



Korean Women's Association

Korean Women's Association (KWA) Is One of the Largest Agencies in WA State, Serving 20,000 Clients with Offices in 12 Counties. KWA Was Founded 40 Years Ago in Tacoma

Community & Behavioral Health

1. Snohomish/ Lynnwood = 600 participants in Everyday Prevention program
2. King & Pierce Counties = 900 participants in Colorectal Cancer Prevention, Fraud Prevention & Stomach Cancer Summit

Housing

196 units of low income senior and family housing in Federal Way, Tacoma, and Roy

Social Services

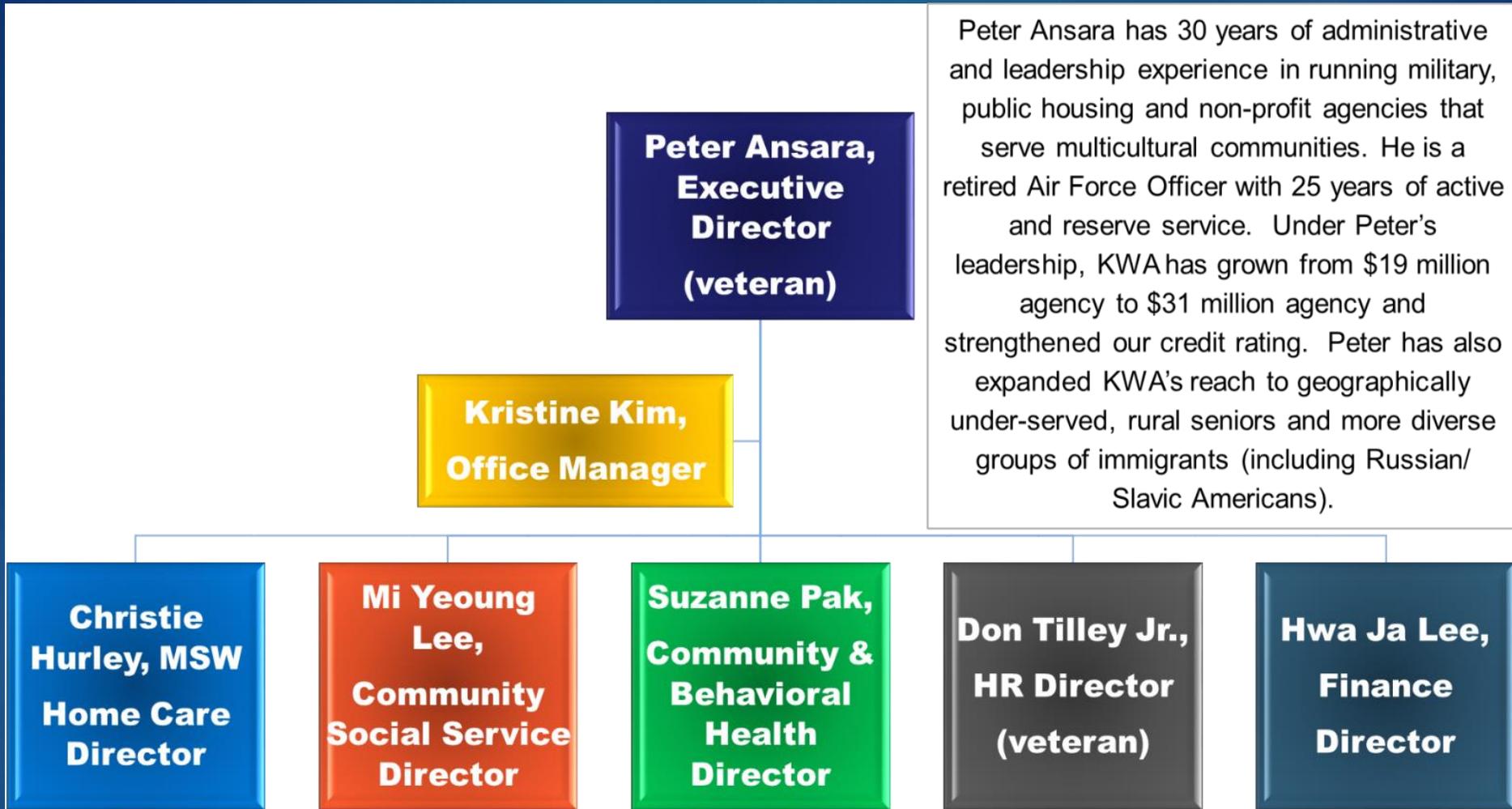
Medicare, Affordable Care Act, Medicaid = 5,000 clients
SNAP/ Basic Food = 1,500 clients
Immigration = 2,500 clients
Domestic Violence Advocacy = 1,000 clients

Senior Meal Sites

1. Pierce/ Tacoma = 300 seniors (Korean, Vietnamese, Cambodian)
2. South King/ Federal Way = 100 seniors (Korean)
3. North King/ Shoreline = 100 seniors (Korean)

Home Care

- ❑ In 11 Counties: Snohomish, King, Pierce, Thurston, Clallam, Cowlitz, Grays Harbor, Jefferson, Lewis, Mason, and Pacific
- ❑ Home Care Clients Served: 1,200 Monthly / 14,400 Annually
 - ❑ 1,000 In-Home Care Giver Staff



Peter Ansara has 30 years of administrative and leadership experience in running military, public housing and non-profit agencies that serve multicultural communities. He is a retired Air Force Officer with 25 years of active and reserve service. Under Peter's leadership, KWA has grown from \$19 million agency to \$31 million agency and strengthened our credit rating. Peter has also expanded KWA's reach to geographically under-served, rural seniors and more diverse groups of immigrants (including Russian/Slavic Americans).

Suzanne Pak has 15 years of experience managing large scale marketing research, technology, and training initiatives for Microsoft, JP Morgan Chase, Wunderman, and Booz-Allen. She also has 5 years of leadership in health and human services and has launched the first stomach cancer prevention initiative in Washington state. Suzanne serves on the board of North Sound Accountable Communities of Health, Valley Cities Counseling, and Puget Sound MIT Alumni Club.

KWA's Recognition



Adverse Health Outcomes for “Other Asians” Drives KWA’s Health and Behavioral Health Intervention

2013 Mortality in WA State: Age by Race/Ethnicity for Residents

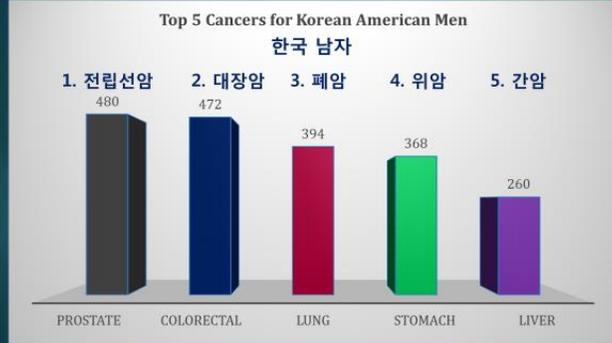
Age Group	Japa- nese		Chi- nese		F ilipino		Other Asian	
State Total	331		297		376		1,074	
35-44	4	1%	4	1%	8	2%	72	7%
45-54	8	2%	10	3%	25	7%	100	9%
55-64	28	8%	30	10%	59	16%	169	16%
65-74	34	10%	48	16%	84	22%	208	19%
75-84	85	26%	78	26%	95	25%	228	21%
85-94	142	43%	96	32%	76	20%	157	15%
95 and over	26	8%	23	8%	13	3%	33	3%

Source: Center for Health Statistics, Washington State Department of Health, 08/2014.

KWA's Preventative Health Capabilities



KWA is providing Cancer Prevention, Nutrition, and Fall Prevention Class through grant from Verdant Health Commission



Cancers Caused by High Blood Sugar

- Skin Cancer
- Pancreatic Cancer
- Urinary Tract Cancer
- Breast Cancer (women)
- Uterus Cancer (women)

http://www.webmd.com/cancer/news/20070227/high-blood-sugar-linked-cancer-risk



Your colon. Your life. Your call.

"Phần đông mọi người thường lo sợ hoặc không muốn được khám nghiệm một số nơi trên cơ thể. Cho nên tôi giải thích rằng, không có đau đớn đâu, nó chỉ là một phương pháp đơn giản, và 15 đến 20 sau đó, mọi việc đều tốt đẹp. Tôi nói với mọi người là nó thật là dễ dàng. Lần đầu tiên tôi làm nội soi ruột già, tôi đã đi vào trong giấc ngủ, và việc kế tiếp mà tôi biết là tôi đã nói chuyện đùa với bác sĩ của tôi."

Fred "Downtown Freddie" - Cựu cầu thủ đội Seattle Sonics và là một viên chức điều hành ngân hàng mới vừa nghỉ hưu.

http://www.endcoloncancer.org

2. 유동식을 한다
유동식: 물, 스프, 우유없는 커피, 티, 젤리, 얼음과자, 과일주스
금지 음식: 단단한 음식, 우유제품 (저즈, 우유, 요거트), 붉은색, 파란색, 보라색 음식

대장내시경 전날 밤

1. 약속을 만든다 (Colonoscopy 1:00 pm)

2. 화장실 내시경 2일 전

3. 완하제를 마신다 (7:00)

4. 화장실에 가서 배출한다

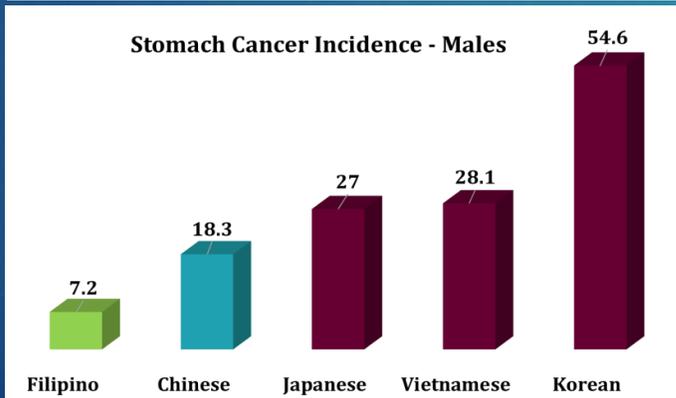
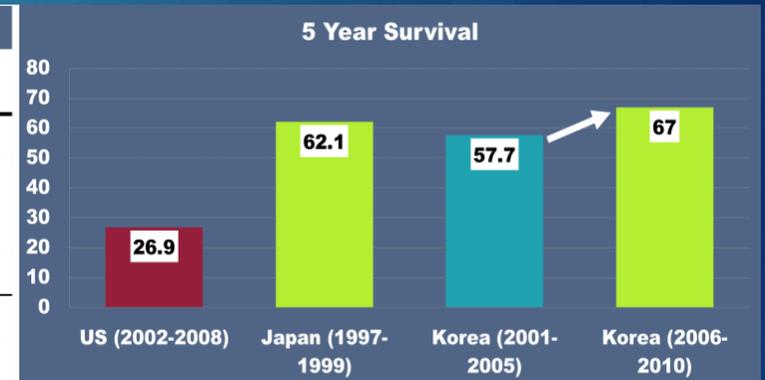
5. 물도 마시지 않는다 (12:00)

KWA is hosting second annual Stomach Cancer Conference on October 30th, through funding from PCORI



Stage at Diagnosis	Korea (2006-2010)		US (2002-2008)	
	Stage Distribution (%)	5 Yr. Survival (%)	Stage Distribution (%)	5 Yr. Survival (%)
Localized	51	92.4%	24	62.3%
Regional	26	55.7%	31	27.7%
Distant	12	5.5%	34	3.7%
Unknown	11	49.2%	11	17.9%
All stages	100	67.0%	100	26.9%

Jung et al. Cancer Res Treat 2013



Colorectal Cancer	Ever screened (%)			Up-to-date (%)		
	Ethnic group	FOBT	Sig/Colon oscopy	Overall Screening	FOBT	Sig/Colon oscopy
Non-Latino Whites	58%	57%	75%	26%	52%	62%
All Asian Americans	38%	42%	58%	18%	39%	48%
Korean	23%	38%	49%	12%	34%	41%
Vietnamese	29%	36%	52%	18%	34%	45%
South Asian	32%	41%	53%	21%	39%	48%
Filipino	39%	37%	57%	18%	36%	47%
Chinese	40%	43%	59%	17%	40%	49%
Japanese	52%	56%	72%	23%	50%	58%

KWA's Behavioral Health Capabilities



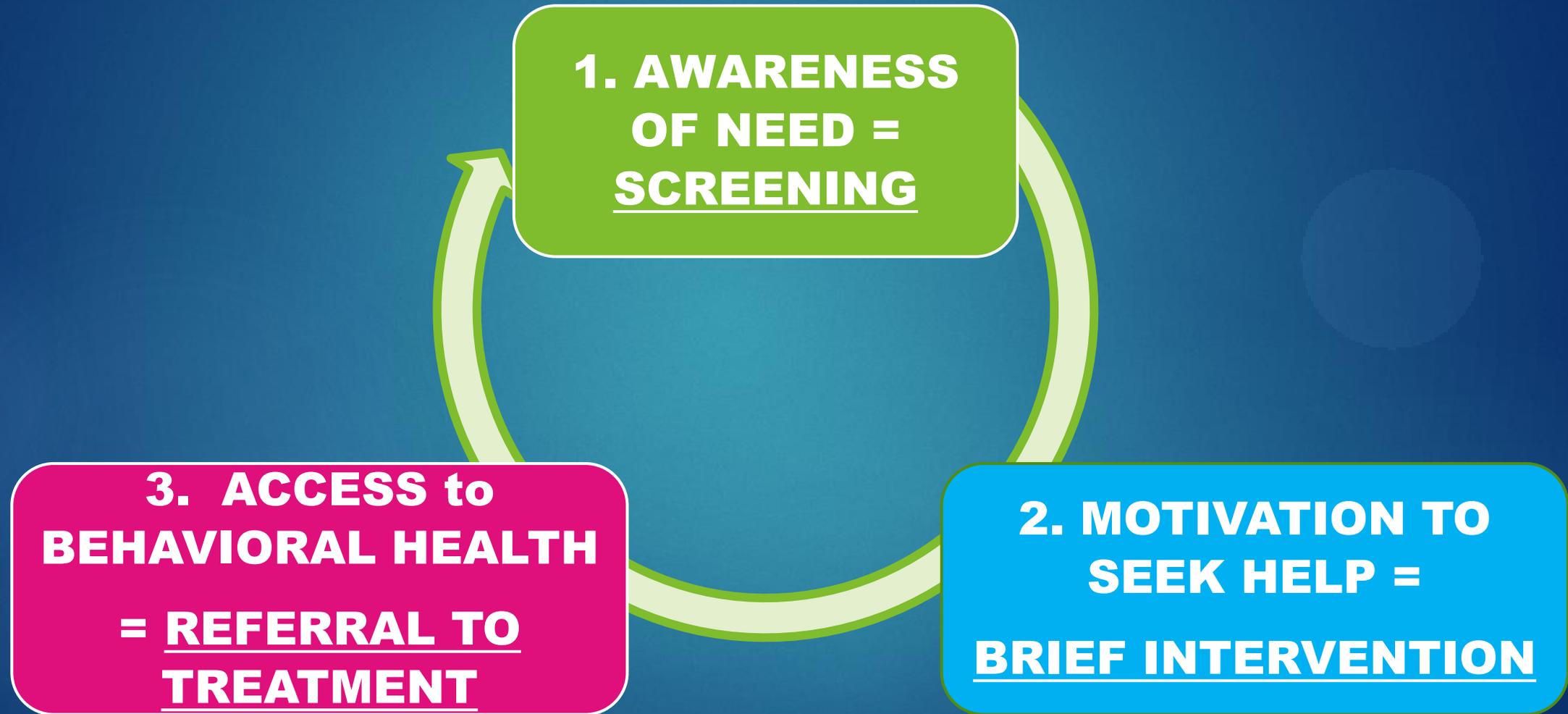
KWA is teaming up with DSHS and KAHPA to provide alcohol & tobacco screening

- ▶ Washington State DSHS Division of Behavioral Health & Recovery has received 5 year grant from Substance Abuse and Mental Health Services Administration (SAMHSA) to launch Screening, Brief Intervention, and Referral to Treatment (SBIRT) with primary care providers. With this funding, DSHS has launched <http://wasbirt.com>
- ▶ KWA presented on SBIRT at Korean American Health Professionals Association (KAHPA) conference on September 12th, 2015



SBIRT Improves Access to Behavioral Health

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AWARENESS of NEED: TOBACCO USE

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Current smoking prevalence estimates across acculturation indicator levels, by ethnicity and gender

Acculturation indicators	Chinese	Filipino	South Asian	Japanese	Korean	Vietnamese
Men	(n=1,033)	(n=626)	(n=420)	(n=328)	(n=503)	(n=648)
Overall smoking rate**	14.6 (1.3)	24.5 (2.2)	15.6 (2.2)	15.0 (2.2)	36.7 (3.7)	32.4 (2.4)
Language spoken at home						
Other language only	18.3 (2.2)*	20.7 (5.3)	13.6 (5.0)	28.0 (12.7)	38.2 (4.2)	38.1 (3.6)
Part English	12.8 (2.0)	25.1 (2.7)	15.9 (2.7)	17.7 (5.9)	37.0 (4.4)	26.5 (3.0)
Only English	8.4 (2.5)	25.5 (5.0)	16.7 (6.3)	13.4 (2.6)	18.2 (7.8)	24.9 (18.9)
Generation						
First	15.2 (1.5)	25.0 (2.3)*	15.7 (2.3)	19.5 (3.6)	36.9 (3.2)	32.5 (2.4)
Second and above	8.0 (3.2)	20.3 (6.4)	13.3 (8.9)	9.7 (2.1)	31.6 (10.3)	28.6 (20.4)
Years living in U.S.						
Less than 15	19.8 (2.5)*	25.5 (4.6)	15.2 (3.1)	26.0 (10.3)	44.1 (4.4)**	32.9 (3.3)
15 and above	11.5 (1.6)	24.0 (2.5)	16.2 (4.0)	14.1 (2.3)	31.7 (4.0)	31.8 (3.5)

Source: "Influence of American acculturation on cigarette smoking behaviors among Asian American subpopulations in California," An et al, 2013.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3652889/>

AWARENESS of NEED: ALCOHOL USE

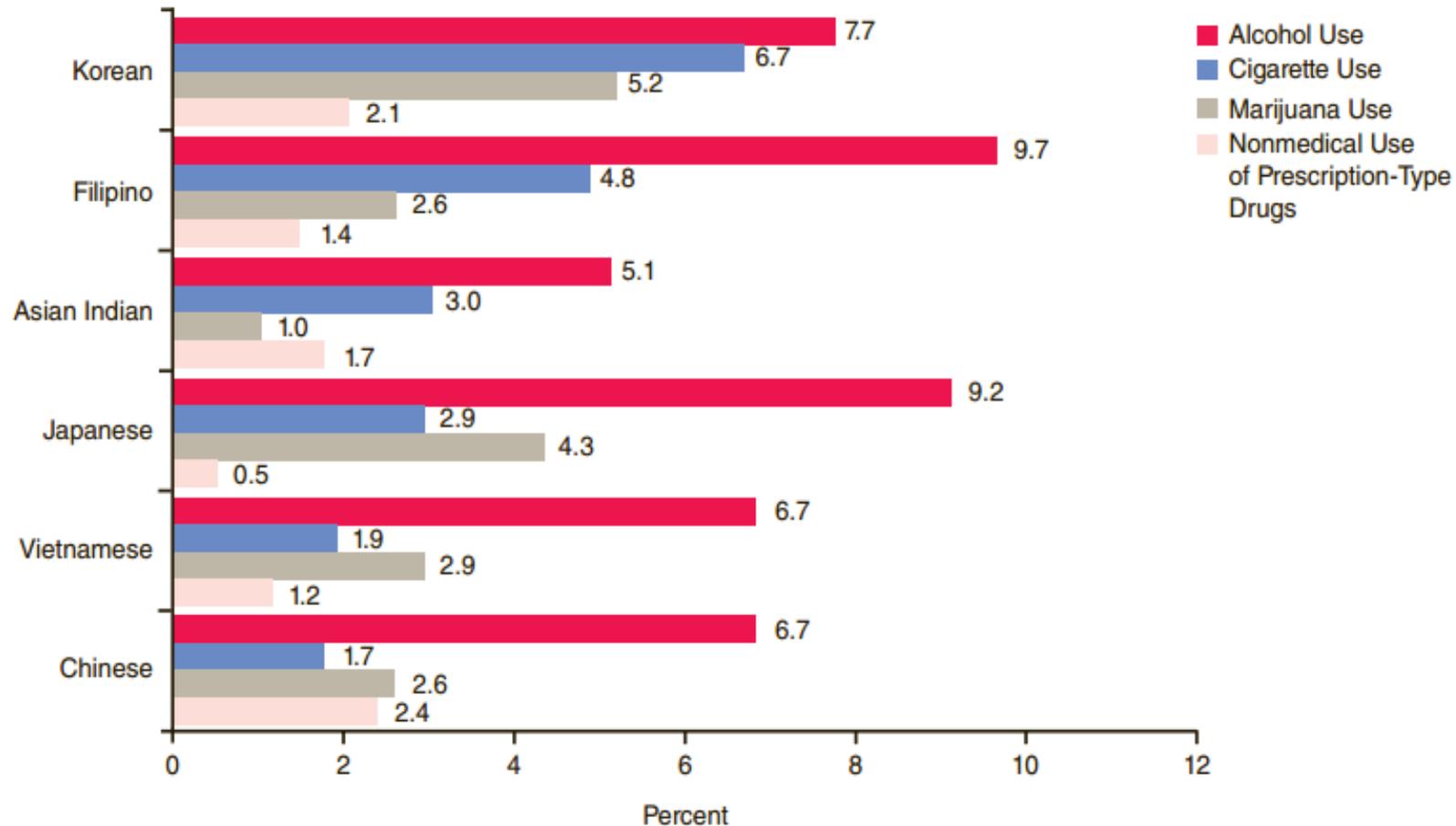
Ethnicity	Alcoholic drinks, %									
	Male					Female				
	0	1-2	3-5	6-9	≥10	0	1-2	3-5	6-9	≥10
Filipino	15.3	16.2	27.9	27.0	13.5	25.7	22.9	37.9	9.30	4.29
Korean	23.8	12.7	15.9	11.1	36.5	20.5	29.5	12.8	21.8	15.4
Vietnamese	20.8	32.1	22.6	13.2	11.3	35.1	36.5	17.6	8.11	2.70
Chinese	32.6	15.2	26.1	17.4	8.70	42.3	23.9	22.5	9.15	2.11

Source: Differences in the Drinking Behaviors of Chinese, Filipino, Korean, and Vietnamese College Students Lum et al, 2009. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2696297/>

AWARENESS of NEED: YOUTH

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Figure 2. Past Month Substance Use among Asians Aged 12 to 17, by Subgroup: 2004 to 2009



Source: SAMSHA's 2011 report: *Substance Use among Asian Adolescents*. Source: http://oas.samhsa.gov/2k11/006/WEB_SR_006_HTML.pdf

Source: 2004 to 2009 SAMHSA National Surveys on Drug Use and Health (NSDUHs).

SBIRT IN ACTION: PRE-CLINIC WORKFLOW

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**A. KWA
Conducts
Community
Education**



**B. KWA
Conducts Media
Communication**



**C. KWA
Facilitates
Provider
Training with
DSHS**



**4. KWA Assists
with Wellness
Checkup
Scheduling**



SBIRT IN ACTION: CLINIC WORKFLOW

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1. Patient waits
to see PCP



2. Assistant
hands pre-
screen survey



3. Patient fills
out pre-screen
survey



4. Assistant
enters data into
EMHR

