The IDEA Committee highlights Inclusion and Diversity in May

Established by the U.S. Congress in the 1990s, Asian Pacific American Heritage Month highlights the stories of people in the United States who are of Asian or Pacific Islander descent. This includes people from the Asian continent and islands across the South Pacific including Hawaii, American Samoa, Federated Islands of Micronesia, Guam, and more.

Talking Diversity: Renew and Rebuild: Our Communities and Beyond
Wednesday, May 18 | 12 – 1 p.m.
Virtual. Join event here
Sponsored by Children’s Hospital of Philadelphia
This year’s theme is “Renew and Rebuild: Our Communities and Beyond”. This month’s Talking Diversity will continue the Office of Diversity, Equity and Inclusion tradition of honoring the history, culture, and contributions of Asian Americans and Pacific Islanders (AAPI) as well as recognize the issues affecting the AAPI community and how we can all show up as agents of change for ourselves; as well, as others.

RISE: A Love Letter to the Asian American and Pacific Islander Community
Thursday, May 26 | 4 – 7 p.m.
Sponsored by the Mayor’s Commission on Asian Pacific American Affairs, Asian Arts Initiative, Office of Immigrant Affairs and Mayor’s Office of Public Engagement
The City of Philadelphia invites you to join the Asian American and Pacific Islander community in an evening of dance, music, and an incredibly special opportunity to hear from two national icons—Jeff Yang and Phil Yu (Angry Asian Man), who will discuss their recently released bestselling book, RISE: a Pop History of Asian American Culture from the Nineties to Today. Learn more and register for this free event.

Despite being among the fastest growing and diverse racial minority groups in the U.S., Asian Americans and Pacific Islanders has not received sufficient investment in medical research* and more has to be done to serve this community and understand their needs. Recruitment from this group is difficult also due to cultural/language barriers. The Asian Cohort for Alzheimer’s Disease (ACAD) is an NIA-funded study led by Dr. Li-San Wang / Penn Neurodegeneration Genomic Center that will recruit up to 1,000 Chinese Americans and Chinese Canadians to study genetics of Alzheimer’s disease, with two other pilot studies focusing on Korean Americans and Vietnamese Americans. The eventual goal of ACAD is to expand the sample size to up to 5,000 and explore other AAPI communities. For more information please visit www.acadstudy.org.

*An estimated 12% of the 2007 U.S. National Health and Nutrition Examination Survey (NHANES) population in the United States aged 18 years or older was of Asian origin. According to the 2012 NHANES survey, 18% of the U.S. population aged 50 years or older was of Asian origin.
* Doan et al. (JAMA Open 2019) reported that only 0.17% of the NIH budget is dedicated to studying Asian Americans and Pacific Islanders.

Mental Health Awareness Month has been observed every May since 1949 to help eliminate the stigma associated with mental illness by raising awareness of mental health conditions and supporting those who have them.

UPenn Human Resources Wellness events for May
Info: [https://tinyurl.com/penn-hr-programs](https://tinyurl.com/penn-hr-programs).

17  A Healthier You: How Mental Health Affects Physical Health; **12:30 p.m.**

19  Monthly Wellness Walk: Mental Health Awareness Month; **noon**; meet at Benjamin Franklin statue, College Hall. For our May walk, support Mental Health Awareness Month by wearing something green!

Mindfulness and Anxiety; **noon**.

25  Mindfulness-Based Tools for Self-Care; **3 p.m.**

**PLAN NOW FOR:** NAMI/Walk Your Way Philly.
The Navy Yard- Philadelphia, PA. **09/25/2022**

Contact: NAMI Philadelphia
4641 Roosevelt Blvd.
Philadelphia, PA 19124
Kris Eschman, Walk Manager
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Other links of interest:
https://penntoday.upenn.edu/events/no-ocean-between-us
https://aapidata.com/blog/asian-american-identity/
https://bookriot.com/books-for-mental-health-awareness-month/
https://www.aha.org/mental-health-awareness-month