

Health of South Asians in the United States

An Evidence-Based Guide for Policy
and Program Development

Edited by
Memoona Hasnain, Punam Parikh and
Nitasha Chaudhary Nagaraj



Health of South Asians in the United States

Leading scholars and practitioners come together in this contributed volume to present the most current evidence on cutting edge health issues for South Asians living in the United States, the fastest growing Asian American population. The book spans a variety of health topics while examining disparities and special health needs for this population. Subjects discussed include cancer, obesity, HIV/AIDS, women's health, LGBTQ health, and mental health.

Health of South Asians in the United States presents evidence-based recommendations to help determine priorities for prevention, diagnosis, treatment, education, and policies which will optimize the health and well-being of South Asian American communities in the United States.

Although aimed primarily at health professions students, healthcare professionals, and policy makers, this book will also prove to be useful to anyone interested in the health and well-being of the South Asian communities in the United States.

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DEDICATION

To our Parents,
who believed in the value of education and in raising empowered daughters,
we are thankful to them for their encouragement, love, and guidance,
and for providing us the gift of educational opportunities that
many girls and women in South Asia are deprived of.

Shireen Hasnain and Brigadier Syed Hazur Hasnain, SJ & Bar
Memoona Hasnain

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Punam Parikh

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Foreword

I am pleased and honored to write the foreword for *The Health of South Asians in the United States: An Evidence-Based Guide for Policy and Program Development*. This book focuses on revealing, through updated research, education, and policy studies, the health disparities and challenges that South Asians in the United States continue to encounter. This book also emphasizes that new, emerging health research on South Asians can better inform policy decisions made at all levels of the government. It includes chapters on a wide variety of topics, such as cancer, diabetes, and HIV/AIDS. No doubt this collection of chapters will contribute important new analyses and program and policy recommendations to optimize the health and well-being of South Asian communities in the United States.

The opportunity to write this foreword resonates with me dearly. First and foremost, as a 1.5 generation immigrant from India, I witnessed the common newcomer challenges my family experienced assimilating in the United States. I remember my mom navigating the limited food choices for vegetarians, and both my parents shied away from the regular doctors' visits and preventive screenings recommended by health officials in the United States.

Second, as the executive director of the White House Initiative on Asian Americans and Pacific Islanders (Initiative), I believe it is important for critical issues and concerns of Asian American and Pacific Islander (AAPI) communities to be analyzed and understood by academics, advocates, and federal policymakers. The Initiative, which President Barack Obama reestablished by Executive Order 13515 in 2009, works to improve the quality of life and opportunities for AAPIs by facilitating increased access to and participation in federal programs where these populations have been underserved. Throughout my tenure as the executive director, the need to highlight and promote greater awareness of health disparities in AAPI communities, improve access to healthcare services for underserved AAPIs, and increase health data on specific AAPI populations has remained the set of priorities of the Initiative.

The AAPI community is the fastest-growing racial group in the United States. Yet, the AAPI community—including the South Asian community—is

one of the most understudied populations in the United States. Further, the socioeconomic diversity of ethnic groups within the AAPI community can be significant, making the need for disaggregated data to understand the needs and priorities of this community an ongoing critical concern.

The contributors to this book clearly understand this concern and have taken the important step to address the critical gap in health research on South Asian communities. To promote the progress of understanding and learning about AAPI communities, it is important to publish new and emerging scholarship that analyzes the needs of South Asian communities facing preventable but chronic health conditions, lifestyle, and health interventions, and the unique concerns of special populations. Yet, throughout the book, the need for more disaggregated data to help health providers understand how best to address the health needs of South Asians emerges as a common theme.

This compilation of health research first calls attention to noncommunicable chronic health conditions that affect South Asian communities and the need to improve medical interventions that could promote the diagnosis, treatment, education, and prevention of these health conditions. Within the South Asian community, preventable health disparities, such as cardiovascular disease, diabetes, and certain cancers impact the community, but it is unclear if current healthcare practices are properly identifying and treating South Asian patients with these conditions. For example, according to the Agency for Healthcare Research and Quality (AHRQ), South Asians have the highest rates of cardiovascular disease among all ethnic groups.^{*} Indeed, I can attest to the impact that cardiovascular disease has had on my own family, having never met any of my grandparents, who passed away in their 50s from this disease. Moreover, AHRQ acknowledges the need to improve research on effective and sensitive medical practices by reporting that cultural and religious beliefs regarding body image, gender roles, and cultural identity can prevent many South Asians from adopting lifestyle changes that could significantly reduce their chances of developing cardiovascular disease.

Researchers contributing to this book next tackle important lifestyle and healthy behaviors impacting the South Asian community, including nutrition, obesity, tobacco use, and HIV/AIDS infection rates. Previous studies on these health factors have concluded that the diversity within the South Asian community makes identifying, understanding, and developing appropriate interventions for adverse behaviors difficult. For example, a publication of the South Asian Public Health Association, *The Brown Paper*, included analyses of research on the dietary practices of South Asian immigrants and its impact on their risk of chronic disease. The recommendations concluded by stating, “Geographic

^{*} <http://www.ahrq.gov/news/newsletters/research-activities/13sep/0913ra26.html>

and climatic variations and a heterogeneous population within each country make South Asian dietary practices unique and diverse. Thus, when examining diet and nutrition of South Asians to assess their health risks, it is important to determine country and region of origin.”* A similar study on tobacco control interventions for South Asians found a “need to disaggregate data for South Asians and suggest that tobacco control interventions should target specific segments of the population.”†

Finally, the authors focus on the health needs of special and vulnerable populations within the South Asian community, especially women, the elderly, and sexual minorities. These populations can face additional barriers to receiving appropriate medical care due to stigma, cultural biases, and lack of visibility. Once again, the ability of these populations to receive accurate, accessible, and culturally and linguistically sensitive health care tailored to help each patient understand the health disparities, risks, and appropriate preventive care that they face is limited by the data available to healthcare providers and policymakers.

Understanding the language, cultural, and other barriers that prevent AAPI communities from fully accessing and utilizing our healthcare system is critical to addressing and eliminating these barriers. That is why, since the Initiative was re-established in 2009, working with community leaders and federal health officials to promote access to healthcare and eliminate chronic health disparities within AAPI communities quickly emerged as a leading priority. Prime examples of these efforts are the US Department of Health and Human Services’ *Action Plan for the Prevention, Care and Treatment of Viral Hepatitis*‡ and implementation of the *Affordable Care Act (ACA)*.

Indeed, the ACA is a historic step taken to improve access to healthcare for all Americans. The Initiative has worked diligently to ensure that AAPI communities are benefiting from the ACA and enrolling in the health insurance marketplace by developing in-language resources, holding educational webinars, and hosting community outreach and education events around the country. In fact, ACA’s enrollment efforts include planning a series of outreach events tailored for the AAPI community. It remains an important goal to ensure that patients receive the highest quality of care.

The Initiative has also sought to address the need for disaggregated data on AAPI communities by working closely with Data.gov, the home of the US government’s open data, to launch Data.gov/AAPI. The first web resource of its kind focused on a key constituency, Data.gov/AAPI is a robust data hub

* <http://www.sapha.org/adminkit/uploads/files/BrownPaper-Nutrition.pdf>

† <http://www.ncbi.nlm.nih.gov/pubmed/18821101>

‡ <http://www.hhs.gov/ash/initiatives/hepatitis/>

that allows visitors to search datasets and reports from nearly 50 federal, state, county, and city sources pertaining to Asian American, Native Hawaiian, and Pacific Islander communities. It is the Administration's goal to make federal data more accessible to the public so that it can assist federal agencies, policy-makers, and researchers in better understanding and addressing disparities in AAPI socioeconomic status, educational attainment, health status, and other areas of importance.

This compilation of research and analyses on critical health conditions is an important contribution to identifying the future priorities, policy recommendations, and preventive actions that academics, community leaders, healthcare providers, and policymakers can take to improve the overall quality of healthcare that our communities need. Congratulations to the editors and authors for publishing this research, an important resource that the South Asian and public health communities can use to learn about and address the health and well-being needs of this growing population.

Kiran Ahuja is former Executive Director of the White House Initiative on Asian Americans and Pacific Islanders. Ms. Ahuja received support for this foreword from the Initiative's Director of Intergovernmental Affairs, Christine Harley. Ms. Ahuja currently serves as Chief of Staff at the US Office of Personnel Management in Washington, DC.

Editors' Note

There is a long road in the journey of taking an idea from the phase of conceptualization to completion. An immense amount of effort has gone into this work, which has truly been a labor of love. When we initially thought of a book on the health of South Asian Americans, we had no idea how much time and effort it would take to make the dream of an evidence-based book on the health of South Asian Americans a reality.

As educators, practitioners, and researchers, we recognize the impacts of growing health disparities nationally and globally, that continue to marginalize minority and underserved communities. The idea for this book came from our collective awareness of the need for more information, education, and evidence to guide efforts aimed at understanding and addressing the health needs of South Asian communities in the United States.

We thank the numerous people without whose invaluable contributions this work would not have been possible: the authors, for sharing their expertise in writing the chapters and responding to our requests for revisions; the peer reviewers, for their wisdom and meticulous review of chapters, which enabled us to enhance the quality and rigor of this work; our committed and able editorial assistants, Sejal Patel, MPH, Asra Azam, MPH, and Alexandra Green-Atchley, MPH, for their hard work and diligence in coordinating the monumental editorial process; Ms. Kiran Ahuja, for writing the foreword; the leadership of the South Asian Public Health Association, particularly the Research Committee members, for their support of this book; and our publisher, Routledge-Taylor & Francis, for recognizing the value of this work.

Last but not the least, we thank our families for their patience and unwavering support during the preparation of the book when each of us took precious personal and family time during evenings and weekends to work on the book. To the readers, this work comes to you with the acknowledgment that there are additional topic areas that we wanted to include in the book but were unable to, due to time and resource limitations. We hope the information in this book advances your learning, teaching, research, policy and program development, and facilitates any other work you are doing to improve the health and well-being of South Asian Americans.



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Editors

Memoona Hasnain, MD, MHPE, PhD, is a tenured professor and associate department head, Faculty Development and Research, in the Department of Family Medicine, University of Illinois at Chicago (UIC) College of Medicine. The primary focus of Dr. Hasnain's work is at the intersection of medicine and public health, with an emphasis on interprofessional education, service, and research. Dr. Hasnain has a special interest in humanism, empathy, and social justice as core values in the teaching and practice of medicine. Addressing the social dimension of health and the gaps in health systems and policies that disadvantage vulnerable groups remain a unifying theme in her work. Dr. Hasnain is a board member of the South Asian Public Health Association and chair of the Research Committee. She is past chair of the Group on Faculty Development for the Society of Teachers of Family Medicine. Dr. Hasnain has served as Assistant Vice President for Education and Co-Director of FAIMER Institute with the Foundation for International Medical Education and Research (FAIMER), which is a non-profit foundation established by the Education Commission for Foreign Medical Graduates (ECFMG). Her work has been consistently externally funded and published in peer-reviewed journals. She is a reviewer for federal grants and several scientific journals. Dr. Hasnain has received numerous accolades for her research and teaching, including the Teaching Recognition Award by the UIC Council for Excellence in Teaching and Learning, the Health Policy and Administration Distinguished Alumni Achievement Award from UIC School of Public Health, and the Susan La Flesche Picotte, MD Health Equity Pioneer Award from UIC College of Medicine. She is a recipient of the prestigious Macy Faculty Scholars Award from the Josiah Macy Jr. Foundation. Dr. Hasnain received her medical degree from Dow Medical College, Karachi, Pakistan, and trained as an obstetrician/gynecologist. She earned her master's in health professions education and her doctorate in public health sciences from UIC.

Punam Parikh, MPH, is a project manager in the Division of General Internal Medicine & Health Services Research, the David Geffen School of Medicine at

the University of California, Los Angeles (UCLA). The primary focus of her current work is quality improvement of healthcare, specifically reduction of preventable hospital readmissions, stroke care, cancer surgical outcomes, and improving the accuracy of patient demographic data. Ms. Parikh has a special interest in working with minority communities. She has managed several diabetes prevention initiatives in East Harlem, New York, and has evaluated cancer control and asthma education efforts among predominantly Black and Hispanic communities. She has published several peer-reviewed papers on this work.

Ms. Parikh has a special interest in the health of the South Asian American community. She helped conduct the first health needs assessment of South Asians in Southern California and organized a media campaign to educate South Asian women about breast and cervical cancers. Ms. Parikh served as vice president on the Board of the South Asian Public Health Association and co-chaired the Research Committee.

Ms. Parikh earned a master's degree in public health specializing in community health sciences from the Fielding School of Public Health, UCLA.

Nitasha Chaudhary Nagaraj, DrPH, MPH, is a research scientist and an adjunct faculty member at the George Washington University (GWU) Milken Institute School of Public Health. Dr. Nagaraj earned a bachelor's degree in healthcare administration and information systems from the University of Maryland, Baltimore County, in 1999, and a master's degree in public health from GWU. It was at GWU that she realized her passion for working with marginalized communities in the United States.

Her work at GWU is specific to the evaluation and monitoring of programs related to the health of women and children in the United States and globally. In her role at GWU, she has evaluated programs on domestic violence, family violence, and girls' education.

Dr. Nagaraj has worked with GWU to conduct a national needs assessment of the health of South Asians in the United States. She has supported projects, which have allowed her to create substantial relationships with community leaders and community-based organizations working with South Asians in the United States. Most recently, she supported projects that worked to better understand child sexual abuse, family violence, and type 2 diabetes among South Asians living in the United States.

Prior to joining GWU, Dr. Nagaraj worked on public health preparedness projects at the local, state, and federal levels.

Dr. Nagaraj is currently on the Board of the Global India Fund and on the Girl Rising US–India Advisory Board. She resides in Maryland with her husband and 2-year-old daughter.

Contributors

Sudha Acharya, MA, is the executive director of the South Asian Council for Social Services (SACSS) in Queens, New York, and has been active in the community for the past 35 years. She has held various leadership positions in community-based organizations. Ms. Acharya currently serves as the executive director of SACSS, after serving as the founder–president for the first 2 years. She has served on city and state healthcare coalitions. Ms. Acharya was awarded the Gandhi Community Award, Indo-Caribbean Network Award, and the Federation of Indian Associations Award. She has received numerous additional awards, including the Union Square Award for her work with SACSS in 2003, the Pravasi Bharatiya Community Service Award from Global Organization of People of Indian Origin (GOPIO) in 2006, the India Abroad Gopal Raju Award for Community Services in 2010, and the Sri Swami Vivekananda Award for Community Service in 2011. Ms. Acharya has her master’s in English literature and financial management from Pace University in New York.

Neelum T. Aggarwal, MD, is co-leader of the federally funded Clinical Core at the Rush Alzheimer’s Disease Research Center and an associate professor of Neurological Sciences at Rush University Medical Center in Chicago. She is also a former South Asian Public Health Association (SAPHA) board member and a member of the board of the global health nonprofit organization, Arogya World.

Dr. Aggarwal’s research career focuses on how communicable diseases and other health conditions associated with aging affect cognitive function, physical activity, and mental health across an individual’s lifespan. She is an expert on strategic design and execution of activities, both of which require rigorous research and clinical investigations in large population-based samples, and home-based research evaluations performed in Chicago’s racially and ethnically diverse neighborhoods.

Dr. Aggarwal earned her medical degree from the Rosalind Franklin University of Medicine and Science in North Chicago, completed her neurology residency at Henry Ford Hospital in Detroit, Michigan, and completed an aging and neurodegenerative disorders fellowship at the Rush Alzheimer’s Disease Center.

Smita C. Banerjee, PhD, is a behavioral scientist in the Department of Psychiatry and Behavioral Sciences at Memorial Sloan Kettering Cancer Center in New York. With an interest in the science of health communication, Dr. Banerjee's research seeks to gain a better understanding of persuasive message framing for cancer prevention and control. Specifically, her research focuses on developing a better appreciation of how to design persuasive messages regarding health risk behaviors and health promoting behavior change that can serve as the foundation for more effective media campaigns, health education, and interventions to ultimately improve cancer prevention and control outcomes. Dr. Banerjee is developing a growing track record as a funded investigator, including a recently funded R21 grant from the National Cancer Institute (of the National Institutes of Health) to examine a potential mechanism (empathic communication) to decrease perceived stigma, reduce patients' psychological distress, improve satisfaction with physicians' communication skills, and increase adherence to referral to psychosocial services and/or a Tobacco Cessation Program. She received funding from the National Institute on Drug Abuse (of the National Institutes of Health) and Center for Tobacco Products (within the Food & Drug Administration) in 2013 for an R03 grant to describe tobacco industry advertising strategies and analyze young adult perceptions of non-cigarette tobacco product advertisements. Dr. Banerjee's research also has received philanthropic funding from Goldstein Foundation in 2010, Nuffield Foundation in 2008, and Alcohol Education and Research Council in 2008. She has authored or coauthored over 65 peer-reviewed articles and book chapters establishing experience in the study of health communication, specifically health message design, narrative interventions, and tobacco control. Dr. Banerjee completed her B.S. in Home Science (with specialization in Child Development) from Lady Irwin College, University of Delhi, India; M.S. in Communication Media for Children from Srimati Nathibai Damodar Thakersey (SNDT) University, Pune, India; and Ph.D. in Health Communication from Rutgers University, New Brunswick, New Jersey.

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team were the first to compare the risks associated with Internet usage among Indian MSM compared with their US counterparts. He is currently examining the preliminary effects of a stigma reduction intervention among healthcare providers in India in order to enhance healthcare access in male to female transgender communities in India. Dr. Banik utilizes mix-method and community-based participatory approaches in his research.

Sehrish Bari, MPH, is a research associate at Columbia University's Center on Globalization and Sustainable Development. She was previously a Research and Outreach Specialist with the Immigrant Health and Cancer Disparities Service at Memorial Sloan-Kettering Cancer Center. Ms. Bari has a background in public health and social science research and has worked on emerging issues in South Asian health in the United States for years. Her current focus is on economic development and global health issues in sub-Saharan Africa. Ms. Bari has her master's in public health from New York University.

Monidepa Bhattacharya Becerra, DrPH, MPH, is an assistant professor in the Department of Health Science and Human Ecology, College of Natural Sciences, California State University, San Bernardino. Dr. Becerra spearheaded a needs assessment program for domestic violence survivors in Inland Southern California and served as a population health data analyst for 23 nonprofit hospitals, where she conducted the Community Health Needs Assessment mandate of the Patient Protection and Affordable Care Act.

Dr. Becerra was recently awarded a fellowship as part of the US Department of Veterans Affairs National Diversity Internship Program and is currently a research consultant in the Department of Research at William S. Middleton Memorial Veterans Hospital. Dr. Becerra also teaches undergraduate and graduate courses in public health, is the faculty advisor for Eta Sigma Gamma Honorary Society, Delta Delta chapter, and coordinator for the Health Scholars Program. Dr. Becerra also serves as a research mentor, with several students publishing in peer-reviewed journals and a recent student winning the Robert Friis Best Student Public Health Practice Award for research on determinants of dietary practices among Asian Americans. She is a current board member for the South Asian Public Health Association. As a health disparities researcher, Dr. Becerra continues to address chronic disease epidemiology and the interplay between clinical risk factors and social determinants of such health outcomes, resulting in several peer-reviewed publications. Some of her recent research has highlighted the relationship between acculturation and cardiovascular risk behaviors, the comorbid conditions of asthma and obesity, and premature diabetes risk in the South Asian population.

Dr. Becerra earned her doctorate in public health, health education from Loma Linda University, California, and also has her master's in public health, health policy and leadership.

Neetu Chawla, PhD, MPH, is a research scientist at the Division of Research, Kaiser Permanente Northern California. Dr. Chawla uses both quantitative and qualitative methods in conducting cancer-related health services research. Her interests include quality of cancer-care delivery, patient–provider communication, provider-care delivery patterns, and care coordination between providers in managing cancer patients. She is also interested in disparities in patient experiences and outcomes and assessing care-delivery patterns among patients with multiple chronic conditions.

Dr. Chawla earned her bachelor's in English literature from the University of California, Berkeley, and her MPH and PhD degrees from the Fielding School of Public Health, University of California, Los Angeles. She completed a three-year postdoctoral fellowship at the National Cancer Institute in cancer prevention and control.

Ken Russell Coelho, MSc, DHSc(c), is a commissioner on the Alameda County Public Health Commission and also serves on the board of Goa Sudharop, a service organization that promotes the continued development of Goa, India.

Mr. Coelho is the author of several peer-reviewed publications in healthcare and has worked for local health departments and hospitals in the public sector for more than 8 years. He was recently appointed as a site visitor for the Public Health Accreditation Board (PHAB), a non-partisan accreditation agency responsible for accrediting health departments in the United States.

Dr. Coelho attended the University of California, Berkeley, and the University of California, San Francisco.

Sadhna Diwan, PhD, is a professor in the School of Social Work at San Jose State University and Director of the Center for Healthy Aging in Multicultural Populations (CHAMP) in San Jose. Dr. Diwan's research focuses on understanding the use of home- and community-based services and case management, particularly in older adults with dementia, depression, and chronic illnesses, and understanding factors related to the physical and psychological well-being of older immigrants. Her research has been funded by the National Institute on Aging, the John A. Hartford Foundation, the California Endowment, the Centers for Disease Control and Prevention, and others. Dr. Diwan has published extensively on health and mental health among older South Asian immigrants and has collaborated with the City of Fremont's Department of Human Services to develop curricula and provide training for the Community Ambassadors for Seniors Program.

Dr. Diwan serves on two Advisory Boards, Sourcewise, the Area Agency on Aging in Santa Clara County, and SVCN, the Silicon Valley Council of Non-Profits. She previously served on the Ethnogeriatrics Committee of the American Geriatrics Society and is a member of the Council of Ethnogeriatric Specialists at the Stanford Geriatric Education Center at Stanford University.

She has her master's in social administration and a PhD in social welfare from Case Western Reserve University. Dr. Diwan completed a postdoctoral fellowship from the National Institute on Aging at the University of Michigan.

Ami Gandhi, JD, has served as executive director of the South Asian American Policy & Research Institute (SAAPRI) since 2011. SAAPRI is a non-profit, non-partisan organization established in 2001 to improve the lives of South Asian Americans in the Chicago area by using research to formulate equitable and socially responsible public policy recommendations. SAAPRI's work has included initiatives on civic engagement, language access, healthcare access, prevention of violence and hate crimes, immigration reform, and immigrant integration.

Ms. Gandhi is an attorney who is passionate about advocating for minority and immigrant communities. She frequently writes, teaches, and speaks on racial justice and civil rights issues. She was named as the 2012–2013 Balgopal Lecturer on Human Rights and Asian Americans by the University of Illinois at Urbana-Champaign. In 2014, she was honored as an everyday “she-ro” by the National Asian Pacific Women's Forum.

Ms. Gandhi also works with a broad spectrum of organizations across Chicago. She serves on the Advisory Council for the city of Chicago's Office of New Americans, the State of Illinois Task Force on Language Access to Government Services, and the Task Force on Opportunities for DREAMers at the University of Illinois at Chicago. She serves as the board chair of Common Cause Illinois and as a board member of the American Civil Liberties Union of Illinois. She is a volunteer attorney for Coordinated Advice and Referral Program for Legal Services (CARPLS), which runs a legal aid hotline for low-income residents of Cook County. Ms. Gandhi is a member of the Illinois State Bar Association.

Ms. Gandhi earned her law degree from the George Washington University Law School and her bachelor's in psychology and cognitive science from Indiana University.

Anisha D. Gandhi, PhD, MPH, is a postdoctoral fellow at the HIV Center for Clinical and Behavioral Studies at Columbia University and the New York State Psychiatric Institute. As an epidemiologist, her research focuses chiefly on the interplay between structural forces, social environments, and sexual and reproductive health outcomes. Dr. Gandhi's previous work has highlighted the shifting demography of immigrants in the United States and its implications for accessing critical health services as well as the relationship between mobility and sexually transmitted infections (including HIV) among marginalized racial/ethnic minorities.

Francesca Gany, MD, MS, is the founding chief of the Immigrant Health and Cancer Disparities Service and the Center for Immigrant Health and Cancer Disparities at Memorial Sloan Kettering Cancer Center, New York City. She has served as the principal investigator (PI) on a number of innovative immigrant health studies in the areas of cancer, language access and cultural competence, health, healthcare access, and cardiovascular disease. Dr. Gany has a strong interest in cultural responsiveness in medicine and has created a medical interpreting research lab in order to build the knowledge base on linguistically competent research and care. Her research has led to the development of long-term immigrant health policy and programmatic changes.

As a result of the significant health disparities facing the large and growing South Asian population in the United States, Dr. Gany spearheaded the development of the South Asian Health Initiative and has been an investigator on several NIH-funded studies examining cancer and cardiovascular disease risk reduction in South Asian communities. Most recently, Dr. Gany served as the PI on the NIHMD-funded R13, “Cardiovascular Disease and Cancer Risk in South Asians: From Research to Practice and Policy,” with partners in California and Chicago. This initiative brought national and international experts together to develop a consensus-driven research blueprint for addressing South Asian health disparities.

Dr. Gany has her bachelor’s from Yale University, her medical degree from Mount Sinai School of Medicine, and her master’s in health policy and management from the New York University Wagner Graduate School of Public Service.

Bindu Garapaty, holds a doctorate degree in clinical psychology (PsyD) and is the co-founder of an executive coaching company, The Happy Leader, LLC. Her research has focused on leadership development, cultural identity and self-awareness. Her pioneering training model incorporates identity development, sustaining well-being, leadership style, and mentorship. The training curricula focus on increasing happiness, improving performance, overcoming adversity and enhancing the human experience of resiliency for youth and adults. Dr. Garapaty’s presentations have included both national and international forums in areas of leadership, education, and women’s health.

As a Maternal/Child health consultant, Dr. Garapaty has worked with University of Illinois at Chicago and NorthShore University HealthSystems to advance public awareness and understanding of perinatal mood disorders. She has worked on a statewide innovative model in perinatal mental health, supported by Federal and State funding agencies. She has also served as an executive board member on 2020Mom and Post Partum Support International, organizations dedicated and influential in improving healthcare delivery for women’s mental health.

Navkiranjit Gill, MPH, is a current research associate with the David Geffen School of Medicine, Department of Family Medicine at the University of California, Los Angeles. Ms. Gill's research experience is in HIV, tuberculosis, substance abuse, mental disorders, stigma, and cardiovascular diseases. Her interest lies in using social media and technology in health dissemination in order to change health behaviors.

Ms. Gill earned her bachelor's in anthropology and psychobiology and master's degree in public health from the College of Natural Sciences, California State University, San Bernardino.

Deepika Goyal, PhD, RN, FNP-C, is a professor of nursing at the Valley Foundation School of Nursing, in the College of Applied Sciences and Arts at California State University, San José.

As a family nurse practitioner, Dr. Goyal has worked in several areas including women's health, family practice, and occupational health. Currently, Dr. Goyal maintains a clinical practice caring for childbearing women in an OB/GYN office in Mountain View, California. In her academic role, Dr. Goyal teaches undergraduate, graduate, and doctor of nursing practice coursework in the areas of maternal-child health, research methods, proposal writing, and diversity.

The primary focus of Dr. Goyal's research is in the area of well-being and timely identification and treatment of postpartum depression among diverse childbearing families. Her current research emphasizes postpartum depression rates and risk factors among Asian Americans with a specific interest in identifying the role that cultural values play in mental health help-seeking behavior. Dr. Goyal has several peer-reviewed research publications in the areas of rates and risk factors of postpartum depression among diverse women; the role of cultural values in mental health help-seeking behavior; and the risk of sleep disturbance and infant temperament on developing postpartum depression.

Dr. Goyal earned her bachelor's and master's degrees in nursing from San José State University, José where she also earned certification as a family nurse practitioner. She earned her doctorate in nursing with a minor in education at the University of California, San Francisco.

Memoona Hasnain, MD, MHPE, PhD, is a professor and associate department head for Faculty Development and Research in the Department of Family Medicine, College of Medicine at the University of Illinois at Chicago (UIC). The primary focus of Dr. Hasnain's work is at the intersection of medicine and public health, with an emphasis on interprofessional education, service, and research. Dr. Hasnain has a special interest in humanism, empathy, and social justice as core values in the teaching and practice of medicine. As a medical educator and public health scientist, addressing the social dimension of health and the gaps in health systems and policies that disadvantaged vulnerable groups remain a unifying theme

in her work. Dr. Hasnain's work in health disparities and health professions education converges on developing scholars and leaders, and finding effective ways to ensure quality care, particularly for vulnerable populations. Her key contributions to science are interlinked and collectively aim to improve patient-centered care and address health disparities. In addition to research advocacy and individual mentoring and guidance, she has developed and implemented academic programs organized in four themes: interprofessional collaborative education and practice; civic role, service learning, and community engagement; cultural sensitivity, competency, and inclusiveness; and wellness, resilience, and student success. These themes are woven into successful ongoing programs for undergraduate, graduate, and continuing education, with a special focus on building the health workforce pipeline.

Dr. Hasnain is the principal architect of several educational innovations, including UIC College of Medicine's longitudinal Patient-centered Medicine Scholars Program and Interprofessional Approaches to Health Disparities. Over the past 13 years, Dr. Hasnain has developed and taught a course titled International Women's Health: Current and Emerging Issues for PhD and master's students at the UIC School of Public Health. She is past chair of the group on Faculty Development for the Society of Teachers of Family Medicine. Dr. Hasnain has served as Assistant Vice President for Education and Co-Director of FAIMER Institute with the Foundation for International Medical Education and Research (FAIMER), which is a non-profit foundation established by the Education Commission for Foreign Medical Graduates (ECFMG).

Dr. Hasnain's work has been consistently externally funded and published in peer-reviewed journals. She is a reviewer for federal grants and several scientific journals. Dr. Hasnain has received numerous accolades for her research and teaching, including the Teaching Recognition Award by the UIC Council for Excellence in Teaching and Learning, the Health Policy and Administration Distinguished Alumni Achievement Award from the UIC School of Public Health, and the Susan La Flesche Picotte, MD Health Equity Pioneer Award from the UIC College of Medicine. She is also a recipient of the prestigious Macy Faculty Scholars Award from the Josiah Macy Jr. Foundation. This award is given to select educators nationally to accelerate needed reforms in health professions education to accommodate the dramatic changes occurring in medical practice and health-care delivery.

Dr. Hasnain earned her medical degree from Dow Medical College, Karachi, Pakistan, and her master's in health professions education and doctorate in public health sciences from UIC.

Susan L. Ivey, MD, MHSA, is an adjunct professor at the University of California, Berkeley (UCB) School of Public Health. She is the director of research for Health Research for Action, a UCB research center that translates research into action, particularly for Asian American populations. Dr. Ivey is

also a family physician and medical director for the City of Berkeley's clinic system. In addition to her doctorate in medicine (board-certified in Family Medicine), she also has a master's in health services administration (MHSA). Dr. Ivey has two years of postdoctoral research training in health services and health policy.

Satya S. Jonnalagadda, PhD, MBA, RD, is director of Global Nutrition at the Kerry Health and Nutrition Institute in Beloit, Wisconsin. Dr. Jonnalagadda is responsible for leading Kerry's internal and external nutrition positioning, while staying abreast of proposed food regulations and identifying new nutrition opportunities. She has more than 20 years of experience in nutrition. She recently served as principal scientist for the Bell Institute of Health and Nutrition at General Mills. She has also held various roles in global research and development for Novartis Nutrition Corporation, was an associate professor at Georgia State University, Atlanta, and a clinical dietitian and later adjunct associate professor of nutrition at the University of Minnesota, Minneapolis. Dr. Jonnalagadda holds a master's in science nutrition from Case Western Reserve University, an MBA from Augsburg College, Minneapolis, Minnesota, and a PhD in human nutrition and foods from Virginia Polytechnic Institute and State University in Blacksburg. Dr. Jonnalagadda completed her dietetic internship program at Georgia State University and is a registered dietitian.

Alison Karasz, PhD, is a cross-cultural and clinical psychologist and member of the research faculty of the Department of Family and Social Medicine at the Albert Einstein College of Medicine, New York. She has been conducting research on South Asian health and mental health for the past 25 years. Dr. Karasz earned her bachelor's from Harvard University and PhD in clinical psychology from the City University of New York. Her dissertation, *Role Strain in Pakistani Immigrant Women*, supported by an NIMH grant, was a mixed methods study of women's health and mental health in a mosque community in Queens. Dr. Karasz served as a postdoctoral fellow at Rutgers Institute for Health, Healthcare Policy and Aging Research. She joined the Department of Family Medicine at the Albert Einstein College of Medicine in 1999, where she has conducted numerous studies in the areas of health and mental health, particularly related to primary care populations. Much of her research has focused on examining conceptual representations of mental disorder across cultures, using Leventhal's Illness Representation model. She has been the principal investigator on five NIH research grants, two of which focused on depression and other common mental disorders among South Asian immigrant women. Dr. Karasz has published 50 articles in the scientific literature and is the author of nearly a dozen papers on South Asian health and mental health. In 2007, she was

awarded a planning grant to partner with Bangladeshi women in the Bronx and develop new models for treating depression. In 2008, in order to meet the needs of women in the community she co-founded Sapna NYC, a nonprofit organization serving South Asian women in New York City to improve health, enhance economic empowerment, and help build a collective voice for change. Today, Sapna's innovative, award-winning programs serve over 400 women per year. Dr. Karasz is also a psychotherapist with a private practice in Brooklyn, New York.

Sundes Kazmir, MD, is a pediatrics resident at the School of Medicine. Dr. Kazmir earned her medical degree from New York University School of Medicine. She has a bachelor's degree in Arabic and Middle East Studies from Bryn Mawr College and has been involved in South Asian student groups at both the undergraduate and graduate levels. She is considering both primary care and subspecialty interests within pediatrics, but has a particular interest in working with immigrant and underserved populations.

Sindhura Kodali, MD, is a pediatrics resident at the University of California, San Francisco. She completed her medical training at the University of Michigan and also earned a master's in public health at the Harvard School of Public Health with concentrations in quantitative methods and public health leadership.

Prior to her medical training, Dr. Kodali was a fellow at South Asian Youth Action (SAYA) in Queens, New York. She helped launch a mentoring and counseling program for recently immigrated South Asian youth. She earned her bachelor's from Dartmouth College in Asian and Middle Eastern studies with a focus on South Asia. She has also worked closely with Valarie Kaur and the Groundswell Movement to advocate for civil rights for South Asians and Sikh Americans and bring attention to health disparities among South Asians. Her research interests include mental health among South Asians, particularly youth, strengthening healthcare systems in underserved areas, and increasing healthcare access for immigrant communities. She has coauthored articles for scholarly journals and the media on the social determinants of health and health disparities affecting South Asians.

Rashmi Kudesia, MD, is a reproductive endocrinologist and infertility specialist at Reproductive Medicine Associates in Brooklyn, New York. Her clinical and research interests include polycystic ovary syndrome (PCOS), as well as expanding access to and reducing disparities in fertility knowledge and treatment. These areas of inquiry all relate to her ongoing projects investigating the prevalence and phenotype of PCOS in ethnic groups that are believed to be at

high risk, namely Latinas and South Asians. This body of work was partially a result of her longstanding involvement in the South Asian American community, during childhood and throughout her training as president of multiple student organizations, a volunteer at SAKHI for South Asian Women, in New York City, NY, and a member of various groups and listservs addressing the needs of the South Asian American community. Dr. Kudesia is currently exploring methods for reducing morbidity in PCOS among South Asian women in the United States, a population at elevated risk for diabetes and cardiovascular disease due to both ethnicity and PCOS diagnosis.

Dr. Kudesia attended Brown University and the Duke University School of Medicine. She completed her residency in Obstetrics and Gynecology at the New York Hospital/Weill Cornell Medical College in New York City, NY and a fellowship in reproductive endocrinology and infertility at the Montefiore Medical Center/Albert Einstein College of Medicine in the Bronx. She has presented research abstracts at national and international conferences, including the American Society for Reproductive Medicine, the Society for Gynecologic Investigation, and the American College of Obstetricians and Gynecologists. Dr. Kudesia has also received grant funding to support her work and has published a number of peer-reviewed articles.

Jennifer Leng, MD, MPH, is a faculty member at the Immigrant Health and Cancer Disparities Service at Memorial Sloan Kettering Cancer Center in New York City. Dr. Leng attended Tufts University School of Medicine where she completed degrees in medicine and public health. She has extensive experience working with the South Asian immigrant community, with early exposure to the vulnerabilities and needs of the South Asian immigrant population during her medical training. While in medical school, Dr. Leng spent a year working in Dhaka, Bangladesh, examining the impact of women's work in the garment industry on the health and well-being of their children.

As a researcher in the Immigrant Health and Cancer Disparities Service, Dr. Leng has been a principal investigator or an investigator for a number of studies addressing the needs of the South Asian community, with numerous publications.

Kasuen Mauldin, PhD, RD, is an assistant professor in the Department of Nutrition, Food Science & Packaging at San Jose State University (SJSU) in California. She earned her PhD in molecular and biochemical nutrition from the University of California, Berkeley, and completed her clinical dietetic internship at the University of California, San Francisco Medical Center. Dr. Mauldin was trained in metabolic biology with a focus on lipoprotein homeostasis.

Dr. Mauldin's work on triglyceride metabolism has provided insight into possible mechanisms for targeting prevention and treatment strategies in cardiovascular disease. In addition to basic science research, Dr. Mauldin conducts clinical studies aimed at better understanding the relationship between diet and metabolism, and identifying specific dietary interventions that improve metabolism in individuals with chronic diseases.

Dr. Mauldin is a passionate educator, interested in effectively teaching science curriculum in dietetics education. Her honors include the 2014 California Dietetics Association Excellence in Research Award and the 2015 Academy of Nutrition and Dietetics Outstanding Dietetics Educator Award. She is an active member of the Nutrition and Dietetics Educators and Preceptors (NDEP) practice group, and the SJSU Center for Healthy Aging in a Multicultural Population (CHAMP).

Kala M. Mehta, DSc, is an assistant professor in the Department of Epidemiology and Biostatistics at the University of California, San Francisco. She has devoted her career to racially and ethnically diverse older adults. Her publications span several important topics on aging, including functional limitation, depression/anxiety, cognitive impairment, and Alzheimer's disease/dementia. Dr. Mehta has received accolades for teaching and mentoring, and her research on race/ethnic disparities in Alzheimer's disease has been quoted in *The New York Times*. Dr. Mehta also teaches clinical research design to medical students, residents, fellows, and international faculty using cutting-edge online education technologies. She earned her doctorate in epidemiology from the Erasmus University Medical School in Rotterdam, the Netherlands, and acquired postdoctoral specialization at The Johns Hopkins Bloomberg School of Public Health.

Mary V. Modayil, PhD, MSPH, currently works on improving upstream determinants of health within primary health care in Alberta, Canada. She previously worked as an epidemiologist and principal biostatistician with the Institute for Population Health Improvement at the University of California Davis Medical Center. Her research interests focus on interventions addressing health disparities, epidemiology and media interventions. Dr. Modayil has worked on a number of projects related to South Asians, including the California Tobacco Control Program to adapt and evaluate CDC communities of excellence indicators in order to improve tobacco control strategies at the state and community level. She also created, tailored, and evaluated campaign messaging for policy-makers and the general public. She has worked with California's statewide mini-grants program to provide outreach to California communities at risk for tobacco disparities. This includes quantifying the extent of alternative tobacco products used, effective tobacco control strategies and increasing

outreach to South Asian populations. She has published several peer-reviewed manuscripts examining strategies to close gaps in tobacco control policy in order to reach vulnerable populations. Dr. Modayil earned a master's degree in public health in population health studies from the University of Alberta, Canada and a PhD in cancer epidemiology from the University of South Carolina.

Anita Mudan, MD, is an emergency medicine resident at the University of Pennsylvania. Dr. Mudan earned her medical degree at New York University School of Medicine. She also has a bachelors degree in Biochemistry from New York University. Throughout medical school, Dr. Mudan worked with Dr. Amitasrigowri Murthy on research involving diabetes in South Asian immigrants in NYC, with a focus on gestational diabetes and dietary risk factors.

Arnab Mukherjea, DrPH, MPH, is an assistant professor of Health Sciences (Public & Community Health) at California State University, East Bay, California. He also maintains formal research affiliations with the University of California, San Francisco and the University of California, Davis. His research interest include analyzing how cultural contexts, behaviors, and identity play a direct role in disparate health outcomes, particularly among South Asians in the United States and other understudied minority populations. Dr. Mukherjea has published peer-reviewed academic journal articles and presented scientific research examining the nexus between culture and behavior among South Asian Americans. He has received research funding from the National Cancer Institute (of the National Institutes for Health), Centers for Disease Control & Prevention, Office of Minority Health, and state of California's Tobacco-Related Disease Research Program. Dr. Mukherjea serves on the Research & Data Subcommittee of the Asian Pacific Partners for Empowerment, Leadership, & Advocacy. He is a Core Member of the Asian American Research Center on Health, an affiliated researcher with Health Research for Action at the University of California, Berkeley School of Public Health, and represents South Asian health interests for the California Health Interview Survey (CHIS). Dr. Mukherjea has taught undergraduate and graduate public health classes at the University of California and California State University systems since 1998. Dr. Mukherjea earned a doctorate of public health in applied health disparities research, a master's degree in public health in health & social behavior/multicultural health, and a bachelor of arts degree in molecular & cell biology (neurobiology; minor in education) from the University of California, Berkeley.

Amitasrigowri Murthy, MD, MPH, FACOG, is the director of the Reproductive Choice Service at Bellevue Hospital, and the division director of Family Planning at New York University (NYU) Langone Medical Center

in New York City. After earning her medical degree at SUNY Health Science Center at Brooklyn (Downstate), Dr. Murthy completed her residency in obstetrics and gynecology at Boston University School of Medicine. She completed a fellowship in family planning and clinical care research at the University of Pittsburgh. Dr. Murthy is a board-certified obstetrician/gynecologist and has been director of the Reproductive Choice Service since joining the department in 2010. She is also an assistant professor at NYU School of Medicine and has been director of the Fellowship in family planning at NYU since 2012. Previously, Dr. Murthy was an assistant professor at Albert Einstein School of Medicine in the Department of Obstetrics, Gynecology and Women's Health. She was also the director of family planning at Jacobi Medical Center, as well as the medical director of the Title X clinic at Jacobi. Her specific interests in family planning include issues surrounding obesity and efficacy of contraception, intrauterine devices, and timing related to completion of pregnancy as well as the reproductive health of immigrants.

Dr. Murthy has published multiple articles in peer-reviewed journals, as well as various chapters in textbooks, and has completed a number of research projects related to contraception and reproductive health. This research included evaluation of a new program of post-placental IUD insertion at Bellevue Hospital, completion of a project investigating side effects of doxycycline in women undergoing medication abortion, and evaluation of the opinions of Spanish-speaking women regarding the website Bedsider.org. Dr. Murthy is also involved in creating a curriculum to teach medical students how to recognize patients who may be sexually exploited for commercial gain.

Minal Patel, PhD, MPH, is a Cancer Prevention Fellow at the Behavioral Research Program of the Division of Cancer Control and Population Sciences at the National Cancer Institute. Her career in cancer prevention and control research spans over a decade with a broad spectrum of research interests, including a particular focus on the impact of social, built, and policy environments on lifestyle behaviors and their relation to cancer. Dr. Patel utilizes a unique interdisciplinary research approach while working with both the Health Behaviors Research Branch and the Tobacco Control Research Branch to explore and better understand contextual factors related to cancer on vulnerable populations including young adults, adolescents, and underserved communities.

Dr. Patel has been involved in several projects focusing on South Asian health. These include a health needs assessment of underserved South Asian subgroups to evaluate tobacco use among Asian Indians. She also works with community groups, including Saath in California, to create culturally relevant cancer-related prevention and diagnosis intervention programs. She has consulted with the South Asian Network on projects related to tobacco

utilizing community-based participatory research (CBPR) methods. Dr. Patel is involved in various community advocacy efforts. He served as vice chair for the Los Angeles County Tobacco Free Coalition and the APHA API Caucus and SAPHA, which provide a voice for Asian American health issues.

Dr. Patel earned her bachelor's in psychology from the University of California, Berkeley, and her master's in public health from San Diego State University, with a specialization in health promotion and behavioral sciences. She completed her PhD in public health in the Department of Community Health Sciences, with a minor in urban planning at the University of California, Los Angeles.

Viraj Patel, MD, MPH, is an assistant professor of medicine, clinician–investigator in the Division of General Internal Medicine at the Albert Einstein College of Medicine/Montefiore Health System, in the Bronx. He is also on faculty in the Primary Care/Social Internal Medicine residency program for Albert Einstein. His research centers on innovative community-engaged approaches to HIV prevention with gay, bisexual, and other same gender loving men and transgender communities in both the United States and India.

Dr. Patel's current work focuses on developing technology-based behavioral interventions, including social media and mobile apps, to reach and engage these “hidden” communities, as well as to leverage online social networks to promote behavior change. Dr. Patel also teaches in the primary care/social internal medicine residency program and instructs medical students in the care of LGBT populations. Dr. Patel is active in community-based settings and serves in an advisory capacity for an India-based nonprofit organization that works to promote the health and human rights of LGBT communities in India. He also serves on various civic committees related to improving the health of marginalized communities in New York City.

Dr. Patel earned his medical degree from the Medical University of South Carolina and completed his residency training at Montefiore Health System in the Primary Care/Social Internal Medicine program. He later completed a clinical and public health research fellowship in the Department of Social Medicine and earned his master's degree in public health at the Albert Einstein College of Medicine, with a focus on community-based participatory research.

Lakshmi Prasad, MPH, is the program manager for the Ohio Perinatal Quality Collaborative. She earned her master's in public health from The Johns Hopkins University. She was previously based at the Immigrant Health and Cancer Disparities Service at Memorial Sloan Kettering Cancer Center (MSKCC), where she coordinated the South Asian Health Initiative (SAHI)

and the Taxi Network, with the goal of bridging health disparities and focusing on oral cancer, diabetes, high blood pressure, and high cholesterol. Ms. Prasad conducted field research in New Delhi, India, surveying rural and remote villages to determine social determinants impacting access to reproductive health in India's most disenfranchised communities.

Padma Rangaswamy, PhD, is the cofounder of SAAPRI (South Asian American Policy and Research Institute), a historian, and author of several works on the Asian Indian immigrant experience. Among her major works are *Namaste America: Indian Immigrants in an American Metropolis* (2000), a comprehensive study of Indian Americans, and *Indian Americans: The New Immigrants Series* (2007), a secondary level reader chronicling the achievements and struggles of Indian Americans in North America. Dr. Rangaswamy has coauthored a pictorial history, *Asian Indians of Chicago* (2003), and contributed several encyclopedia and journal articles on the South Asian diaspora and American immigration in major publications including *Immigrants in American History* (2013), *Asian American History and Culture* (2010), and *Encyclopedia of Diasporas* (2006).

Dr. Rangaswamy has taught courses on world immigration and South Asian history at Chicago area universities and colleges. As an active and involved member of Chicago's Asian Indian community, she has served on the boards of many nonprofit organizations and helped found the Indo-American Heritage Museum (www.iahmuseum.org). Her research interests include the worldwide South Asian diaspora, the Chicago Asian-Indian community, and preservation of the history of South Asian American immigration. She has her PhD in history and her master's in English from the University of Illinois at Chicago.

Zul Surani, BS, is the executive director for community partnerships at the University of Southern California's (USC) Health Sciences Campus where he directs partnerships that enable community development activities in underserved communities surrounding the campus. He has been an ardent advocate for health and research in the South Asian community for over a decade. He is passionate about cancer education, research, and advocacy and is even more dedicated to the cause after losing his mother to cancer.

Mr. Surani has a bachelor's in public administration with a specialization in health care administration from USC and is currently working on his master's in public health, also at USC. He has served as the community coinvestigator on several research studies involving South Asian communities and has coauthored articles reporting the results in various publications and at national conference presentations. Through these studies, cancer prevention and control needs of the various South Asian communities were identified, including those within specific subgroups. Research was conducted in partnership with

UCLA's Division of Cancer Prevention and Control Research and Claremont Graduate University.

Mr. Surani has also been involved in the development and testing of health education interventions in South Asian communities. He cofounded the Community Health Action Initiative at the South Asian Network in Artesia, California where he served on the board and helped build the agency's health programs. He then went on to develop many other health programs benefiting South Asians, including a Bollywood-style fotonovela to educate South Asian women on breast cancer early detection. Mr. Surani also cofounded Saath USA, an organization that contributes to new research and the development of many new prevention education interventions to benefit the community. Most recently, he served as chair for the Asian and Pacific Islander National Cancer Survivors Network.

Divya Talwar, MPH, is a doctoral student in the Division of Health Education at Texas A&M University. Her research interests include cancer prevention, genomics, autism, and health disparities. She possesses unique multidisciplinary training with a degree in public health, clinical dentistry, and research experience in hospitals, civic centers, and local communities. Ms. Talwar currently works at the Health Promotion and Genomics Lab with a focus on genomics, cancer prevention, and autism spectrum disorder. She has presented her research at international, national, and state levels. She has also published articles in high impact factor journals.

Ms. Talwar has worked on various research aspects, including formulating appropriate research design (qualitative, quantitative, and mixed-methods), survey development, preparation of institutional review board (IRB) protocols, data collection and analysis, and interpretation of results. She is the chair of the student section for the American Public Health Association and was selected for a service award for outstanding commitment and contribution. Ms. Talwar earned her bachelor's in dentistry from India and her master's in public health from Texas A&M University.

Rajiv Ulpe, MPH, BDS, is a predoctoral student in the Department of Biobehavioral Health at Pennsylvania State University. His research focuses on the young adult cancer survivor population, specifically those coping with survivorship and lifestyle adjustments following cancer treatment.

At the University of Maryland, Mr. Ulpe worked on tobacco cessation intervention planning for Asian sub-groups in Montgomery County, with research focused on alternative tobacco products. He has also worked at the Cancer Institute of New Jersey (CINJ) (now part of Rutgers University) as a community health educator examining health issues for the South Asian population living

in the New York metropolitan area. Mr. Ulpe coordinated a National Cancer Institute-funded project on alternative tobacco products used by South Asians. As the study coordinator, he helped strengthen CINJ's connections with local South Asian communities.

Mr. Ulpe earned his master's in public health in community health education from the University of Maryland, College Park and his bachelor's in dentistry from India.