

Asian Profile Series: Chinese Community



Culture

March 8th is the International Women's Day, and on this day, Chinese celebrate it with many special events, gifts, and flowers to honor women's contributions. Women also take half of the day off to celebrate with their friends and families.

Health

For every 100,000 Chinese women, about 74.4 have breast cancer.* Foods like dark, leafy greens and soy can help protect against some cancers. Commonly eaten on the first day of Chinese New Year, Buddha's Delight is a vegetarian dish with both tofu and greens. Delicious! 2021 is the Year of the Ox.

*Based on 2016 data from the American Cancer Society



Center for Asian Health Equity (CAHE)

Spotlights



Community Partner

Pui Tak Center

Tiffany Man is the Youth Program Coordinator at Pui Tak Center, located in Chinatown. She works with our CASAP coalition to help implement substance use prevention and mental health awareness workshops for youth. She is passionate about youth development, and empowering young Chinese women especially, to ensure they have the tools to succeed: "My team and I are greatly encouraged to see the youths overcome challenges and grow bit by bit each day!" - Tiffany Man.

CAHE Staff

Naomi recently joined the chronic and infectious disease team in August 2020! Among her responsibilities is managing the perinatal hepatitis B program, which educates future and current moms about their risk for hepatitis B and encourages them and their children to get screened and vaccinated.

