

Asian Profile Series:

Hmong Community

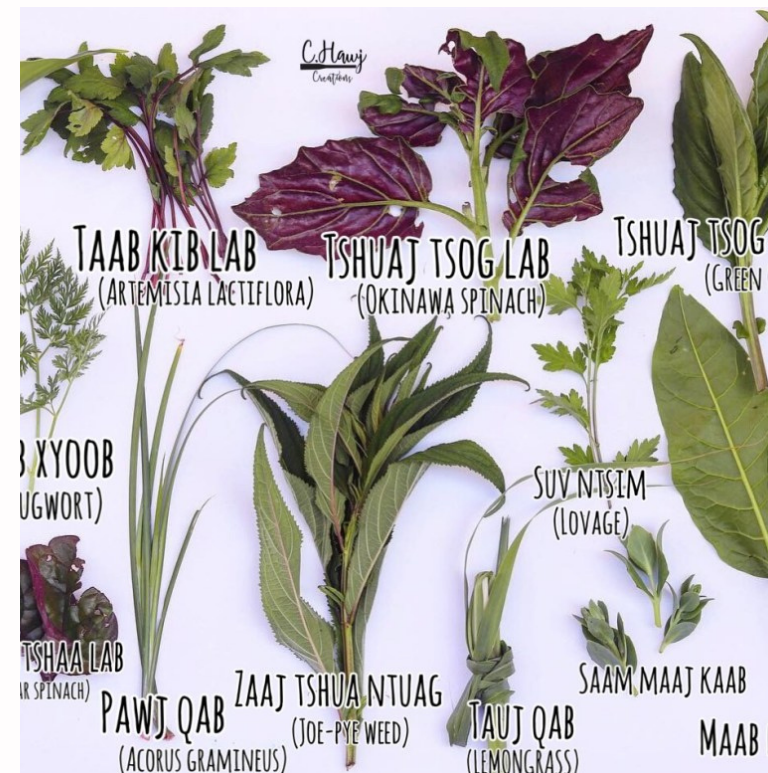


Culture

The Hmong New Year which will take place this year Dec 31-Jan 2 is a celebration of the end of harvest—thus, the beginning of a new year. It is a giving of thanks so that a new life may begin. The celebration includes a handful of in house rituals. Some of these house rituals are; “Hu Plig” (Calling Spirit) the Hmong traditional ritual of calling home all of the wandering spirits of the household and “Noj Peb Caug” literally translated “Eat Thirty” is the in home celebration for three days, where family members and community members are invited to dine on ten dishes served each day, hence the “Eat Thirty.”

Health

Health and illness carry different meanings between cultures. A common belief among the Hmong is that diseases are caused by “a departed ancestral spirit or the souls of those who have suffered an illness.” Illness may result from the separation of body and soul, which could be related to the act of offending an ancestor. For some it has been hard to incorporate western medicine into their way of life. The Hmong communities are aware of the importance of biomedicine, but traditional diagnosis and herbal or spiritual treatments are usually the first preference. Home remedies and herbal treatments are still widely used. The Hmong appreciate healthcare providers who take in consideration their beliefs.



Traditional herbs

Photo credit CHawjCreations.com



Center for Asian Health Equity (CAHE)

Spotlights



Asian Media Access

Community Partner

Asian Media Access

Located in Minneapolis, Minnesota, Asian Media Access (AMA), is a comprehensive, multimedia based, community advocacy agency and is dedicated to using multimedia arts and technology as tools for social betterment. Through their multimedia approach, AMA has developed deep connections with local communities, including the Hmong community in Minnesota. Recently, they hosted the first Hmong Drive Through Lwm Qiab that is a traditional annual spiritual cleansing ceremony for local Hmong community members. They also are partnering with Asian Health Coalition on engaging and educating AANHPI community members about the NIH *All of Us* Research Program, a program that helps build a better future of health for generations to come.

CAHE Staff

Siya joined the Asian Health Coalition in November 2019 after getting her master's degree in Community Development from University of California, Davis. She is the Senior Program Manager for the *All of Us* Research Program and works with the 20 Asian Engagement & Recruitment Core partners to engage and educate AANHPIs across the nation on the program. In her free time, she likes exploring hiking trails with her dog, Cooper.

