

The

# CULTURAL LINK



May  
2005

## Asian Pacific Heritage Month

### MAY QUESTION OF THE MONTH

Clinical research demonstrating the effectiveness of the DASH diet (Dietary Approaches to Stop Hypertension) showed results in lowering blood pressure among all subgroups studied within:

- A. 8 weeks
- B. 6 weeks
- C. 4 weeks

**Email your response to [nwosu@etsu.edu](mailto:nwosu@etsu.edu) by 4:30 pm on April 24.** Please include your full name and telephone number with your response. A prize will be awarded to one person who answers correctly.

Answer to the April question: The CDC, Medicaid and Avon all fund the National Breast and Cervical Cancer Early Detection Program that helps uninsured women gain access to screening programs for early detection of breast and cervical cancers. [Fact Sheet on The National Breast and Cervical Cancer Early Detection Program—Reducing Mortality Through Screening](#)

### Did You Know?

- There is tremendous diversity among Asian Americans who come from more than 20 countries and speak more than 100 languages.
- Health Disparities: Asian Americans are more likely to lack health insurance compared with the rest of the population. Cervical cancer in Vietnamese American women is five times higher than the rate for non-Hispanic white women.
- Asian Americans and Pacific Islanders have the highest rates for tuberculosis and Hepatitis B (HBV) than any other racial and ethnic group.

[Source: CDC Fact Sheet on Racial & Ethnic Disparities](#)

### Arts, Cultural, and Health Awareness Events

<a href="#">Osteoporosis Update: Treatment &amp; Prevention- Women's Health Series Lunch Break Seminar</a>	5/10 12 noon	Culp Center, Forum Room
<a href="#">WRC Book Review Group: The Queen's Fool by Philippa Gregory</a>	5/18 12 noon	WRC Pan-hellenic Hall Basement
<a href="#">Community Events</a>		

### MAY OBSERVANCES

#### Topics of Interest In this Issue

Hepatitis Awareness Month

Asian Pacific Heritage Month

High Blood Pressure Education Month

Mental Health Month

#### Other Observances in May

Physical Fitness & Sports Month

Women's Health Week, 8—14

Clean Air Month

World Red Cross, Red Crescent Day, 8

Healthy Vision Month

Mother's Day, 8

Osteoporosis Awareness & Prevention Month

Nurses' Day, 11

Melanoma & Skin Cancer Detection & Prevention Month

Armed Forces Day, 21

Cinco de Mayo, 5

World Day for Diversity, 21

Yom Hashoah, 6 (Remembrance of the Jewish Holocaust)

Declaration of the Bab, 23 (Baha'i)

Memorial Day, 30

### Cover the Uninsured Week, 5/1—8

45 million Americans are uninsured:

- [Profiles of the Uninsured: Stories of Six Uninsured Americans](#)
- [Prescription Drug Coverage and Seniors](#)




## Article of the Month

[Green A, Betancourt J, Carrillo JE. Integrating Social Factors Into Cross-Cultural Medical Education. \*Academic Medicine\*. 2002; 77: 193—7.](#)

Summary: Efforts to eliminate disparities in health care have focused on developing “cultural competence,” defined as “a set of academic and interpersonal skills that allow individuals to increase their understanding and appreciation of cultural differences and similarities within, among, and between groups.” The authors argue that this definition does not adequately address the impact of social factors on health and health care. The accepted brief social history in the medical history needs to be expanded to include these four domains of the patient’s social context: 1. social stressors and support networks, 2. change of environment, 3. life control and 4. literacy. Questions for each domain are included in the article. A case study using an immigrant with type 2 diabetes is presented. The authors recommend emphasizing and expanding the role of the social history to teach cross-cultural questioning skills to medical students and other health care providers.

## HEALTH LINKS ON DIVERSITY

The listing below represents just a few of the resources intended to promote knowledge, awareness and discussions on diversity in health care for our students and faculty.

TOPIC	TITLE & LOCATION
<b>HIGH BLOOD PRESSURE EDUCATION MONTH</b> 	<a href="#"><u>Why you must take high blood pressure seriously</u></a> <a href="#"><u>Kidney Disease in the Minority Community: The Importance of Education &amp; Screening</u></a> <a href="#"><u>Effects of Diet and Sodium Intake on Blood Pressure: Subgroup Analysis of the DASH-Sodium Trial</u></a> Review the DASH Diet here: <a href="#"><u>The DASH Eating Plan Puts Patients on the Road to Heart Health</u></a>
<b>MENTAL HEALTH MONTH</b> 	<a href="#"><u>Pumariega AJ et al. Substance Abuse in Immigrant Latino Youth in Appalachia: Preliminary Findings. <i>Psychline: Journal of Hispanic American Psychiatry</i>, 4 (2004) 4: 10—13.</u></a> <a href="#"><u>Kleinman A. Culture and Depression. <i>New England Journal of Medicine</i> 351 (2004) 10: 951—2.</u></a> <a href="#"><u>Mental Health Problems of Adolescents as Reported by their Caregivers: a comparison of European, African and Latino Americans</u></a>
<b>HEPATITIS AWARENESS MONTH</b> 	Making sense of the Hepatitis A,B,Cs: <a href="#"><u>FAQs About Viral Hepatitis</u></a> Ask the Expert about Immunizations for <a href="#"><u>Hepatitis A</u></a> and <a href="#"><u>Hepatitis B</u></a> <a href="#"><u>Differences in Treatment Outcomes for Hepatitis C Among Ethnic Groups</u></a> <a href="#"><u>Program Targets Hepatitis B Awareness Among Asians</u></a>
<b>ASIAN PACIFIC HERITAGE MONTH</b> 	<a href="#"><u>National Library of Science Site on Asian American Health</u></a> <a href="#"><u>Asian Americans' Reports of Their Health Care Experiences: Results of a National Survey</u></a> <a href="#"><u>Principles for culturally competent health care for Asian-American Families and Communities</u></a> <a href="#"><u>Asian-Pacific Americans By the Numbers from the U.S. Census Bureau</u></a>

For more information or assistance contact Elaine Evans, Reference Assistant, COM Library, [evanse@etsu.edu](mailto:evanse@etsu.edu).