

Audio Transcript for AAPCHO and MHP Salud presentation with Gabbie Peñaranda of and Monica Garcia of MHP Salud from the December 14, 2022 Culturally Appropriate Healthy Eating Educational Tool for Asian Americans: Filipino/a/x and Hmong Editions Webinar

GP: Gabrielle (Gabbie) Peñaranda, Program Manager of Training and Technical Assistance, AAPCHO

MH: Monica Garcia, Health Strategy Specialist, MHP Salud

Transcript accompanies AAPCHO and MHP Salud Presentation slide deck. Times listed accompany the Presentation Audio.

00:00:00:08 - 00:00:40:08

AAPCHO

AAPCHO is the Association of Asian-Pacific Community Health Organizations. AAPCHO promotes advocacy, collaboration and leadership to improve the health of Asian-Americans, Native Hawaiians and Pacific Islanders. We offer audio recordings of our trainings for people with limited or interrupted access to the Internet and all who prefer audio based learning. This session is part one of three and took place during the culturally appropriate, healthy eating educational tool for Asian Americans, Filipino Filipina and Filipinx and Hmong editions Webinar.

00:00:41:05 - 00:01:16:11

AAPCHO

It features Gabbie Penaranda from the Association of Asian Pacific Community Health Organizations and Monica Garcia from MHP Salud. These speakers will share insights into the development of culturally relevant diabetes prevention resources. They will also discuss MHP Salud full portfolio of healthy plate brochures and three year long collaboration between AAPCHO and MHP Salud to produce the Filipino Filipina and Filipinx and Hmong brochures.

00:01:17:01 - 00:01:24:03

AAPCHO

This information is up to date as of December 14th, 2022.

00:01:29:13 - 00:01:55:20

MG:

Hi everyone. Welcome to our webinar. We've been very excited preparing this presentation for you all with our wonderful speakers and you'll hear from them shortly. And my name is Monica Garcia. I am with MHP Salud and I'm the health strategy

specialist with that organization. Part of the collaboration that we worked with was with AAPCHO, so I'll pass it on to Gabbie.

00:01:56:22 - 00:02:16:01

GP:

Thanks, Monica. So my name is Gabrielle Penaranda. I go by Gabbie. I'm program manager of training and Technical Assistance at the Association of Asian-Pacific Community Health Organizations, or AAPCHO. And I've been working closely with Monica for this project. I'm really excited to be here.

00:02:18:06 - 00:02:43:11

GP:

Here are presenters for today. You'll be able to learn more about them and their organizations when they share their material. But today we have Katrina Gonzalez, Darius Ramirez and Isabel Rosales joining us from the Mabuhay Health Center based in San Francisco. We have Katie Meaux, DessaRae Smith and Amy Yang joining us from Minnesota Community Care.

00:02:43:21 - 00:03:04:23

GP:

So welcome to our presenters. We're so excited to have you here today and joining us as we share and learn from each other. So we have a full agenda today. Lots to cover, but we're all really excited. We've done our introductions, Monica, after this will talk a little bit about MHP Salud's Healthy Plate project.

00:03:05:16 - 00:03:41:16

GP:

I'll share a little bit about specifically the Filipina, Filipino, Filipinx and Hmong Healthy Plate project that we've been collaborating on. And then we're going to dive right into our special guest presentations and then have a couple of minutes at the end for question and answer. And then our closing. We're hoping that you walk away with lots of information today, but specifically we want you to understand the importance of culturally relevant educational resources to support vulnerable populations, identify comprehensive educational tools to decrease, manage delay and delay chronic diseases such as diabetes in vulnerable populations.

00:03:41:16 - 00:03:52:02

GP:

And finally, we want to highlight the CHW profession in the introduction of culturally relevant educational resources. And Monica will take it from here.

00:03:53:24 - 00:04:22:15

MG:

Thank you, Gabbie. I'll start briefly to talk a little bit about MHP Salud and how we started here and how we got here. So MHP Salud is a national nonprofit organization that has been implementing community health worker programs for over 39 years. We'll be celebrating our 40 year mark next year. So that's a lot of experience and a lot of work that we've done in the past 40 years.

00:04:23:11 - 00:04:56:06

MG:

We also promote the CHW profession nationally as a culturally appropriate strategy to improve health through assistance and opportunities. So here you'll see that part of the three areas that we work in, aside from working with community health workers on the ground and we are an organization of community health workers, we also provide resources and we create resources that are culturally and appropriately linguistically materials that are available online.

00:04:58:00 - 00:05:30:10

MG:

We also develop blogs, newsletters and other resources that you'll find. We also supply training and technical assistance and virtual learning through webinars and like this one and learning collaboratives. And so part of this collaboration was to develop, as you saw before, a culturally relevant model of a healthy plate that was attractive and usable, right, for the communities that we're representing.

00:05:30:20 - 00:05:56:08

MG:

And so we started off with a Latino healthy plate that incorporated, you know, Latinos are very versatile within Latin America. So the one that we created was the Mexican plate in the Caribbean plate. Those were the two populations that we were looking at at the time. And from there sprung these wonderful other resources that were created.

00:05:56:08 - 00:06:28:20

MG:

So we did a Middle Eastern and North African plate that you'll find Gabbie sharing in the chat the link. And then we collaborated with AAPCHO on the development of this Asian-American native Hawaiian and Pacific Islander resource, specifically for Hmong and Filipino communities. And so part of developing these resources is that so CHWs

culturally relevant model that they can actually present in the communities that they're serving.

00:06:29:03 - 00:06:59:18

MG:

And so we're going to look at how CHWs really can integrate, right, this process within your health centers or your organizations and how they're pivotal, right, in creating connections to this culturally relevant model. And so, as you well know, if you might not know but CHWs are our great resources for diabetes prevention and disseminating culturally appropriate resources.

00:07:00:24 - 00:07:26:04

MG:

They have the awareness needed to connect with the communities that you're serving and provide sense of information on education, on diabetes prevention. So they have the knowledge, the cultural beliefs, the customs, the language and the thoughts to create that. So these are all elements that influence health communication, and these are all elements that also influence prevention.

00:07:26:13 - 00:07:56:09

MG:

So WS understand behaviors to understand the language and the customs and beliefs as we see here with cultural respect to those particular communities. And so this is how this resource can be very useful for CHWs to disseminate the community health worker model in interventions with diabetes prevention is very prevalent because that we use to offer support to patients with diabetes and those at risk of developing diabetes.

00:07:57:02 - 00:08:24:19

MG:

So they meet the participants. If you have CHWs in your programs, they meet participants where they are. They speak the same language. So for the most part they speak either the language of that particular community and they can participate in cultural mediation. So if there's any barriers or any concerns regarding diet or what is accessible for these communities, CHWs can actually support that.

00:08:25:10 - 00:08:40:10

MG:

So with that, I will pass it on so we can talk a little bit more on how this resource was developed and this partnership between AAPCHO and MHP Salud, and our health centers staff that are here today. So I'll pass it on to Gabbie.

00:08:40:10 - 00:09:09:10

GP:

Thanks, Monica. So a little bit about the specific project: the Filipino, Filipina, Filipinx and Hmong Healthy Plate Project. A quick note about the Filipino, Filipina, Filipinx title. So for anyone who's new to that phrase. I think a lot of people are familiar with Filipino or Filipina, which is traditional, masculine and feminine. Filipinx, has been included now to be gender inclusive and inclusive of non-binary folks.

00:09:09:10 - 00:09:46:14

GP:

So in this presentation, at least what I'm talking about in my presentation for efficiency, I'll just be using Filipino, which is a term that I'm familiar and comfortable with and encourage you all to do the same when you talk about similar cultural themes. Thanks, Monica. So a little bit about AAPCHO. AAPCHO is the Association of Asian Pacific Community Health Organizations and was really formed to create a national voice to advocate for the unique and diverse needs of the AA and NH/PI communities and the community health providers that serve those needs.

00:09:46:14 - 00:10:15:20

GP:

So in the next slide we share a little bit about our members and what our mission is. So AAPCHO is dedicated to promoting advocacy and collaboration—which is definitely demonstrated here today with all of these great organizations joining to put on this webinar—and leadership. All of these aim to improve the health status and access of Asian-Americans (AAs) and Native Hawaiians (NH) or any age and Pacific Islanders (PI) within the United States, as well as the U.S. territories and the freely associate states.

00:10:15:20 - 00:10:47:11

GP:

I also want to include AAPCHO's guiding principles because they really have informed and really guide this project specifically. So AAPCHO cares about providing access to care for the underserved. Of course, community health centers and community health workers, culturally responsive models of care are definitely demonstrated with these brochures today. Language Access and Eligibility for Health Care Benefits. On that note, we're really excited to share with you all our brochures: Healthy eating plate, the Filipino and Hmong editions.

00:10:47:16 - 00:11:14:22

GP:

You'll see here the kind of covers of all four of the different versions we have. They're available in English and Tagalog and in English and Hong. And so we're really, really, really excited to share that with you all today. We can just run through these slides really quickly, but we just wanted to share how beautiful they are. And our presenters will go into them until a little bit more deeply.

00:11:15:16 - 00:11:39:10

GP:

A quick note about this project with MHP Salud. So the Filipino and Hmong Healthy Plate Project is actually a three year collaboration between AAPCHO and MHP Salud and it started off with a national survey that was sent out to really get the relevant communities experience with certain foods and really understand what foods are used in Filipino and Hmong households and communities.

00:11:40:06 - 00:12:05:24

GP:

And we really appreciate the help of Minnesota Community Care and Mabuhay Health Center in providing translation and their feedback on that survey. Year 2 of this project was the development phase and putting together the actual brochure and what needed what really would be envisioned on a healthy plate. And that was done with the consultation of Hebni Nutrition. So we really appreciate their participation and their contribution to this whole project.

00:12:06:04 - 00:12:26:11

GP:

And Year 3 where we're finally at right now is the brochure launch so we're really excited to share that with you all and hopefully you can download them and take them and share them all with your patients at your organizations, because we're really proud of them. It's been three years coming. Quick note about selecting the Filipino and Hmong population.

00:12:26:11 - 00:12:51:21

GP:

So there was really a need to narrow it down, even though there's a lot of data on how high diabetes rates among Native Hawaiian Pacific Islander subgroups, we wanted to provide a resource that maybe wasn't already out there, so we identified a need after disaggregating the data of AA and NH/PIs together, we saw that there really was a high need for diabetes resources and there was high diabetes rates among Filipinos and Hmong population.

00:12:53:04 - 00:13:26:06

GP:

We also wanted to pay respect to the long history of migratory, seasonal agricultural workers as well as farmworkers in the Filipino and Hmong populations as well, which is great. MHP Salud really values that experience in that lived experience. And so at AAPCHO we wanted to highlight that and provide resources specifically for that status. And finally, there was a high density of MSAWs in California and the overlap specifically in the San Joaquin Valley, which has a high concentration of Hmong farmers.

00:13:26:06 - 00:13:43:08

GP:

We'll also find them in Minnesota as well. Additionally, California has one of the highest rates of Filipino, Filipina, Filipinx Americans so we definitely identified a need across the US as a resource for diabetes prevention for Filipinos and Hmong population.

00:13:45:01 - 00:14:15:07

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00:14:15:07 - 00:14:36:24

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