

Timeline FY11 - FY22

FY11

- Launched the Chinese-speaking Physician Network with 40 physicians in September.
- First major outreach at the Fall Festival in Cupertino Memorial Park in September. The physician list was distributed to 200+ participants and 110 signed up on mailing list.
- Officially launched CHI at a media event on 1/19/2011. 11 representatives from 7 media attended the event, including World Journal, Sing Tao Daily, KTSF and New Tang Dynasty TV.
- Co-organized the Grand Rounds on Hepatitis B in both campuses. Dr. Samuel So from Asian Liver Center at Stanford presented the talk on Hepatitis B: Silent Killer for Asian Americans.
- Launched a biweekly medical column on World Journal on April 4. The introduction featured CHI with the first medical column article interviewing Dr. Peter Fung.
- Held the first Hepatitis B screening and workshop event at the Mountain View Chinese Christian Church with 106 participants, in partnership with Hep B Free SCC.
- Hosted Chinese medical delegation visits to El Camino Hospital. 28 representatives from hospitals, public health departments and health care providers in China visited and met with the hospital executives.

FY12

- Held the first CHI physician network appreciation dinner, and later followed by a CME presentation on herb/drug interactions to support their care of Chinese patients.
- Held the week-long Chinese Cultural Awareness Week during Lunar New Year at El Camino Hospital to promote cultural competency among staff.



華人健康促進計畫 | Chinese Health Initiative

2500 Grant Road | Mountain View, CA 94040 | 650-988-3234

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- Partnered with Hep B Free: Santa Clara County campaign coalition to hold a campaign Kick-off event on 3/9.
- Introduced the Chinese book collection at the Health Library and Resource Center of El Camino Hospital
- Worked with Nutrition Service to introduce the Chinese comfort food rice congee as a hot entrée on ECH in-patient menu.

FY13

- Held the first health fair tailored to the health needs of the Chinese community. Provided 390 screenings for hepatitis B, hypertension and osteoporosis.
- Launched regular free onsite screenings for hepatitis B at El Camino, the first hospital in the South Bay to provide this level of service. Collaborated with the RotaCare Clinic to provide low-cost hepatitis B vaccines.
- Recorded a series of three one-minute radio broadcast health tips on Sound of Hope, FM 92.3 addressing Hepatitis B, liver cancer salt intake and its link to hypertension.
- Compiled 66 articles from the *World Journal* “Ask-the-Doctor” biweekly medical column into a booklet published in February.

FY14

- Collaborated with the Guest Services Manager at El Camino Hospital to recruit an onsite Chinese interpreter for patients and family members.
- Launched Qigong class, CHI’s first community wellness program.
- Held a second annual health fair at the Quinlan Community Center in Cupertino with 450+ attendees. Earned 100% satisfaction ranking in 220 surveys collected.
- Held a CME event on introduction to Acupuncture and Chinese Herbal Medicine to promote understanding of traditional Chinese medicine.
- Launched the Chinese bus ads promoting Hep B screening in collaboration with SCC Hep B Free coalition and the ECH Marketing. The ads ran in San Jose for six months.
- Established a taskforce of 7 advisory board members and 5 hospital staff to address the health needs of Chinese seniors. The taskforce proposed creation of a resource directory to help Chinese seniors access health care and medical resources.

FY15

- Promoted hypertension education and prevention at 2015 health fair with hypertension screening and two workshops to raise awareness about hypertension, stroke prevention, and high sodium in Chinese diet.
- Printed the “first and only” Health Resource Guide for Chinese seniors in Santa Clara County. The guide is available online and in hard copy. Held workshops in Senior Centers about how to navigate the healthcare system, and access care and community resources.
- Launched the Wellness Lecture Series that incorporated Eastern and Western approaches to health.
- Held CME events about culturally competent end-of-life care for Chinese patients at both Mountain View and Los Gatos campuses.
- Partnered with Chef Chu’s to hold a Healthy Soup event at Chef Chu’s with 100 invited guests. The recipe cards of two healthy soups from Chef Chu was developed and printed to promote healthy eating in the community.

FY16

- Launched the hypertension awareness campaign with 3 print ads in Chinese newspapers to raise awareness about the risks of hypertension, also through medical column articles, radio interviews, website, and eNewsletter.
- Worked with a physician advisory committee, including Dr. Ed Yu (Family Practice), Dr. Jane Lombard (Cardiology), Dr. Pei Tsau (Cardiothoracic Surgery), and Dr. Peter Fung (Neurology) to develop 6 bilingual educational materials that address misconceptions about hypertension and promote low-sodium diet. Distributed 4,530 hard copies.
- Held 6 hypertension screening events in Sunnyvale, Palo Alto, Mountain View, San Jose, and Campbell; screened 279 community members.
- Launched a bilingual quarterly Wellness e-Newsletter, distributing health resources and articles to 4000+
- Launched Patient Ambassador in collaboration with Patient Experience and Spiritual Care, Twelve Chinese speaking volunteers trained by Chinese American Coalition for Compassionate Care serve as non-medical interpreters and provide culturally sensitive support to Chinese patients and their families in the hospital.
- Collaborated with Community Services Agency in Mountain View, Sunnyvale and Cupertino to provide interpretation and health resources to over 230 low-income members enrolled in the Challenge Diabetes program.

- Collaborated with Cancer Center and New Hope Cancer Care Foundation to launch the Mandarin Speaker's Series.

FY17

- Launched one-on-one dietitian consultation service in Chinese at the ECH Health Library.
- Invited Dr. Ed Yu to speak in a PSA video that runs on KTSF to address misconceptions about hypertension and kidney damage
- Collaborated with American Heart Association to provide the free hypertension management program Check Change Control in Mandarin.

FY18

- Launched a successful diabetes awareness campaign. Developed 4 educational materials to address misconceptions about diabetes. Distributed 3519 hard copies.
- Provided diabetes screening at the annual health fair focusing on diabetes prevention: 289 attended, 154 hypertension screenings, 236 A1c Hemoglobin tests.
- Expanded the Chinese-speaking Physician Network; total exceeds 100 physicians.
- Printed the second booklet of 75 Ask-the-Doctor articles. The column entered the 8th year.
- Launched "Qigong in the Park" in April to promote exercise and lifestyle change
- Supported Cancer Center to provide culturally competent services by helping translate the website, New Patient Handbook, and Nutrition Handbook into Chinese.
- Co-organized a CME/CE event on end-of-life care for Chinese patients in El Camino Hospital. 108 healthcare professionals and trained volunteers attended.

FY19

- Launched the pilot program of 4-month Diabetes Learning Series. Over half made positive lifestyle changes and demonstrated improved A1C scores.
- Worked with ECH Form Committee to translate 60 hospital consent forms in Chinese and provided quality control
- Helped create a Mandarin version of the in-hospital Welcome Video

FY20

- Launched CDC model Diabetes Prevention Program (DPP), adapted to Chinese diet and cultural preferences, including a grocery tour at 99 Ranch Supermarket led by Registered Dietitian.
- Provided Healthy Lifestyle Shelter-in-Place Webinar Series during the pandemic, covering diet, exercise, lifestyle medicine, Qigong, stress reduction and emotional health.

FY21

- Launched Diabetes Learning Series with 86 participants completed the 4-month session. 71% met target BMI of 23 (or below) and 64% reduced weight
- Launched Emotional Well-being Program and held 10 workshops on stress reduction, communication, resilience building, Self-care, and depression conducted by Dr. Wei-chien Lee, clinical psychologist. 1064 combined attendance
- Collaborated with Santa Clara County Suicide Prevention Program to host and provide a speaker for a screening of the documentary “Angst.”
- Launched “Ask-the-Expert” medical column in World Journal with a generous gift from Dr. Peter Fung.

FY22

- Launched new “Healthy Habits, Healthy Life”, the first and only comprehensive healthy lifestyle program culturally tailored to the Chinese population.