



Mabuhay Health Center at UCSF:

University of California, San Francisco (UCSF)
South of Market District, San Francisco
December 2022



Presenting today:



Katrina Gonzales

Administrative Director
2022-2023



Isabel Rosales

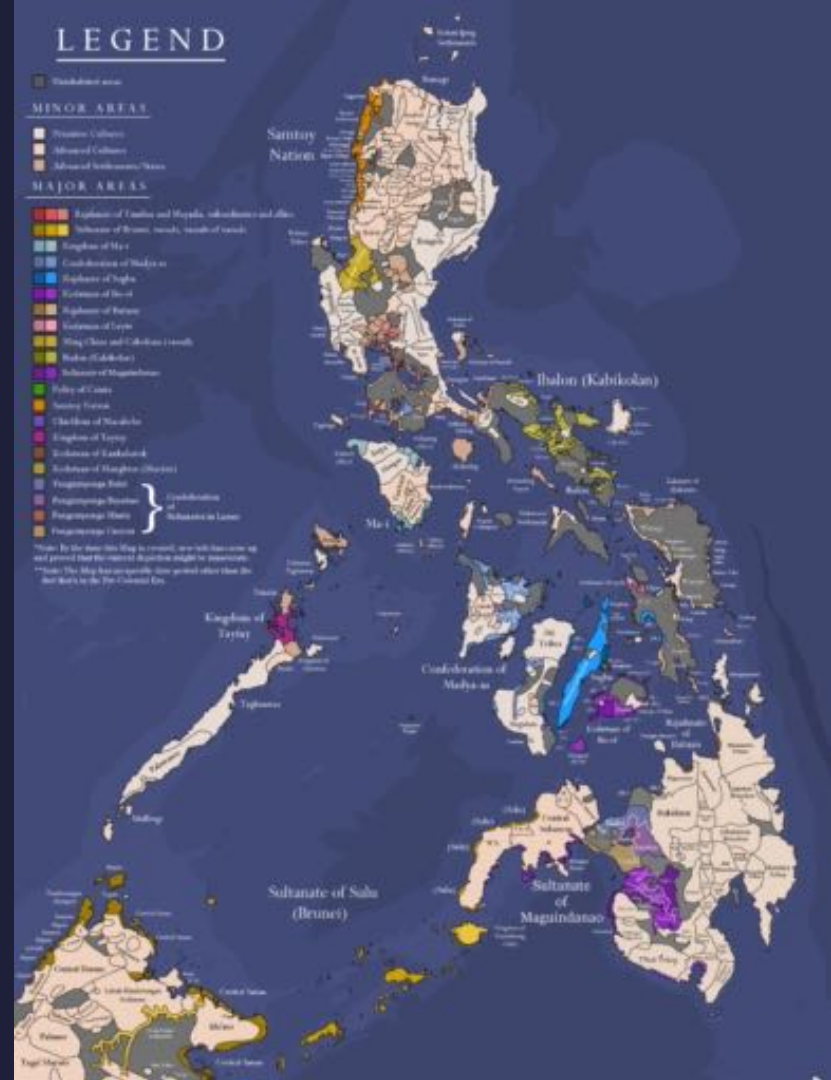
Public Health Chair
2022-2023



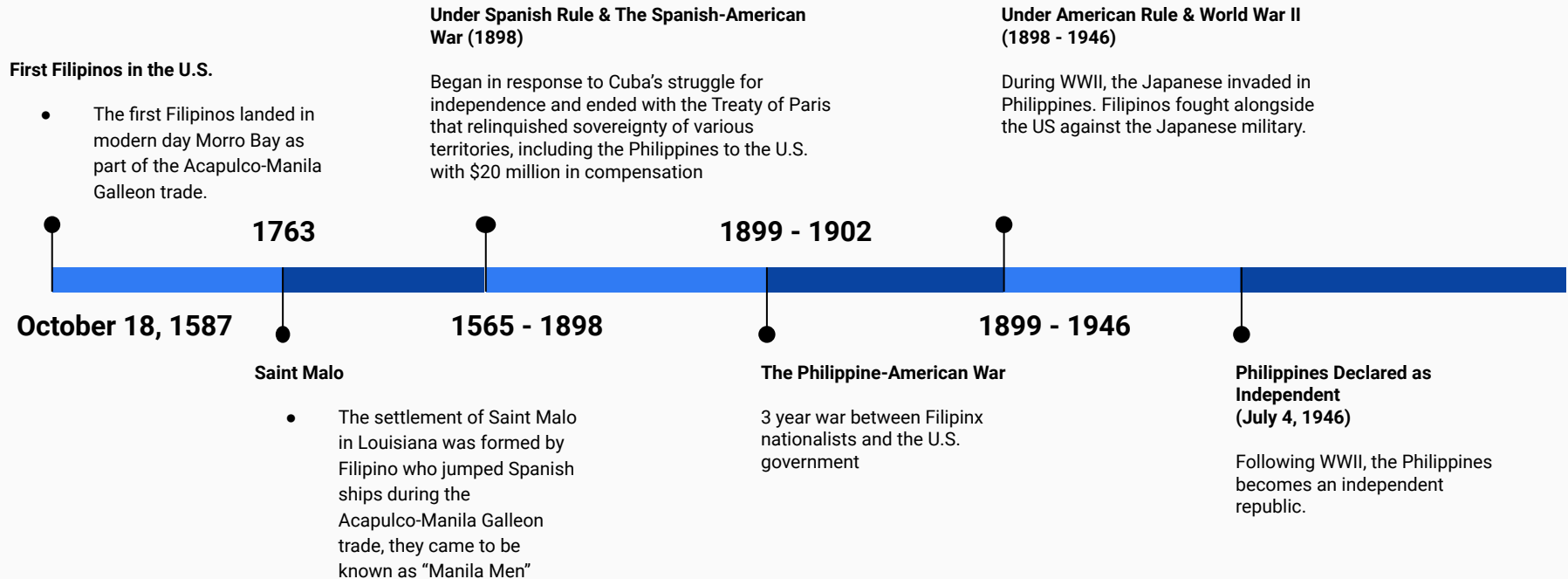
Darius Ramirez

Public Health Director
2022-2023

History of Filipino Americans



Philippine History Timeline



Philippines Before Colonization

- 3000 BC - Arrival of the Malay people (from Malaysia)
 - Three diverse ethnic waves: modern day Bontoc (& other Luzon tribes), modern day Bicolano, Bisayan and Tagalog tribes, & Muslim Malays
 - **Islam** was the major religion, initially introduced in Mindanao and the Sulu Archiapegalo
 - Traded with various cultures, mainly the Chinese, but also Indians and Arabs
- They had a writing system based on Sanskrit, called Baybayin
 - Before the arrival of the Spanish, the Philippines did not have a national identity
- | |
|--|
| <p> </p> <p> a ba ka da ga ha la ma na nga pa sa ta wa ya </p> |
| <p> </p> <p> e be ke de ge he le me ne nge pe se te we ye
 i bi ki di gi hi li mi ni ngi pi si ti wi yi </p> |
| <p> </p> <p> o bo ko do go ho lo mo no ngo po so to wo yo
 u bu ku du gu hu lu mu nu ngu pu su tu wu yu </p> |

[illegible]

Philippines Under Spanish Rule (1565 - 1898)

Why did they colonize the Philippines?

- Involve themselves in the spice trade
- Develop a relationship with China and Japan
 - The Philippines was seen as the "gateway" to the Orient
- Convert Filipinos to Christianity

How did it affect the Philippines?

- Heavy influence on religion, arts, music, food, and fashion
 - Introduced Catholicism
- Colonial Mentality (still to this day)

Philippines Under American Rule (1898 - 1946)

Why did they colonize the Philippines?

- Claimed their intent was for tutelage and preparation for eventual independence
- Interest in trades with Philippines and China
 - Top imports from the Philippines included sugar, tobacco, dairy, meat, and coconut products
- Using Filipinos as cheap labor, especially in the agricultural industry

How did it affect the Philippines?

- Increased agricultural and industrial industries
- Introduced free public school education system that emphasized English
- Influenced film, fashion, and literature culture
- Tagalog as the national language
- The struggle for Philippine independence shaped Filipinos to work towards self-government

Waves of Immigration

- First Asians to arrive in the U.S. in the 16th century
- 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 a majority of Filipinx immigrants to the U.S. were technically unskilled
- Immigration decreased in the 1930s, except for Filipinx veterans who served in the U.S. Navy

Philippine independence was recognized by the U.S. on July 4, 1946

Filipinx American numbers continued to grow, especially in the 1960s

After passage of the Immigration and Nationality Act of 1965, during Lyndon B. Johnson's presidency, a majority of Filipinx immigrants to the U.S. became skilled professionals and technicians



somapilipinas.org/history

'20s

Filipinos are recruited from the Philippines by the U.S. due demand for low-wage labor for the agricultural industry. SF became one of the main centers of Filipino community

'61

Redevelopment of SoMa to build the Yerba Buena Center to attract businesses and tourists displaces 4,000 elders, retirees, Filipinos, and working class people.

'65

The Immigration Act of 1965 abolished the quota system and allowed for Filipino families to immigrate into the U.S.

"We stand on the shoulders of those who have come before us."

'68

- Seniors, predominantly Filipinos, living in the International Hotel were forcefully evicted
- Soon after, **Tenants and Owners Development Corporation (TODCO)** was established for replacement housing for low-income seniors
- Filipino Community Organizations were established including the FEC and West Bay

'97

- **Delta Hotel** burns down and sold by Dr. Mario Borja to TODCO (non-profit) on the condition that it be turned into affordable housing and to continue his vision of having a community space for Filipino seniors and immigrant families.
- **The Filipino American Development Foundation (FADF)** was established; Dr. Borja's vision came true as the **Bayanihan House** (2001) and **Bayanihan Community Center** (2005)

Healthcare Disparities Among Filipino-Americans

Lack of Health Insurance

Cultural Beliefs about Health

Access to Healthcare

Reliance on Family Support

Healthcare Disparities Among Filipino-Americans

Approximately 67% of Filipino Americans in the study were hypertensive.

The present study confirmed a high rate of hypertension among Filipino Americans

Adding salt, physical inactivity, and old age were significantly associated with hypertension status.

Mabuhay Health Center



MHC History

UCSF Pilipinos at UCSF Student Organization (PUSO), est. 1974, held yearly health fairs in the South of Market (SoMa) community in San Francisco.

An informal needs assessment was performed using surveys and interviews around the SoMa community.

Elderly Filipino population had little follow-up and returned annually with the same problems.

The solution

MHC was founded by
then-UCSF medical
student, Alvin Teodoro, MD
in 2009!



What is Mabuhay Health Center (MHC)?

MHC is a volunteer-run community-based organization that partners with SoMa Pilipinas, the UCSF Department of Family and Community Medicine, and Department of Clinical Pharmacy*. Recently we are now an official member of the National Association of Free and Charitable Clinics.

We are 100% run by volunteers, community donations, and grants.

General volunteers include undergraduates, post-baccalaureate students, and graduate students who are generally pre-health.

Professional students from all UCSF schools—medicine, pharmacy, dentistry, nursing practitioners and physical therapy—volunteer alongside general volunteers.

Views expressed during this presentation do not necessarily reflect those of UCSF or SoMa Pilipinas.



Our services (free!)

- Health screening (vital signs, mental health assessments)
- Health education (monthly topics) in clinic *and* in the community
- Physical exams, dental exams, and medication therapy management
 - Started by UCSF professional students (medicine, pharmacy, dentistry, nursing, physical therapy) and overseen by UCSF preceptors
- Mental and behavioral health support
- Youth programs (health education, community events)
- Pediatric sports physicals
- Healthy Filipino meals
- Community socials (MHC Day)
- Volunteer Mentorship



Maintaining Community Partnerships



Filipino Food & MyPlate

Filipino cuisine

Filipino cuisine centers around a combination of sweet, sour, and salty flavors!

Dishes range from simple fried fish and rice to more complex curries, paellas, and stews!



Why are culturally-relevant materials important?

- Celebrate food: part of culture/identity
- Culturally-competent
- Culture & Health Literacy

“When patients and providers speak the same language, patients report less confusion and better health care quality.” - Wayne State University

The collage features three key materials:

- Top Left:** A document titled "Nutrition Facts - How to Read" with a table of nutrients and a "Practice the 5 P's" section. The table lists: Total Fat (230g), Sodium (230g), Total Sugar (230g), Total Fat (230g), Sodium (230g), Total Sugar (230g), Total Fat (230g), Sodium (230g), Total Sugar (230g).
- Top Right:** "Our Healthy Eating Plate" infographic showing a plate divided into sections for fruits, vegetables, grains, protein, and dairy, with a list of recommended foods.
- Bottom:** "Healthy Eating Plate with Filipino/a/x American Recommended Foods" infographic, which includes a list of recommended foods and a "Know Your Portion Sizes" section with visual aids for portion sizes.

Chicken Tinola

Ingredients:

- 2 tbsp vegetable oil
- 1 small white onion, chopped
- 2 thumb size ginger, cut into strips
- 4 cloves of garlic, minced
- 2 lbs boneless, skinless chicken breast and thigh, cut into pieces
- 1 chayote squash or green papaya
- 1 cup malunggay leaves or bok choy
- 2 cups low sodium chicken broth
- 2-3 cups water
- 1 tbsp fish sauce
- ¼ tsp ground black pepper



Chicken Tinola

Directions

- 1) Using a big pot, heat and add cooking oil
- 2) Add ginger, onion, and garlic. Stir until soft and fragrant
- 3) Add chicken and stir. Cook for about 5 minutes
- 4) Add fish sauce and ground pepper. Cook for 2 minutes
- 5) Add chicken broth and water to the pot until chicken is fully covered. Bring water to a boil, then lower to simmer. Cover pot and cook until the chicken is cooked thoroughly, about 25 minutes
- 6) Add chayote or papaya and cover pot. Cook until tender, about 5 minutes
- 7) Add malunggay leaves or bok choy. Cook for 2 minutes
- 8) Serve immediately over brown rice



Other dishes





Salamat!
(Thank you!)

Follow us on **Facebook, Instagram,**
& **Youtube** @mabuhayhealthcenter!

Visit our **website:**
mabuhayhealthcenter.org

Contact us:
info@mabuhayhealthcenter.org



Culturally-Relevant Adolescent Nutrition Care

Health Start School-Based Clinics

Presented by:

- DessaRae Smith, MS, RDN, LD, Manager of Nutrition Services
- Katelyn Meaux, MS, RDN, LD
- Amy Yang, Manager of HIV Programs