

## Asian Profile Series:

# Korean Community



## Culture

*Cheusok*, also known as "Korean Thanksgiving", is celebrated this year from September 20th to September 22nd. It is celebrated to express gratitude to the heavens for a successful harvest. During this 3-day holiday, families gather together on the night of the full moon to eat traditional foods and make offerings to their ancestors.

## Health

Cancer is one of the leading causes of death among native Koreans and Korean Americans. In a cross-sectional study from 2010 to 2015, it was reported that about 37.69% of Korean Americans and 28.68% had colorectal polyps. Korean Americans also have significantly lower colorectal cancer (CRC) screening rates than the national average. Being between the ages of 45-75, as well as having a personal or family history of CRC, polyps, and Inflammatory Bowel Diseases (such as Crohn's or ulcerative colitis) can put one at higher risk of developing CRC. Therefore, routine screenings, such as a colonoscopy, or stool-based tests such as the fecal immunochemical test (FIT), as well as the knowledge of one's family history are important for CRC prevention. Additionally, having a high-fat diet can increase one's risk for CRC; this stresses the importance of limiting the consumption of unhealthy fats.



# Center for Asian Health Equity (CAHE)

## Spotlights

### Community Partner

## HANA Center



Located in Irving Park and Prospect Heights, the HANA Center works to meet the needs of Korean, Asian American, and multiethnic immigrant communities in Chicagoland to build power toward systemic change. HANA Center offers services including mental health counseling, youth empowerment, civic engagement, immigration services, public benefits assistance, English classes, and more! CAHE and the HANA Center have partnered on past projects, including the Chicago Asian Health Survey and Don't Let Hep B Win!

### CAHE Staff

Dr. Karen Kim is the Vice Provost of Research at the University of Chicago, as well as the Director of CAHE, Professor of Medicine, and the Associate Director of the University of Chicago Medicine Comprehensive Cancer Center. Throughout her career, Dr. Kim has focused on strategies to advance health equity through community-based participatory research, dissemination and implementation science, and intervention and minority health research.

