

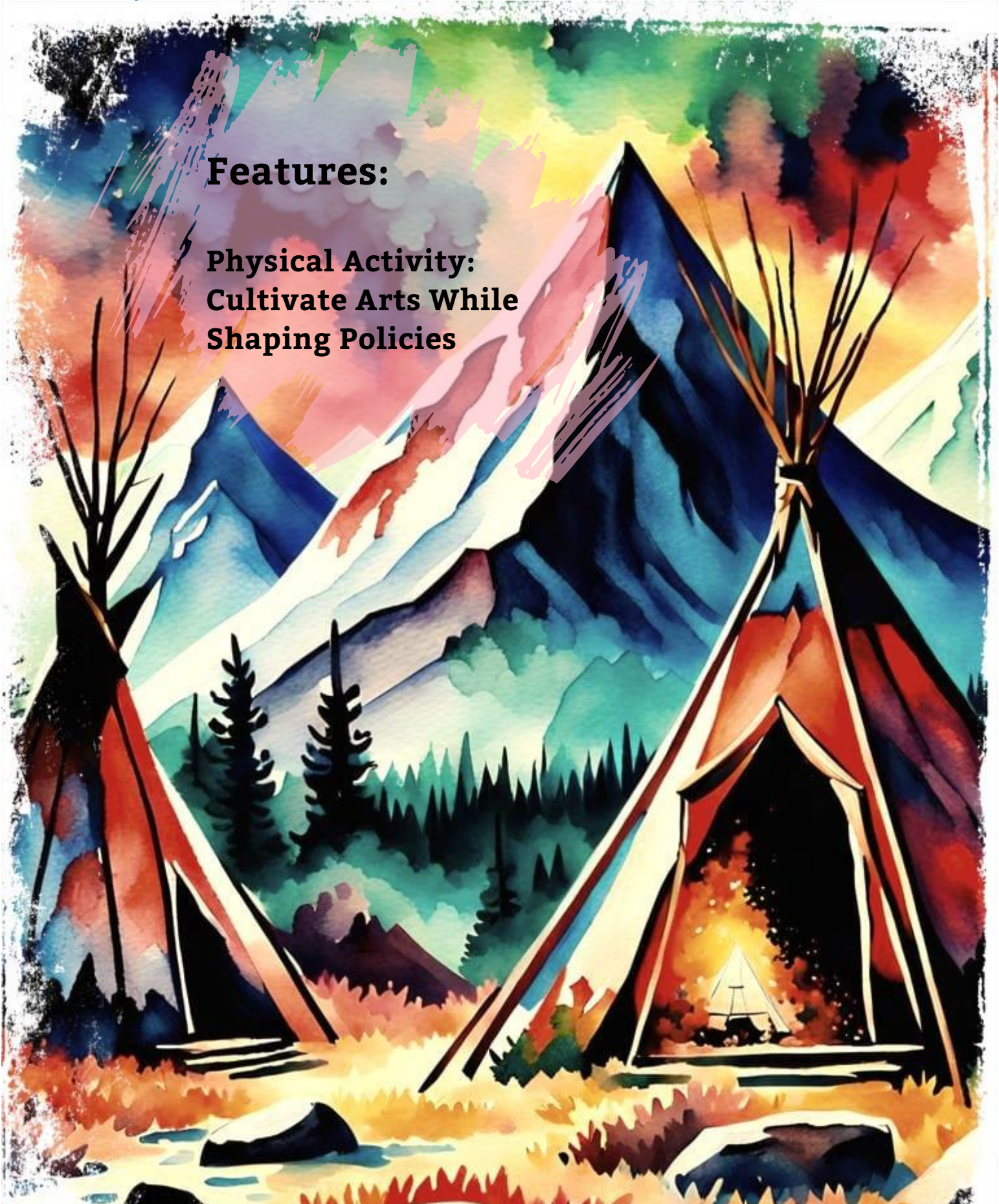


BICULTURAL ACTIVE LIVING LIFESTYLE E-MAGAZINE

NOVEMBER, 2024 | VOLUME 1 | ISSUE 11

Features:

**Physical Activity:
Cultivate Arts While
Shaping Policies**



Project SUPPORT

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INTRODUCTION



Project SUPPORT (Supporting Under-served through Produce/Park Prescription, and Opportunities to Recreation-activity & Tobacco-control), is led by Asian Media Access (AMA), collaborated with Multi Cultural Community Alliance (MCCA), Project SUPPORT is a cross-cultural, cross-generational, and cross-sectoral initiative, aims to improve health, prevent chronic disease, and reduce health disparities among Black, Indigenous, and People of Color (BIPOCs) who face the highest risk, and bear the highest burden of chronic disease, named: African American/Black, Asian American and will put a special focus on young people from the two poorest but most diverse neighborhoods in MN – North Minneapolis, and Midway St. Paul.

Supported by CDC's REACH funding, AMA will leverage our extensive network of trusted community partners who provide subject matter expertise and have a history of successful engagement with the respective cultural and geographic communities. All partners have been involved in co-designing this Initiative – Project SUPPORT (Supporting Under-served through Produce/Park Prescription, and Opportunities to Recreation-activity & Tobacco-control), through below 4 culturally tailored strategies to promote Bicultural Healthy Living, especially for immigrant and refugee communities:

- **Nutrition:** Increase healthy cultural food access by implementing Food Service Guidelines (FSG) at area Asian Temples and Black Churches, and establishing Produce Rx at area clinics/hospitals.
- **Physical Activity:** Increase policies, plans and community designs through North Minneapolis Blue Line and St. Paul Sears Redevelopment to better connect residents with activity friendly routes to everyday destination to live/learn/work/play, and provide safe, culturally based places for increasing physical activities.

- **Tobacco Control:** Support a Media Campaign to educate BIPOC communities about the potential statewide tobacco flavor ban, and work with area sports teams to find out what people/youth know and feel about flavored tobacco products. Focus groups and media message testing will be done to determine what the community needs to know and what messages related to flavored tobacco would appeal to which cultural groups. We will focus on young athletes from pan-Asian and pan-African communities, and a media campaign featured the young athletes based on what the message testing reveals.
- **Vaccination for Adults:** Increase education, demand for, and access to flu, COVID-19, and other adult vaccinations via pop-up community clinics at the places that cultural groups feel comfortable and connected, and increase regularity of vaccine promotion in priority communities; and increase the percentage of pan-Asian and pan-African seniors who are up-to-date with recommended adult vaccinations.

Please check the Project SUPPORT updates through our Bicultural Active Living Lifestyle (BALL) website, weblog, Facebook, and e-Magazine:

- BALL Facebook at – <https://www.facebook.com/ballequity/>
- BALL Monthly eMagazines: <https://ballequity.amamedia.org/project-support/>
- BALL Website: <https://ballequity.amamedia.org/>
- BALL Web Blog: <https://www.behavioralhealthequityproject.org/>

For More Information: 612-376-7715 or amamedia@amamedia.org



NUTRITION



STRATEGY INTRO: Increase healthy cultural food access by implementing Food Service Guidelines (FSG) at least one Asian Temple, establishing Produce Rx at three clinics/hospitals.

BLOG DISCUSSION #10

ENHANCING NUTRITIONAL PRACTICES: A PATH TO HEALTHIER EATING IN THE CAMBODIAN TEMPLE

Asian Media Access and Rochester Clinic partnered to improve the nutritional health of the Cambodian community through temple visits. These visits took place on June 16, June 27, June 30, and July 13, 2024, at Watt Dhamma Visudhikaram (Buddhist Support Society) in Rochester, MN. With over more than 300 community members in attendance throughout those days, the goal was to evaluate the types of dishes served to Temple's monks at a congregated dining setting. Based on the observations, the team developed policy recommendations and an action plan to improve the monks' dietary balance, with a deep understanding and respect for the Temple's cultural traditions. In part 2 of the analysis, the article will focus on the key recommendations and action plan to move forward.

NUTRITIONAL IMPROVEMENTS: BOOSTING VEGETABLES, BETTER CARBS, AND REDUCING OILS

The first key recommendation is to increase vegetable consumption, as the Temple offerings revealed a significant lack of fresh vegetables, apart from the hot pot. To address this gap, it is important to enhance the variety and quantity of colorful vegetables in each meal to ensure a broader spectrum of essential nutrients.

Additionally, incorporating whole, minimally processed vegetables is crucial for retaining their nutritional value, including fiber, vitamins, and minerals. For example, lightly cooking leafy greens rather than stewing them can help preserve their health benefits while adding more diversity to the monks' diet.

The second key recommendation is to improve carbohydrate choices, as many dishes were prepared with refined ingredients like white flour, white rice, and sweet rice, which can cause rapid spikes in blood glucose levels. To mitigate this, it's advisable to reduce refined flour and sugar in recipes to lower meals' glycemic impact. Replacing freshly cooked rice with reheated rice can also help, as the cooling and reheating process reduces the glycemic index of both white and brown rice by about 20 points. Lastly, increasing consumption of whole grains, such as quinoa, barley, and brown rice, is recommended for better weight management and improved blood glucose control.

The third key recommendation is to reduce both oil usage and monosodium glutamate (MSG) in meals. Many dishes contain excessive amounts of oil, leading to higher calorie intake. Reducing the use of oils high in saturated fats, such as coconut oil, palm oil, and lard, is important, as these fats are linked to cardiovascular diseases. Healthier alternatives, like olive or avocado oil, which are rich in unsaturated fats, should be used to support heart health. Additionally, limiting MSG is crucial due to its association with conditions like obesity, hypertension, and diabetes.



ACTION PLAN: A STEP-BY-STEP PLAN FOR BALANCED MEALS

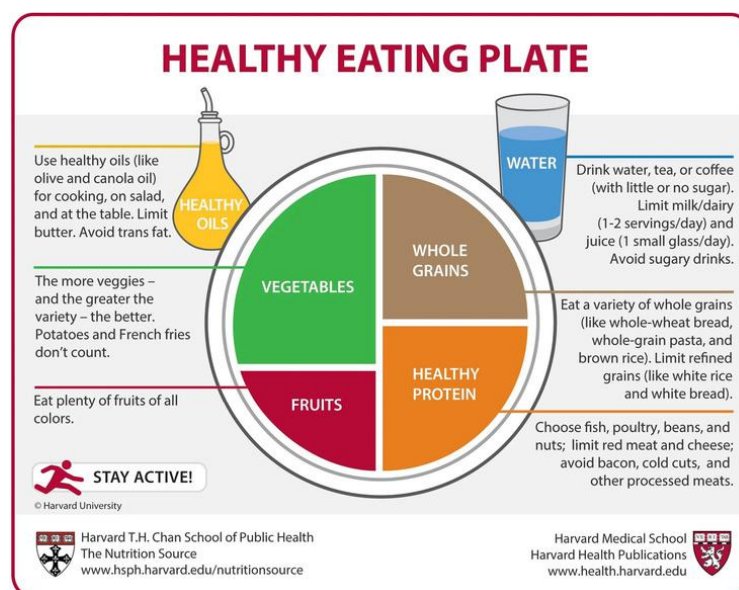
Making dietary changes can be challenging, especially for those accustomed to specific culinary traditions and cooking methods. However, making small, incremental changes can pave the way for a healthier future.

Begin by avoiding sugary drinks and increasing green vegetables, either by providing vegetable-based dishes or incorporating vegetables with animal products. Replace white rice with fiber-rich brown rice, minimize deep-fried foods, and use olive oil instead of corn oil; additionally, swap MSG for mushroom powder and spices to enhance flavor healthily. For desserts, aim to reduce refined carbohydrates like sweet rice flour and sugar. Bring reusable plates, bowls, cups, and utensils to reduce plastic waste, and combine similar dishes to limit the use of plastic wrap. Choose stainless steel or glass over aluminum for warm foods, and set up recycling bins to manage waste responsibly.

IMPLEMENTING HEALTHY EATING PLATE AND COOKING DEMONSTRATION

The implementation plan is proposed that begins with:

1. enhancing trusted relationship with Temple Advisory Group, in order to get their buy-ins to focus on policy changes in Balanced Meals; Food Safety; and Food Waste areas;
2. introducing the Healthy Eating Plate, a Harvard University adaptation of the CDC's My Plate, which replaces milk with water considering the high rates of lactose intolerance among Asians. Monks will be guided on how to categorize food offerings according to the Healthy Eating Plate model.



(Photo Courtesy: Copyright © 2011, Harvard University.

<https://nutritionsource.hsph.harvard.edu/healthy-eating-plate/>)

3. Cooking demonstrations will showcase how to prepare traditional dishes with reduced amounts of refined carbohydrates, salt, MSG, and oil. Educational sessions will also focus on integrating plant-based proteins and more vegetables into their traditional recipes.
4. Finally, discussions will cover policies regarding food preparation, proper utensil use, and garbage sorting to enhance both nutritional and environmental practices. Additionally, before implementing any extensive policy updates, biometric measurements will be gathered first from the monks and designated community champions for on-going policy enhancement. Feedback and outcomes from this phase will then be discussed in a follow-up meeting with the Temple's Advisory Group to fine-tune the guidelines and support long-term sustainability. If you would like to learn more about the project, please feel free to visit our website at <https://ballequity.amamedia.org/project-support/>.



PHYSICAL ACTIVITY

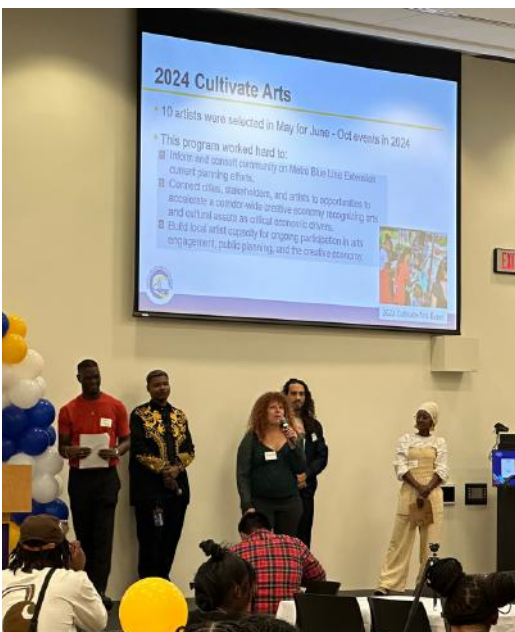


STRATEGY INTRO: Increase policies, plans and community design changes through China Garden, Minneapolis Open Streets and St. Paul Sears Redevelopment to better connect residents to everyday destination to live/work/play, and provide safe, culturally based places for increasing physical activities.

BLOG DISCUSSION #10

CULTIVATE ARTS WHILE SHAPING POLICIES

Asian Media Access has supported the Blue Line Extension's (BLE) Community Engagement effort through Project SUPPORT. Recently we attended its 1st Annual Cultivate Arts Celebration, which was held on October 24 at the Center for Business Technology at North Hennepin Community College. Asian Media Access and our STEP UP Youth group has spent last summer to use ARTS to engage BIPOC communities into BLE policy discussion.



This event, hosted in collaboration with Hennepin County, highlighted the work of 10 local artists selected to engage the community through creative placemaking projects along the METRO Blue Line Extension (BLE) corridor. Cultivate Arts is a collaborative initiative aimed at activating public spaces, fostering connections, celebrating diversity, and promoting opportunity through artist-led projects. This year's celebration not only showcased arts and culture but also underscored the role of art in healing and connecting the diverse communities along the Blue Line Extension's (BLE).

CELEBRATING COMMUNITY AND CREATIVITY

The celebration kicked off with an energizing drum performance, community building, and interactive fun. Attendees enjoyed a variety of activities, including a photo wall, an artist introduction panel, hands-on workshops, and a resource fair featuring small businesses like Virginia's All-Purpose Seasoning and community organizations such as Twin Cities Habitat for Humanity and the Hennepin County Library. A key highlight was the introduction of Cultivate Arts' mission to activate spaces, celebrate diversity, and foster lasting community connections through artist-led placemaking projects. This commitment to community healing and connection resonated deeply, sparking conversations about how art can serve as a unifying force across different cultures and backgrounds, as well as an engagement tool to support communities in shaping public policies.



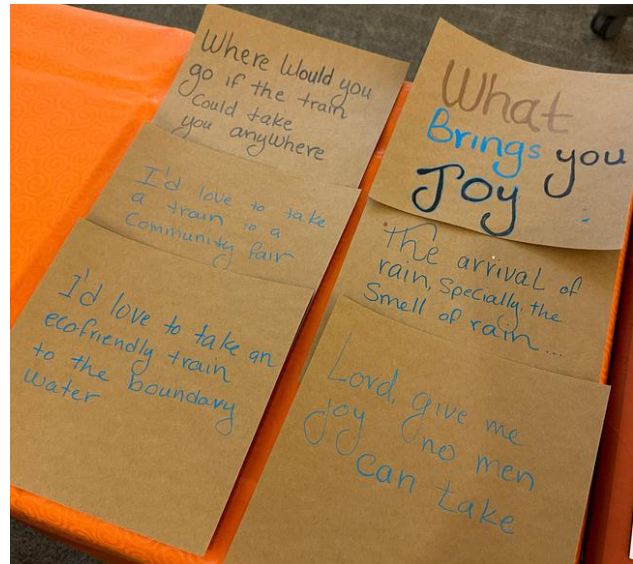
HOW ARTS ENGAGING MEMBERS IN POLICY DISCUSSION

During the event, District 2 Commissioner Irene Fernando and other local leaders, such as Reva Chamblis, Vice Chair of the Metropolitan Council representing District 2 (which includes Brooklyn Park), spoke about the significance of the Cultivate Arts initiative in bridging diverse communities along the Blue Line Extension corridor. Commissioner Fernando emphasized the core purpose of the program, acknowledging the possibility of distrust between the community and the need to rebuild trust. She posed a crucial question: "How can we overcome the mistrust or distrust that has been created?" Her answer was clear— ARTs. Through art, food, and connection, people can feel, share, and express themselves. "Art is the connector," she explained. "It's a way for people to process their concerns about the changes that might come with the project, to share a vision, and to find hope."



IFRAH MANSOUR'S JOURNEY WITH CULTIVATE ARTS: JOY

Ifrah Mansour, one of the featured artists, found joy and purpose through her work in the Cultivate Arts program. For her project, she spent over 200 hours engaging with community members, mostly people of color, gathering stories about what brings them joy—a theme that holds deep personal significance for her. “Two hundred hours of people telling me what their joy is,” she shared with a smile, emphasizing the powerful connections she formed. A passionate advocate for public transportation, Ifrah has relied on Minnesota's buses and trains since her teenage years, learning self-sufficiency as part of a family of ten. Many of our AMA's STEP UP youth shared a similar background and experience with her, and also using videos to capture community members' stories for the BLE. Both have clearly showcased through Cultivate Arts -how arts can bring people together and sharing the transformative power of creativity to impact the policy designs.



EMPOWERING COMMUNITIES: THE IMPACT OF CULTIVATE ARTS ON THE BLUE LINE CORRIDOR

The program has worked diligently to inform and engage the community on current planning efforts for the Metro Blue Line Extension. It connects cities, stakeholders, and artists to participate in broader community engagement effort, supporting public planning, and helping communities to use arts to engage the 1st hand of policy design. Such opportunities can additionally foster a corridor-wide creative economy, recognizing arts and cultural assets as vital economic drivers. Through the Cultivate Arts program, we see how art offers a powerful way for people to process concerns, express feelings, share stories, and create connections to shape the BLE policies.

TOBACCO CONTROL



STRATEGY INTRO: Support a Media Campaign to educate BIPOC communities about the proposed statewide tobacco flavor ban, and work with area sports teams to find out what people/youth know and feel about flavored tobacco products. Focus groups and media message testing will be done to determine what the community needs to know and what messages related to flavor bans would appeal to which cultural groups. We will focus on young athletes from pan-Asian and pan-African communities, and a media campaign featured the young athletes based on what the message testing reveals.

BLOG DISCUSSION #10

MN TOBACCO CONTROL POLICIES

Despite numerous regulations on commercial tobacco use, it remains a significant public health issue affecting all ages. From increased healthcare costs and exposure to secondhand smoke to high rates of tobacco use among students, the repercussions of tobacco are widespread, making ongoing regulation and prevention efforts essential. According to the Minnesota Department of Health, commercial tobacco use "kills over 6,300 Minnesotans every year and costs Minnesota \$3.2 billion annually in medical costs" (1). This underscores the need to focus on reducing youth access, minimizing secondhand smoke exposure, expanding cessation resources, and addressing disparities in tobacco-related harm.

CURRENT INITIATIVES

To combat these issues, Minnesota has implemented tobacco control policies that have contributed to lower smoking rates among both teenagers and adults. The Minnesota Department of Health regularly analyzes and reports data on the effectiveness of these policies, showing a positive downward trend in smoking largely due to these regulations. However, the rise in vaping and e-cigarette use presents a new and significant challenge. While government support has encouraged more people to report smoking, especially within Native American communities and

those with mental health challenges, some groups, such as Hispanic/Latino and Asian American populations, remain less likely to disclose tobacco use. However, willingness to report smoking does not always translate to a higher likelihood of quitting. The number of adults attempting to quit smoking has decreased from 59.5% in 2011 to 54.9% today, and the use of e-cigarettes and smokeless tobacco has remained steady, lacking the downward trend seen with traditional cigarettes.

This challenge is compounded by targeted marketing from the tobacco industry aimed at vulnerable communities, such as African American and Native American groups, which have lower quit rates than other populations (2).



Photo Courtesy: [Behavior Health and Wellness Blog - How Sports Teams Can Champion Tobacco Control](#)

HISTORY OF TOBACCO POLICIES IN MINNESOTA

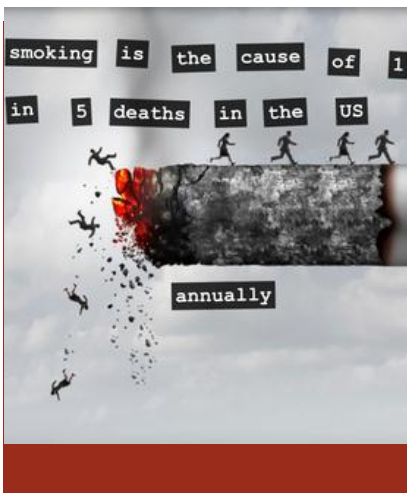
The policies from the Minnesota Department of Health, alongside legislative efforts, have effectively reduced cigarette smoking rates but have yet to fully address the growing popularity of e-cigarettes and flavor tobacco. For instance, the Statewide Health Improvement Partnership (SHIP) has collaborated with partners statewide to implement "Tobacco 21" policies, which raised the legal purchase age from 18 to 21. This policy has been effective in curbing youth tobacco use for various products, including cigarettes, e-cigarettes, flavored tobacco, and multi-product use.

Minnesotans for a Smoke-Free Generation, a coalition committed to preventing youth tobacco addiction, advocates for policies like ending the sale of menthol and other flavored tobacco products, raising tobacco prices, increasing funding for prevention and treatment programs, and expanding access to cessation resources. Flavored tobacco products are particularly problematic, with "one in seven 11th graders using e-cigarettes and 88% of those using flavored products," according to the coalition. The organization emphasizes the need to restrict flavors to prevent youth access and

reduce addiction among vulnerable communities, including African American, Native American, and LGBTQ+ populations.

Additional strategies, such as tobacco taxes, have strong support among Minnesotans. Higher costs discourage tobacco use, especially among teenagers and young adults, and generate revenue that can fund cessation programs. These funds would support individuals attempting to quit and improve public health by making tobacco less accessible to youth. Tobacco industries continue to target vulnerable communities, including youth, Black, and Native American populations. The disproportionate health impacts on these groups highlight the importance of restricting targeted marketing practices and focusing on equitable healthcare access.

Minnesota has been a leader in tobacco control efforts. In 1975, it became the first state to enact a Clean Indoor Air Act, which required designated smoking and non-smoking areas in public spaces to limit secondhand smoke exposure. The state was also the first to launch a state-funded tobacco control program. In 2007, the Freedom to Breathe Act expanded protections by banning smoking in most indoor public spaces and workplaces. Furthermore, Minnesota was the first state to sue major cigarette manufacturers for deceptive marketing practices that targeted children and concealed health risks, resulting in long-term restrictions on advertising and required payments to the state to support health initiatives (3). Federal regulations, such as the Family Smoking Prevention and Tobacco Control Act, also play a role, granting the FDA authority to regulate commercial tobacco products. States maintain the ability to set additional regulations, including taxes and smoke-free laws, to strengthen federal measures.



Youth's postcard creation

MOVING FORWARD

Efforts to reduce tobacco use in Minnesota have resulted in significant declines over the years, with fewer people smoking and fewer young people taking up cigarettes. However, the surge in vaping use, particularly among youth, represents a critical area for action. Vaping carry potential risks, and the high usage rates among teens could lead to long-term health consequences. For the new year, Asian Media Access plans to work again with Minnesotans for a Smoke-Free Generation (MSFG) to enhance tobacco control policies effort. While the journey to end tobacco use continues, Asian Media Access is committed to support BIPOC youth by staying informed, supporting policies that protect youth from tobacco , and promoting resources to help people quit. The combined impact of these measures will build a healthier future, decrease tobacco use, and create safer communities for all.



Photo Courtesy: [Behavior Health and Wellness Blog - Youth Tobacco Product Use at a 25-Year Low, Yet Disparities Persist](#)

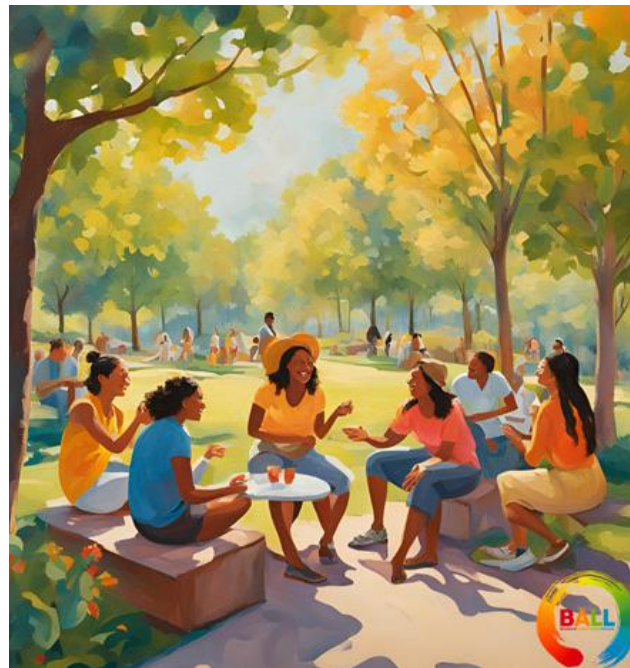


Photo Courtesy: [Behavior Health and Wellness Blog - How Sports Teams Can Lead the Fight Against Tobacco](#)

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https://www.health.state.mn.us/communities/tobacco/data/docs/briefs/6-21-22_brfss_adult.pdf.
3. Public Health Law Center. *Tracking Commercial Tobacco Laws: A MN State Digest (March, 2024).*
<https://www.publichealthlawcenter.org/sites/default/files/resources/MN-Tracking-Tobacco-Laws-Digest.pdf>.

Educational Article

TRACKING COMMERCIAL TOBACCO LAWS - A MINNESOTA STATE DIGEST



To view the original document, visit:

<https://www.publichealthlawcenter.org/sites/default/files/resources/MN-Tracking-Tobacco-Laws-Digest.pdf>

Since 2016, when the Public Health Law Center released the third edition of Tracking Tobacco Laws: A Minnesota Digest, the commercial tobacco market has undergone significant changes, as has the regulation of commercial tobacco products in Minnesota and throughout the United States. This fourth edition of the digest incorporates these changes, and not only includes links to significant federal and state commercial tobacco-related laws and policies, but also helpful resources.

The digest is designed as a resource for commercial tobacco control advocates, government attorneys, local law enforcement agencies, and anyone working on commercial tobacco control issues in Minnesota. Use of commercial tobacco products, particularly smoking, is the world's number one cause of preventable disease and death. Each year cigarette smoking results in approximately 480,000 deaths in the United States¹ – 5,900 in Minnesota alone. In addition to the immense toll this represents in human loss and suffering, the total public and private health care expenditures caused by tobacco use in the U.S. are approximately \$241.4 billion annually, with approximately \$185 billion in indirect costs resulting from lost productivity caused by tobacco-related illnesses. In Minnesota, commercial tobacco use results in more than \$3 billion annually in increased medical expenses, to say nothing of lost productivity and other economic losses.

The adverse health effects of commercial tobacco use are not limited to the users themselves. In 2014, Acting U.S. Surgeon General Boris Lushniak published a report highlighting the progress the U.S. has made in reducing commercial tobacco use since the landmark report of the Surgeon General's Advisory Committee on smoking and health fifty years ago. The 2014 anniversary report also chronicled in meticulous detail the continuing burdens caused by smoking. Among its findings, this report concluded that secondhand smoke is responsible for the deaths of 41,280 adult nonsmokers from coronary heart disease and lung cancer in the U.S. each year.

VACCINATION FOR ADULTS



STRATEGY INTRO: Increase demand for, and access to flu, COVID-19, and other adult vaccinations via 40 pop-up community clinics at the places that cultural groups feel comfortable and connected, and increase regularity of vaccine promotion in priority communities; and increase the percentage of pan-Asian and pan-African seniors who are up-to-date with recommended adult vaccinations.

BLOG DISCUSSION #10

PERCEPTIONS OF COVID-19 VACCINE AMONG THE LATINX AMERICANS

PREFACE: Since late last year, Asian Media Access has been actively interviewed BIPOC members for issues related to vaccination hesitancy, in order to better design our vaccination mobilization effort. Please follow us, we will have a new story every month.

And this time the Vaccine Hesitancy story is focused on the Latinx American community. We have also seen a surge of COVID this fall, please consider update your 2024 – 2025 COVID Vaccine.



Despite the many organizations and resources that are working to increase vaccination rates among Latinxs, hesitancy among those communities remains. Misunderstanding and misinformation are the main causes for feelings of hesitancy and ignorance on the topic of the COVID-19 vaccine.

Compared to other populations, Latinxs are less likely to receive the COVID vaccine because of fear of unknown consequences. Multiple different studies show that there is a lack of understanding among Latinxs about the vaccine, leading to a decrease in the likelihood of seeking out vaccinations.

No one knows for sure the long term effects of the vaccine because it hasn't been long enough for these effects to show. This undetermined variable has led to indecision about the vaccine. Latinx Americans are also less likely to trust government claims compared to Mainstream Americans because of different factors.

Some may worry about the residency status, others have suffered from violence and hate in all generations. Racism against those who have different colored skin was and still is prominent in America. Lack of government intervention and even government participation in previous decades has decreased the level of trust that many Latinx Americans have in the American government.

Since a lot of information about the vaccine is provided by the government or public health officials backed by the government, Latinx Americans are not inclined to believe the information they hear from the news. Also because of discrimination, Latinx Americans may be less likely to go to local pharmacies or vaccination sites in fear of being attacked. Due to the lack of trust, false information from unreliable sources spread quickly. Some were unsure of the validity or safety of the vaccine because they were unsure of the source. The vaccine was rapidly developed and put into use, raising concerns on the side effects. Misinformation on social media greatly affected the already negative sentiment towards the vaccine, making Latinx Americans even more hesitant on seeking it out.



There exist ways to improve vaccination rates among Latinx Americans. First, having people who are trusted in Latinx American communities serve as messengers between these communities and the government can improve education and spread awareness about the vaccine. Close knit communities are more likely to listen to someone who is very trusted in the community. Having a messenger could be an effective way for the government to communicate the effectiveness and safety of the vaccine in a way where Latinx American communities would be willing to listen. Having local organizations provide vaccination sites could lead to higher turnout because this would allow those who don't trust the government to get vaccines without having to worry about discrimination or deportation.

Lastly, providing incentives could get more people interested in receiving vaccines. Incentives, especially monetary ones, may be the largest motivator in any community. People want something in return for their time, especially when they are unsure if the vaccine will even work or if it will have negative side effects. Having a positive trade off would greatly improve vaccination rates among the Latinx American community.

Trust, education, safe vaccination sites, incentives. These are effective ways to improve vaccination rates among Latinx American communities that are implementable and can have a large impact. With higher vaccination rates, communities will be safer and more trusting of the COVID-19 vaccination.

LET'S GET VACCINATED

Pop up Vaccination

\$25 incentive for ages 18+ who receive a COVID vaccine on-site

ONE GIFT CARD PER 18+ YEARS OLD ONLY

Saturday, December 7, 2024 from 10:00am-1:00pm at Freedom Works, 2929 Emerson Ave N Minneapolis, MN 55411 **FMI:info@amamedia.org**

- Vaccines (Pfizer and Moderna) available for 6 months+
- 65+ eligible for additional booster
- Flu Shots - no incentive
- Walk-ins welcome -- no need to register!

Pop up Vaccination

\$25 incentive for ages 18+ who receive a COVID vaccine on-site

GIFT CARD AVAILABLE FOR FIRST 30 PEOPLE. ONE GIFT CARD PER 18+ YEARS OLD ONLY

Saturday, December 14, 2024 from 12:00pm-3:00pm at Frogtown/Rondo Black Church Alliance, 1115 Greenbrier Street St. Paul, MN 55106 **FMI:info@amamedia.org**

- Vaccines (Pfizer and Moderna) available for 6 months+
- 65+ eligible for additional booster
- Free Flu Shots available, no incentives
- Walk-ins welcome -- no need to register!

Educational Article

HEALTH CARE DISCRIMINATION AND IMMIGRATION FEARS: UNPACKING COVID-19 VACCINE HESITANCY IN LATINO ADULTS



Objectives. To examine the relationship between health care discrimination and COVID-19 vaccine hesitancy attributed to fears of immigration status complications among unvaccinated Latino adults and to determine whether the association differs among immigrants and US-born individuals.

Methods. After universal adult eligibility for the COVID-19 vaccine, a nationally representative sample of 12 887 adults was surveyed using online and mobile random digit dialing from May 7 to June 7, 2021. The analytic sample (n = 881) comprised unvaccinated Latino adults. We examined the association between individual and cumulative health care discrimination measures and COVID-19 vaccine hesitancy assignable to immigration-related fears..

Results. Using a cumulative measure of health care discrimination, each additional experience corresponded to a 28% higher odds of reporting vaccine hesitancy Because of immigration-related fears. Findings were consistent across US-born and immigrant Latino adults. Four of the 5 discriminatory experiences were positively associated with vaccine hesitancy, including the absence of optimal treatment options, denial or delayed access to necessary health care, physician communication barriers, and lack of specialist referrals.

Conclusions. Findings confirm a positive association between health care discrimination and COVID-19 vaccine hesitancy attributable to immigration-related fears among Latino adults, regardless of immigration status. (Am J Public Health. 2024;114(S6):S505–S509.

Learn more at:

<https://ajph.aphapublications.org/doi/full/10.2105/AJPH.2024.307668>

PROJECT SUPPORT EVENTS

September 24

UNITED CAMBODIAN ASSOCIATION OF MINNESOTA VACCINATION EVENT

Led by the Asian American Business Resilience Network, we have collaborated with the United Cambodian Association of Minnesota, UCare, Project SUPPORT hosted the COVID vaccination clinic during the event.



September 24

CARE4U HOME CARE SERVICES VACCINATION EVENT

Led by the Asian American Business Resilience Network, we collaborated with Care4U Home Care Services, UCare, Project SUPPORT to host a COVID vaccination clinic during the event.



September 30

LEGACY ADULT DAYCARE VACCINATION EVENT

Led by the Asian American Business Resilience Network, we collaborated with Legacy Adult Daycare, UCare, Project SUPPORT to host a COVID vaccination clinic during the event.



October 05

ROCHESTER CAMBODIAN TEMPLE VACCINATION EVENT

Led by the Asian American Business Resilience Network, we had another successful vaccination event hosted by Project SUPPORT at Rochester Cambodian Temple, we had many people came by and get a COVID-19 vaccine.



October 06

VIETNAMESE COMMUNITY OF MINNESOTA VACCINATION EVENT

Led by the Asian American Business Resilience Network, we collaborated with Vietnamese Community of MN, UCare, Project SUPPORT to host a COVID vaccination clinic during the event.



October 07

HMONG ELDER CENTER VACCINATION EVENT

Led by the Asian American Business Resilience Network, we collaborated with Hmong elder center, UCare, Project SUPPORT to host a COVID vaccination clinic during the event.



Pop up Vaccination

\$25 incentive for ages 18+ who receive a COVID vaccine on-site
ONE GIFT CARD PER 18+ YEARS OLD ONLY

Monday, October 7, 2024 from 10:00am-12:00pm at Hmong Elders Center, Inc., 1337 Rice Street, Saint Paul, MN 55117
FMI: info@amamedia.org

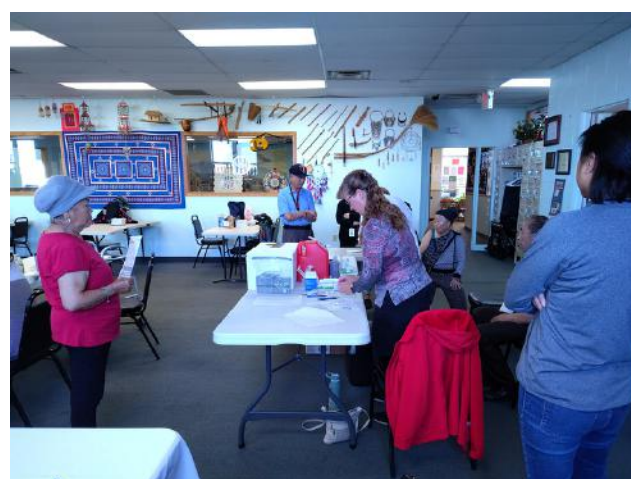
- Vaccines (Pfizer and Moderna) available for 6 months+
- 65+ eligible for additional booster
- Flu Shots - no incentive
- Walk-ins welcome -- no need to register!

Logos: AABRN, UCare, Pharmacy, Asian Artist Alliance, and a circular logo.

October 15

HMONG COMMUNITY CENTER VACCINATION EVENT

Led by the Asian American Business Resilience Network, we collaborated with Hmong Community Center, UCare, Project SUPPORT to host a COVID vaccination clinic during the event.



October 16

WELLNESS ADULT DAY SERVICES VACCINATION EVENT

Led by the Asian American Business Resilience Network, we collaborated with Vietnamese Community of Minnesot, UCare, Project SUPPORT to host a COVID vaccination clinic during the event.



October 18

KOREAN SERVICE CENTER VACCINATION EVENT

We collaborated with Korean Service Center, UCare, Project SUPPORT to host a COVID vaccination clinic during the event.



October 31

SEARS MASTER PLAN OPEN HOUSE

We partnered with the Frogtown/Rondo Church Alliance, Asian American Business Resilience Network hosted a heart-warming Community Engagement Day for Sears Redevelopment with presentation, resource tables, vaccination clinics, and the best of all - trick or treat for neighborhood kids!



Understanding and Stopping Anti-Asian Hate



PREFACE

Anti-Asian hate is a serious problem that needs to be resolved quickly. Our Asian American and Pacific Islander (AAPI) communities, families, and individuals have tragically been victims of targeted hate crimes. AAPI communities should not have to worry about safety, safety is a human right. More needs to be done in combating anti-Asian hate so that our communities are safer, this starts with education and communication. With the surge of hate towards AAPI individuals after the Covid-19 pandemic, we can clearly see what issues need to be addressed when it comes to ending hate.

In early 2020 Asian Media Access (AMA) engaged the community by raising awareness on anti-Asian hate and racism. In 2021, AMA taught the youth how to make anti-Asian hate postcards, which were also shared on social media to raise awareness. AMA delivered a poem by Taiwanese poet, Xi Murong which expresses the "sentiment of immigration and displacement." Later, AMA led the forces with the community for a rally at the Minnesota state capitol to commemorate the victims of the Atlanta Georgia shooting.

Since then, AMA has published an on-going series of "Stop Anti-Asian Hate" educational materials, and joined the 2023 online commemoration of the 40 year anniversary of the Murder of Vincent Chin. On June 1st of 2023 AMA presented the dance drama "Between the Water and Cloud", this was a Multidisciplinary Arts Showcase which strived to share Chinese culture and arts with an environmental justice message. It is crucial we continually make our voices heard so that change can be made.

In celebrating the new year of 2024, AMA will publicize a series of articles that will highlight issues that need to be discussed, shed light on historical systematic racism, and create an opportunity to share the perspectives of those impacted by anti-Asian hate. As editor of this series "Understanding and Stop the Anti-Asian Hate," I hope that our works can encourage readers to join forces, embody love, promote and protect culture, and be a vehicle for justice and equity for AAPIs. Let's stand in solidarity with AAPI communities.

Asian Media Access
Jarrelle Barton
He\him



Understanding and Stopping Anti-Asian Hate: Article #11

UNDERSTANDING AND STOPPING ANTI-ASIAN HATE: WHY ASIANS AREN'T REPORTING HATE CRIMES

Janie Ye - Wayzata High School

The Atlanta spa shootings. Asian woman attacked in NYC. Student of Chinese descent stabbed in the head. These are some of the more publicized hate crime stories against Asian Americans. However, in reality, hate crimes committed against Asian Americans are often overlooked and underreported. The FBI reported 279 anti-Asian incidents in 2020, but the actual number is likely much higher. NBC reported a 339% increase in hate crimes in 2021, but even this number is likely inaccurate. This is because most hate crimes are not reported.

There are multiple reasons why hate crimes aren't reported, including distrust of the government and obscurity around the definition of a hate crime. Many of the situations Asian Americans face don't count in the legal definition of hate crimes. These include spitting, racial slurs, and some instances of verbal assault. As a result, Asian Americans don't think that their difficulties will be dealt with and are less likely to report them. Some don't even realize they are victims of a hate crime. Also, some

Asian Americans face language barriers and feel uncomfortable reporting crimes. The government has not always helped Asian Americans, and historical cases in which America has supported oppression of Asian immigrants have caused a certain amount of distrust. Asian Americans do not feel comfortable talking to law enforcement about the racism that they face. In addition, Asians are often assumed to be doing well by stereotypes such as the model minority, so many people don't even believe that Asians face violence in the community.

Some Asian Americans, especially those with low-income, fear retaliation. They doubt law enforcement's ability to control perpetrators. Many do not have the resources to report hate crimes and aren't encouraged to report hate crimes because of their environment and culture. Younger Asian Americans are deterred from revealing they are victims of hate crimes because they feel like it will burden their parents. Although organizations are now encouraging people to report more often, cultural and societal values still discourage Asian Americans from reporting hate crimes. Recently, more elderly Asian Americans have been attacked and often do not understand what is happening to them. Since many are immigrants and do not speak English very fluently, they do not know how and where to report these crimes. Spreading the knowledge of how reporting hate crimes works is also important. Everyone can report to Stop AAPI Hate if they do not want to go directly to the police.

It's important to start reporting these crimes because hate crimes severely harm people and some even result in death. Even starting conversations within a small community can eventually help increase the number of people who report hate crimes. Starting with telling others like close friends and family will eventually lead to the confidence to report directly to law enforcement. The first step to stopping hate crimes is to acknowledge the prominence of racism and violence in the US. Having more accurate numbers will help induce change for a safer community.



UPCOMING EVENTS

FREE PUPPET MAKING WORKSHOPS

DATE/TIME: Saturday, November 16, 2024, 10:30am-12:00pm

PLACE: Avalon Fine Arts Theater, 1500 E. Lake Street, Minneapolis, MN 55407

Gustavo Boada will be leading a workshop on making alebrijes

DATE/TIME: Thursday, November 21, 2024, 11:00am-1:00pm

PLACE: Midtown Global Market near the stage, 920 E Lake St, Minneapolis, MN 55407

Lys Akerman-Frank will be leading a workshop on making rod-puppets and Gustavo Boada will teach us how to make alebrijes.



World Premiere of Chamber Orchestral Version of
Dream of the Red Chamber
by Bright Sheng and David Henry Hwang
presented by
U MN Opera Theatre
in collaboration with
Chinese Heritage Foundation

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Ted Mann Concert Hall
Nov. 21 & 22 Previews @ 7:30 PM, \$20*-\$40
*\$20 Students & Seniors 62+
Saturday Nov. 23 @ 7:30 PM, \$60 Adult
Sunday Nov. 24 @ 1:30 PM, \$60 Adult

www.chfmn.org z.umn.edu/DreamRedChamber

A decorative graphic featuring a green paper cut with intricate patterns and a gold coin with a floral design, set against a red background.

DREAM OF THE RED CHAMBER

DATE/TIME: November 21, 22, 2024, 7:30pm

November 23, 2024, 7:30pm and November 24, 2024, 1:30pm

PLACE: Ted Mann Concert Hall, 2128 Fourth Street S, Minneapolis, MN 55455

Tickets: www.tickets.umn.edu/UMTE/Online/ Select 'University Opera Theatre'



BLACK FRIDAY ON BROADWAY

DATE/TIME: November 29-30, 2024,
11:00am-5:00pm

November 23, 2024, 7:30pm and
November 24, 2024, 1:30pm

PLACE: The Capi Theater, 2027 W
Broadway Avenue

Get ready for Black Friday on Broadway, a 2-day shopping experience you won't want to miss! Not only will you find the perfect holiday gifts, but you'll also be supporting North Minneapolis entrepreneurs and uplifting our community.

2024-2025 MINNESOTA HMONG NEW YEAR

DATE/TIME: Saturday, November 30 and
Sunday, December 1, 2024

PLACE: St. Paul RiverCentre

This year we celebrate the 44th Annual Hmong New Year celebration! Bask in the rich Hmong culture through food, clothing, language, music and dance

Be a part of the fun! Become a vendor or join one of our competitions! Register [here](#)



SEOUL: TALE OF A SMART CITY

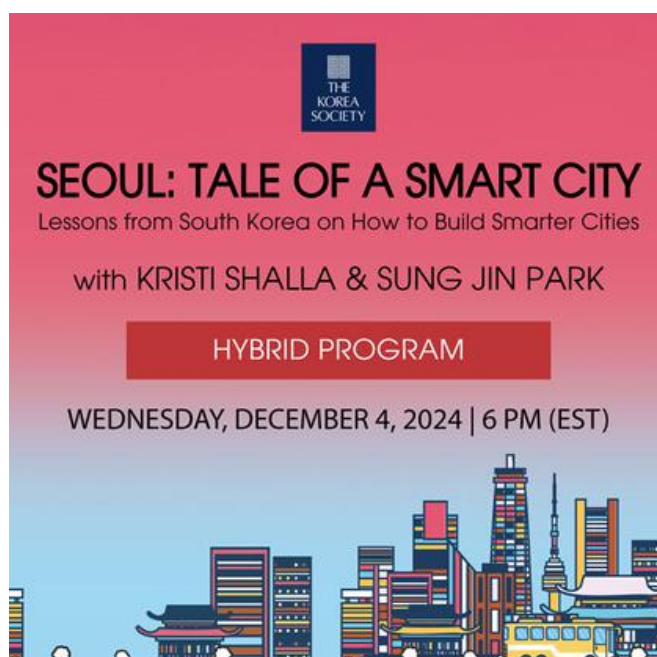
DATE/TIME: Wednesday, December 4, 2024, 6:00 PM

PLACE: In person register [here](#)

Online, register

https://docs.google.com/forms/d/e/1FAIpQLScqhYKz8wBYHnNxtenteJFkU908YESxRFyisSS9rnNt_iGoqQ/viewform

Join authors, Kristi Shalla and Sungjin Park, as they discuss their book, Seoul: Tale of a Smart City, and explore Seoul's transformation from a bustling, chaotic metropolis to a global model for sustainable urban development.



EDUCATORS TALK WITH THE FILM MAKERS OF PADAUK: MYANMAR SPRING

DATE/TIME: Tuesday, December 10, 2024, 6:00pm-8:00pm Central

PLACE: Online, Register

<https://docs.google.com/forms/d/e/1FAIpQLSe20C3Ga8A2NTIzMgz0I6A9uoPbquNHLMD7HsDC-yHi3Htqxw/viewform>

Join us virtually on the International Day of Human Rights. Educators and other participants will hear from the film makers of Padauk as well as scholar Palita Chinsaengchan, Assistant Professor from the Department of Asian and Middle Eastern Studies at the University of Minnesota. Participants will receive a resource list and viewing guide on the film, and will discuss how to use this film in their classrooms. Participants should view the film before the workshop. All registrants will receive a free screening link to view the film prior to the talk.



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