

Audio Transcript for Mabuhay Health Center presentation with Darius Ramirez, Katrina Gonzales, and Isabel Rosales from the December 14, 2022 Culturally Appropriate Healthy Eating Educational Tool for Asian Americans: Filipino/a/x and Hmong Editions Webinar

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KG: Katrina Gonzales, Administrative Director, Mabuhay Health Center

IS: Isabel Rosales, Public Health Chair, Mabuhay Health Center

Transcript accompanies Mabuhay Health Center Presentation slide deck. Times listed accompany the Presentation Audio.

00:00:00:08 - 00:00:38:21

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 two of three and took place during the culturally appropriate, healthy eating educational tool for Asian Americans, Filipino Filipina and Filipinx and Hmong editions.

00:00:38:21 - 00:01:09:21

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webinar. It features Darius Ramirez, Katrina Gonzalez and Isabel Rosales from Mabuhay Health Center. These speakers will share a brief history of the Philippines, health disparities among Filipino Americans, and how the Mabuhay Health Center supports the Filipino community in San Francisco. These speakers close by sharing recipes of popular Filipino dishes. This information is up to date as of December 14th, 2022.

00:01:17:00 - 00:01:32:12

KG:

So we're Mabuhay Health Center, we're a free clinic located in San Francisco. Next slide and just a quick introduction again. My name, Katrina. I'm the administrative director for Mabuhay Health Center.

00:01:34:01 - 00:01:38:06

IR:

And I'm Isabel Rosales. I'm a public health chair for this year.

00:01:39:03 - 00:01:57:19

DR:

And my name is Darius Ramirez. I'm one of the public health directors for this year. And so to start it off I'll be talking about some of the history of Filipino Americans, because history has a big part in shaping culture and so on. That can be seen also in the footage we'll talk about so that people want to talk about some of the history that led to a lot of these and about culture.

00:01:57:23 - 00:02:23:19

DR:

And so, for example, one of these things is there's a lot of traces of Chinese, Spanish and American cuisine that can be found in the modern day Filipino cuisine as well. And so for the next slide, we have a timeline on the Philippine history starting in October 18 of 1587. First Filipinos landed in modern day Morro Bay as part of the Acapulco Manila Galleon trade.

00:02:24:10 - 00:03:00:09

DR:

1763: The settlement of Saint-Malo in Louisiana was formed by Filipinos who jumped Spanish ships during the Acapulco-Manila Galleon trade, and they came to be known as Manila men. 1565 to 1898: we were under the Spanish rule and the Spanish-American happened at the end of that. So this began in response to Cuba's struggle for independence and ended with the Treaty of Paris so that the sovereignty of various territories. Philippines was included in this, and so it was given to the United States with \$20 million as well compensation.

00:03:00:21 - 00:03:34:18

DR:

So the Philippines was given away to US. And so in 1899 to 1902, there was the Philippine-American War. So sometime about a three year war that began between the Filipino nationalists and the US government. And so after this, we were then under the American rule from 1898 until 1946, when we got our independence, this was following World War Two and during World War Two and the Japanese invaded the Philippines and Filipinos fought alongside the United States against the Japanese military.

00:03:34:18 - 00:04:02:02

DR:

And so afterwards, after that, the Philippines were declared independent officially on July 4th, 1946, following World War Two, has been the Philippines was becoming [sic]

an independent republic. So a lot of this has a lot of history that definitely shape the way a lot of our culture is in. This can be seen in, for example, our food and our dances and many things, the influence of the Chinese, Spanish, American and other cultures as well.

00:04:03:12 - 00:04:30:06

DR:

And so to go a little bit more in depth in that. So before colonization, 3000 B.C. arrival of the Malay people from Malaysia and three diverse ethnic waves, modern day [inaudible], Luzon tribes, a modern day Bikolano, Bisayan, and Tagalog tribes, and also Muslim Malays. So this can also be seen in our language where there's many, many, many languages in the Philippines and the national languages is officially Tagalog.

00:04:30:06 - 00:04:51:13

DR:

However, there is many languages, I believe over a hundred, because there's so many different islands and so many different people that have been there for so long over time. Islam was the major religion initially introduced in Mindanao and the Cebu archipelago. And then there was also a lot of trade going with various cultures, mainly the Chinese also the Indians and Arabs.

00:04:52:19 - 00:05:15:23

DR:

They also had a writing system based on Sanskrit called Baybayan. And so before the arrival of the Spanish, the Philippines did not have a national identity. And so they developed over the Spanish. Actually, they didn't know that we actually had our own language of Baybayan. So before this, the Filipino Filipinos were thought of to be as illiterate but we did have Baybayan and so on.

00:05:16:17 - 00:05:34:22

DR:

And during this time, [inaudible] with all those trades that happened with China and there's are Chinese influence on our food. This can be seen, for example, the rice that we use in all of our dishes as well. For example, our use of soy sauce in our dishes and fish sauce, we call it patis. Noodles for us, it's pancit and also fried and eggrolls.

00:05:34:22 - 00:05:58:06

DR:

And for us it's lumpia and so on under the Spanish rule. In the next slide, it'll be between that 1565 and 1898 time. And so why was the Philippines colonized? So one of the

main reasons why was because they wanted to involve themselves in the spice trade and among Asia and Philippines was seen as kind of the gateway to the Orient and was what they said.

00:05:58:14 - 00:06:27:12

DR:

So they wanted to really get involved with the trade with China and Japan, and also they wanted to convert Filipinos to Christianity, which can be seen in our culture as well. It's not not [sic] everybody is, but there's definitely a lot of Christian and Catholic religion that's present in the Filipino culture. And so how to affect the Philippines, that there's a heavy influence on religion, art, music, food and fashion, and including Catholicism and also colonial mentality that can still be a part of the culture to this day.

00:06:28:08 - 00:06:59:19

DR:

And so in terms of the Spanish, some of the foods that were influenced was cattle raising some cured sausage in meats, Christmas feast traditions, rich meat stews, roasted whole pigs. Of course, that's lechon and also dairy sweets, for example, flan is seen as in our culture, as well as in Spanish culture. And so under the American rule, from 1898 to 1946, we were colonized because they wanted to claim their intent for [inaudible] and preparation for eventual independence.

00:07:00:04 - 00:07:30:19

DR:

And they also were interested in trade with the Philippines as well, as well as the other countries in Asia like China and Japan, and that the Spanish was also interested in. Some of the top imports from the Philippines coming to the United States actually was sugar, tobacco, dairy and meat and coconut products and as well as using Filipinos as cheap labor, especially in the agricultural industry, whether that was through immigration or that's to us directly sending over it from the Philippines. And how did it affect the Philippines is that it increased agriculture and industrial industries.

00:07:31:18 - 00:07:58:01

DR:

It introduced a free public school education system, emphasized English. English is now a big part of the Philippines as well as Tagalog and introduced film, fashion, the literature of cultures, and also made it was named Tagalog as the national language. So the struggle for Philippine independence shaped Filipinos to work towards self-government. And this is why at the end of the Philippine American rule, Philippines did gain their independence.

00:07:58:16 - 00:08:16:15

DR:

And so some of the good influences that the American rule had on us was canned goods for example, Spam and Vienna sausage are very big parts of our Filipino diet, as well as fast foods, hamburgers, fried chicken and steaks. So many of these are seen as like very fast and easy things to get as well as like daily life.

00:08:16:22 - 00:08:46:02

DR:

Get this fast foods, for example, like McDonald's, very big on Jollibee is actually a little bit bigger in the Philippines than McDonald's. So if you've never had Jollibee, I highly recommend that. And so in terms of now immigration from outside the Philippines, so from Philippines to the United States, the first Asians to arrive in the U.S. in the 16th century, a mass migration began in the early 20th century following the Treaty of Paris, which marked the end of the American Revolutionary War in the 1920s.

00:08:46:02 - 00:09:25:04

DR:

A majority of Philippine immigrants to the US were technically unskilled. Many of these were farm laborers, and so emigration decreased in the 1930s, except for Filipino veterans who served in the US Navy because of a lot of policy changes and that greatly limited the immigration. And so Philippine independence was recognized by the U.S. on July 4th, 1946, and Filipino American numbers continue to grow, especially in the 1960s and after the passage of the Immigration and Nationality Act of 1965, during Lyndon Johnson's presidency. A majority of Filipino immigrants, the United States became skilled professionals and technicians.

00:09:25:18 - 00:09:53:20

DR:

In fact, one of the highest number of professions of immigrants under the Philippines is nurses. It's actually the number one not product per se, but the number one output [sic] of the Philippines is nurses. And so now a little bit of history of Philippines in the United States. So one of the phrases we love to stand by is that we stand on the shoulders of those who have come before us.

00:09:53:20 - 00:10:11:04

DR:

And it's because, for example, all the Filipinos in the Philippines are currently in other countries like the United States will not be able to get to where they are without our

ancestors before us that have really led the way, paved the way, and really started started these routes that we can really start on.

00:10:11:20 - 00:10:38:07

DR:

Right. So in the 1920s, Filipinos are recruited from the Philippines by the United States due demand for low wage labor for the agricultural industry and SF became one of the main centers of the Filipino community. In 1961, there's redevelopment of Soma, which is a sort of market district, which is actually the one that we primarily serve. And it is primarily based on, which is Soma to build the Yerba Buena Center to attract businesses.

00:10:39:00 - 00:11:07:07

DR:

But this displaces 4000 elders, retirees, Filipinos and working class people. And in 1965, Immigration Act of 1965 abolished the quota system and allowed for Filipino families to immigrate into the US. In 1968, seniors predominantly Filipinos living in international hotel were forced and evicted out. And soon after a tenants and owner development corporation was established for replacement housing for low income seniors.

00:11:08:13 - 00:11:54:24

DR:

Filipino Community organizations were established, including the FEC and the West Bay, two very, very, very helpful organizations to the Filipino community. In 1997, the Delta Hotel burns down and is sold by Dr. Mario Borja to the TODCO, the nonprofit, on the condition that it be turned into affordable housing and to continue the vision of having a community space for Filipino seniors and immigrant families. The Filipino American Development Foundation, or the FADF was established. Dr. Borja's vision came true as the Bayanihan House starting in 2001 and Bayanihan Community Center starting in 2005. Rhose are two very important centers in organization spaces that people are a big part in

00:11:54:24 - 00:12:14:03

Speaker 4

the SOMA community as well as the whole Filipino community of San Francisco and that we definitely do love to work with as well from Mabuhay. And just an aside is that it's important to acknowledge that the space we currently hold is not easily just provided for us. This comes from many years of struggle and hardship of many Filipinos and allies that I just read off.

00:12:14:12 - 00:12:39:14

DR:

So a lot of this space is, like I said, is due to the shoulders of those who have come before us. And so some of the things that we're still working through as MHC and things that have done a lot of work like these organizations and people before us but still need a lot of work are some disparities among Filipino Americans. For example, the lack of health insurance, cultural beliefs about health, access to health care, and reliance on family support.

00:12:39:14 - 00:13:09:06

Speaker 4

A lot of these cause disparities that make it hard for Filipino health to improve sometimes. The next slide is that approximately 67% of Filipino Americans in this study were hypertensive. So a lot of this is due to some of the foods that we have from the cultural foods, as well as some of the limitations we have in terms of the space that we're given as well as genetics.

00:13:09:24 - 00:13:46:17

DR

A lot of this causes hypertension and just as was explained earlier, which is why diabetes, hypertension is one of the most prevalent diseases in the Filipino culture, Filipino community. And the present study confirmed a high rate of hypertension among Filipino Americans and adding salt, physical inactivity, and old age were significantly associated with hypertension status. That is something that Bowman mentioned earlier, that the Filipinos were moved out of their hotels and out of their living in housing spaces and were pretty much just like compressed into a very small, like single room housing occupancies where physical activity is very hard to do.

00:13:46:17 - 00:13:58:04

DR

So that's, for example, one of the things that our history has affected us and cause some disparities. And so Katrina will talk about some of the work that we as Mabuhay Health Center do to try to combat these disparities.

00:13:59:07 - 00:14:30:14

KG:

Yes. So my name again is Katrina, and I'll be talking more about our health center. If I say MHC, it stands for Mabuhay Health Center. So next slide. So the reason why MHC was founded was because a while ago, there was a group of students called PUSO,

also known as the Pilipinos at UCSF Student Organization, who held annual health fairs in the South and Market District in San Francisco.

00:14:31:14 - 00:14:56:00

KG:

And during these annual health fairs, they found that a lot of the elderly Filipino patients had very little follow up in between the annual health fairs and returned annually with the same problems. Therefore an annual needs assessment was made to kind of understand the needs of the patients in the South of Market District community, specifically the Filipino patients.

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KG:

And through this informal needs assessment, they found that many of the patients had a limited English proficiency. They had low medical adherence, low PCP follow up, they had poor access to clinical services. They had a sense of *hiya* or shame when it came to asking for help in their health. They also faced other cultural barriers to health care, as well as a greater susceptibility to certain diseases.

00:15:26:23 - 00:16:02:12

KG:

So on the next slide in 2009, a UCSF medical student, Alvin Teodoro, founded MHC to address these issues as well as provide regular care for Filipino patients in the South of Market District in San Francisco. And the next slide. So what is Mabuhay Health Center? MHC is a volunteer run, community based organization that partners with organizations such as SoMa Pilipinas, UCSF and

00:16:02:13 - 00:16:42:22

KG:

More recently, the National Association of Free and Charitable Clinics. We are 100% run by volunteers, community donations and grants. Our volunteers consist of undergraduate students, post-bac students, graduate students, a lot of whom are pre-health students. We also currently collaborate with professional students from UCSF or the University of California, San Francisco, and these students include students in the School of Medicine, pharmacy, dentistry, nurse practitioners as well as physical therapy.

00:16:42:22 - 00:17:10:22

KG:

In addition to that, our general volunteers are broken up into nine different committees with their own unique responsibilities that contribute to our mission as a health center. For example, Isabel and Darius are doing great work in the public health committee. So in the next slide, this kind of lists all our health services that we offer at MHC. This isn't an exhaustive list by any means.

00:17:10:22 - 00:17:55:11

KG:

We're constantly trying to improve our services for our community. But I think MHC is a really unique space because we really do create a care model that is collaborative, holistic and patient centered. At MHC, one of our main goals is to augment primary care and address any gaps in understanding that our patient may have as well as connect patients who are uninsured or underinsured to insurance, insurance or primary care providers. In MHC, we partner with volunteer preceptors, which include physicians, pharmacists, dentists, physical therapists, nurse practitioners and mental health providers who all collaborate and apply their different perspectives when creating a patient's care plan.

00:17:56:08 - 00:18:34:05

KG:

All of our providers also have a comprehensive background in public health and we always try to draw from our background in public health when caring for our patients in order to promote preventative health care. We also volunteer with UCSF students to create a healing space that many patients find refuge in. Our spaces are awesome because we find that a lot of patients actually come to MHC just for fun, to talk to our volunteers, talk to our preceptors, just to kind of sit, learn about different health topics while enjoying a healthy meal.

00:18:35:04 - 00:19:05:16

KG:

During MHC, we host solid talks or health education sit down sessions where we talk about topics like smoking cessation, hypertension, diabetes, sleep [inaudible], etc. And we always try to target issues that affect our community specifically. In addition to that, we also offer physical exam, oral health and oral cancer screenings and medication therapy management, as well as behavioral health services.

00:19:05:16 - 00:19:34:21

KG:

We have a professional psychologist and psychiatric nurse practitioner, and they have been helping a lot as well to destigmatize mental health issues. And lastly, like Darius

touched on, since food is a big part of our Filipino culture, before COVID, we would normally cook and offer meals to our patients. At the end of our visit, the public Health Committee would find healthy versions of Filipino foods that our patients are familiar with.

00:19:35:23 - 00:20:21:24

KG:

Unfortunately, since COVID started, we've had to put a hold on cooking, but we're really hoping to continue that in the next coming years once COVID has died down a bit. And then the next slide. We also partner with various community organizations such as the South of Market Community Action Network, or SOMCAN, the Filipino service providers Network, Canning Chips, the Pilipino Senior Resource Center, also known as PSCS, Bindlestiff studios, which is the Art Center in San Francisco, as well as Bessie Carmichael, which is an after school program for Filipino children, Filipino immigrants, as well as, AAPCHO, of course. For AAPCHO

00:20:21:24 - 00:20:39:09

KG:

We have been reviewing their healthy plate initiatives and resources as well as helped with providing translations with our language and cultural advocacy team. Then I'll pass it on to Isabel, who will talk about Filipino food and the my plate resource.

00:20:41:09 - 00:21:08:22

IR:

Hi everyone. My name is Isabel and next slide please. So Filipino cuisine centers around a combination of sweet, sour and salty flavors. Dishes can range from simple fried fish and rice to more complex curries, paellas and stews. And there's a lot of Spanish and Asian influence within all of our dishes. Next slide, please. So why are culturally relevant materials so important?

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IR:

First is to celebrate food as part of our culture and identity. When there's a sense of understanding among health care providers about the patient's culture or identity, the patient might feel as though their specific needs are being recognized and addressed. The second point is that it's important to be culturally competent. Oftentimes, Filipinos have a sense of *hiya* or shame when it comes to asking for help.

00:21:34:04 - 00:22:06:24

IR:

So culturally relevant materials allow patients to feel more comfortable with providers and will allow them to feel confident when taking care of their health in their daily life. And the last important point I want to bring up is culture and health literacy. There's a huge misconception that Filipino food is unhealthy, but that's not true. Presenting culturally relevant materials like the Myplate resources will help patients better understand how we should portion our native dishes to have a healthy, balanced diet.

00:22:07:00 - 00:22:34:02

IR:

And then next, please. So, yeah, one dish that we are familiar with as Filipinos is chicken tinola, which is a warm, comforting soup, usually served with white rice. This is a dish where different ingredients such as proteins, healthy fats, vegetables and carbs are mixed into one pot. And this is what a healthy plate may look like Filipino patients.

00:22:34:13 - 00:23:01:23

IR:

And this would just be like an example of an ingredient list that we would use in order to make myplate healthy version of chicken tinola. And then next slide, please. And then here would just be the simple directions. Next slide. We also have other resources for other dishes, such as sinigang, pancit and kare kare. And so, thank you, Salamat.

00:23:02:13 - 00:23:11:02

IR:

Follow us on Facebook, Instagram and YouTube at Mabuhay Health Center. Or you can visit our website and you can contact us at that email there.

00:23:11:19 - 00:23:41:03

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