

Chinese Culture and Community Service Center (CCACC) Health and Community Service Fair

By LCDR Eric Zhou, USPHS & CAPT Soju Chang, USPHS

In June 2011, the Office of the Surgeon General published the National Prevention Strategy with the vision to work together to improve the health and quality of life for individuals, families, and communities by moving the Nation from a focus on sickness and disease to one based on prevention and wellness. The strategy's seven priorities include Tobacco Free living, Preventing Drug Abuse and Excessive Alcohol Use, Healthy Eating, Active living, Injury and Violence Free Living, Reproductive and Sexual Health, and Mental and Emotional Well-Being.

On November 5, 2011, CCACC hosted a Health and Community Fair including free screening for Hepatitis B infection, of which Asian population is at high risk. To implement the National Prevention Strategy, seven volunteer Public Health Service (PHS) officers who are members of the Asian Pacific American Officer Committee (APAOC) in the Washington, DC area participated the health fair at CCACC's headquarter at 9366 Gaither Road, Gaithersburg, Maryland. The event was published in local Chinese Newspapers, such as *DW News* and *Washington Chinese*, on October 27 and 29, 2011 respectively, and was well attended by the elderly Asian population, especially the elderly Chinese population in the community.

The PHS officers from the APAOC Public Relations Subcommittee volunteered in this event with the goal of education on

health prevention and increasing awareness of the U.S. Public Health Service (USPHS) to the general public. PHS officers organized a seminar series on health prevention for the health fair.

Following CAPT Soju Chang's introduction on the USPHS at the beginning of the seminar series, LCDR Shu/Cathy Cai presented her seminar on Vaccine Recommendations for Adults Age 50 and older. LCDR Cai emphasized the importance of immunization for vaccine preventable diseases, and recommended the elderly population to be vaccinated for Flu, Tetanus and Diphtheria booster (Td) or Tetanus-diphtheria-pertussis booster (Tdap), Varicella, Shingles, and Pneumococcal vaccine according to the CDC's guidelines. For at risk population, Hepatitis A and B should be also considered.

LCDR Doan T. Nguyen's talk on Asian Healthy Lifestyles included eating a healthy diet and staying active. LCDR Nguyen compared the Asian food pyramid with those in Italy, Egypt, and Mexico, and recommended healthy grains, meat, fruit, and beans for elderly Chinese. LCDR Nguyen also

emphasized the importance and benefits of exercise, recommending fitness with endurance, strength, and flexibility. LT Kelly Leong provided translation for LCDR Nguyen's talk.

In the seminar on Oral Health in Geriatric Population, the significance of oral health in overall health was emphasized. Dental problems such as dental caries/decay, sensitive teeth, tooth wear, gum diseases, dry mouth, oral ulcer and cancer that are commonly seen in the elderly population were discussed. Denture care, eating habits, and dental check-up/visits were recommended for keeping teeth healthy.

LCDR Eric Zhou was the moderator for the seminar series. In addition, LCDR Van Tran and other officers attended the USPHS booth to reach out the community.



LT Kelly Leong (R) served as a translator for LCDR Doan Nguyen (L) during her seminar on Asian Healthy Lifestyles. LCDR Eric Zhou (L in an audience seat) was a moderator for the seminar series on health prevention given by PHS officers.



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