate of all subgroups. Korean women who spoke English at home had higher smoking rates compared to every subgroup [46].

Smoking rates – NYC, 2002 - 2012



Source: New York City Department of Health and Mental Hygiene. Epiquery: NYC Interactive Health Data System - [Smoking status, 2002-2012 (Age-adjusted), Community Health Survey 2012]. [November 1 2014]. <http://nyc.gov/health/epiquery>

- TIP** One of the reasons why it is hard to quit smoking is that the nicotine in tobacco is an addictive drug. After you have smoked for a while your body gets used to nicotine and relies on it to feel normal. So when you don't give your body nicotine your body will react by sending you unpleasant signals. These are called withdrawal symptoms. One way to control withdrawal symptoms is by using medications like the nicotine patch, or nicotine gum during his/her quit attempt.
- TIP** Getting help from a smoking cessation navigator, or using medication can help increase confidence and double or triple their chances of success.
- TIP** Nicotine addiction can make it difficult to quit but there are also situations, feelings and thoughts that can stimulate the urge to smoke. These feeling, thoughts or activities are called triggers.

Tools to Quit Smoking

#1: Use Effective Coping Strategies that you can use to help with Managing Tempting Situations.

Coping Skills

Distract yourself: call a friend, read a book, listen to music, go for a walk

Deep breathing: while thinking about keeping your lungs clean and healthy.

Drink water: to help make your mouth feel fresh and clean. Brush your teeth if you can or have a fresh mint.

Discuss: talk with someone about why you don't want to use tobacco anymore. Have them give you support.

Delay response to the urge: Use all the above and wait 10 minutes and see if the urge is still as strong.

#2: Create a Quit Plan & Set a Quit Date within 2 Weeks for a Successful Quit Attempt

Quit Plan

1. Get rid of your tobacco products and any other materials needed for smoking.
2. Tell your friends and family you are trying to quit
3. Write down your reasons for quitting on a piece of paper, and put that paper in a place where you can see it every day.
4. Monitor your smoking habit by keeping track of your smoking habit to help you learn about your habit and triggers.
5. Develop a plan to manage triggers.
 - How will you handle the places and events that you know will want to make you smoke?
 - What can you do to avoid boredom?
 - Keep a bottle of water with you.
6. Make your home smoke free.
7. Get free services like counseling & medication through the Smokers' Quitline, and other options

Community Resources

Asian Smokers' Quitline

Chinese (Cantonese and Mandarin):

800.838.8917

Korean: 800.556.5564

Vietnamese: 800.778.8440

asiansmokersquitline.org

New York State Smokers' Quitline

866.697.8487

nysmokefree.com/

Stop Smoking Programs in Metro Area

tinyurl.com/smokefreenapawfnyc

NYC Quits

Call 311 for questions about nicotine patch & gum program

a816-nycquits.nyc.gov

NYC Coalition for a Smoke-Free City

40 Worth Street, 5th Floor

New York, NY 10013

646.619.6400

nycsmokefree.org

American Cancer Society Asian Initiatives Free Nicotine Replacement Therapy Program

41-60 Main Street, Suite 307

Flushing, NY 11355

718.886.8890

tinyurl.com/acsainapawfnyc

Asian Pacific Partners for Empowerment, Advocacy, and Leadership (APPEAL)

510.272.9536

appealforcommunities.org

National Asian Women's Health Organization (NAWHO)

415.989.9747

National Coalition for Women Against Tobacco

womenagainst.org

Asian & Pacific Islander American Health Forum (APIAHF)

450 Sutter Street, Ste. 600

San Francisco, California 94108

415.954.9988

apiahf.org

Additional Resources

American Cancer Society
Asian Initiatives
tinyurl.com/cainapawfnyc

American Psychiatric Association
psych.org

Anti-Violence Project
avp.org

Asian and Pacific Islander American Health Forum
apiahf.org

Asian and Pacific Islander Institute on Domestic Violence
apiidv.org

Association of Asian Pacific
Community Health Organizations
aapcho.org

Bedsider
bedsider.org

Coalition for Asian American
Children and Families
cacf.org

Gay and Lesbian Alliance Against Defamation
glaad.org

GrowNYC
gownyc.org

Health Information Tool for
Empowerment
hitesite.org

Korean Community Services of
Metropolitan New York
kcsny.org

Mental Health Association of
New York City
mhaofnyc.org

National Alliance on Mental Illness
nami.org

National Asian Pacific American Women's Forum
napawf.org

National Gay and Lesbian Task Force
thetaskforce.org

National Queer Asian Pacific Islander Alliance

New York Asian Women's Center
nyawc.org

New York City Department of Health and Mental Hygiene
nyc.gov/health

New York State Department of Health
health.ny.gov

NYC Food
nyc.gov/html/nycfood

NYU Center for the Study of Asian American Health
asian-health.med.nyu.edu

NYU Langone Medical Center Section on Tobacco, Alcohol,
and Drug Use (TADU)
pophealth.med.nyu.edu/divisions/tadu

Sanctuary for Families
sanctuaryforfamilies.org

Substance Abuse and Mental Health Services
Administration
samhsa.gov

U.S. Department of Health and Human Services, Office of
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minorityhealth.hhs.gov

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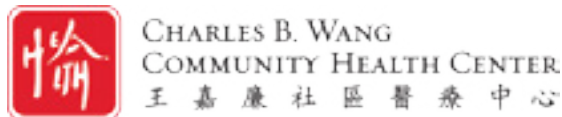
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