Dear CARE Community,

It is our pleasure to present the inaugural annual report on the developments of the Stanford Center for Asian Health Research and Education (CARE). Through your generous support, CARE has made significant headway in increasing research, education, and community-building in Asian American, Native Hawaiian, and Pacific Islander (AANHPI) health, as well as in educating patients, providers, and the community on health disparities within the AANHPI community.

Thanks to your support, CARE has quickly established itself as a premier leader in Asian health research on a global scale. Our world-class faculty has conducted critical research focused on addressing the specific challenges in medicine and health care for AANHPI populations through the CARE Seed Grants program. This program provides important early-stage funding for Stanford investigators to pursue research dedicated to improving AANHPI health. We are excited to share that since its inception, 19 seed grants have been awarded to our pioneering researchers and scientists across multiple disciplines, leading to $10 million in follow-on research funding, 65 research articles published by CARE faculty, and the relaunch of the *Journal of Asian Health*.

In 2020, CARE held its first-ever multidisciplinary Gastric Cancer Summit. This summit brought together 100 constituents from around the world to spark an international dialogue and create a roadmap to counter the disproportionate health care burden that falls upon AANHPI patients with gastric cancer. The period 2020-2021 was dominated by the pandemic, yet CARE responded to the unprecedented challenge by convening a group of leading experts in an International COVID-19 Conference to address urgent public health needs, share data and research, and provide critical medical care. Over 2,100 attendees from over 35 countries attended this event, which was followed up one year later by a second International COVID-19 Conference focused on “lessons learned”.

Within the education space, CARE offered a popular series of AANHPI health-related courses at the Stanford School of Medicine, one of which was titled “Asian American Culture and Medicine”. Classes like this highlight how the psychology of Asian culture influences the professional and personal experiences of Asian health care providers and their patients. Through our flagship Stanford CARE Scholars program, we have also mentored over 40 future leaders in AANHPI health along with producing over 20 presentations, abstracts, and papers on AANHPI health disparities in the last two years.
Finally, we are pleased to share our successes in community outreach. CARE provided critical support to enable the signing of AB 789 into law for hepatitis B and hepatitis C screening coverage in California, a great success in closing the health disparity for underserved minority groups. In 2020, we launched a monthly Community Health Talk series featuring our own Stanford faculty to educate over 10,000 community members on pertinent issues and findings in the field of AANHPI health. In addition, CARE was covered in over 10 national news media outlets and our social media channels have reached 309,000 impressions globally.

Yet, there remains much work to be done to ensure the highest level of culturally tailored, quality precision health care for AANHPI patients around the world. What lies ahead includes Project DAsH: Data on Asian Health, which aims to compile diverse datasets to understand complex health issues and find solutions using precision health for Asians, and Project COAVE: COVID Asian Vaccine Efficacy, which will study the effectiveness of COVID vaccines in Asian Americans. By increasing knowledge, empowering education, and positively impacting clinical care, we aim to improve the health of AANHPI patients everywhere and become the premier global leader in AANHPI health.

It has been an incredibly busy and fulfilling inaugural chapter for CARE. Each and every one of us at CARE is grateful and appreciative of your time, effort, support, and counsel on CARE’s journey to equitable health care for the AANHPI community. Thank you, generous donors, volunteers, and partners around the world—the past three years would not have been possible without you. As CARE scales to the next chapter of growth, your pivotal support is defining new possibilities in our shared mission. Together, we look forward to ending Asian health disparities and transforming the health of AANHPI communities everywhere.

With gratitude,

Latha Palaniappan, MD, MS  
Co-Founder and Co-Director

Bryant Lin, MD, MEng  
Co-Founder and Co-Director

Joo Ha Hwang, MD, PhD  
Co-Director, Strategy

Sally Shan Li, MA  
Executive Director
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The Asian population is the fastest growing racial/ethnic group in the United States, projected to reach nearly 34 million by 2050.
Mission, Vision, and Goals
Our vision is to become the premier academic leader in Asian precision health, and our mission is to improve the health of Asians and Asian Americans, Native Hawaiians, and Pacific Islanders everywhere by ending disparities through increasing knowledge, empowering education, and positively impacting their clinical care.

**OUR GOALS ARE TO:**

- Increase research and knowledge in Asian health
- Improve the delivery of health care for Asians
- Educate patients, providers, and the community about the health needs of Asians

Asians are one of the most rapidly growing populations in the United States. According to U.S. Census data, between 2000 and 2019 the Asian population has nearly doubled. Although Asians currently represent only 6 percent of the total U.S. population, they are the nation’s fastest-growing racial/ethnic group and encompass 25 percent of all foreign-born people in the country. By 2050, it is projected that the Asian population will reach nearly 34 million in the United States.

Despite this exponential increase in the Asian American population, only 0.17 percent of all National Institutes of Health (NIH) grants awarded are dedicated to Asian health research. Similar to other communities of color, tremendous disparities exist in health outcomes and indicators among the Asian American community. Conditions that disproportionately affect Asian Americans include cardiovascular disease, diabetes, hepatitis B, osteoporosis, and cancers such as gastric cancer, lung cancer, and nasopharyngeal cancer.

The Stanford Center for Asian Health Research and Education (CARE) aims to end Asian health disparities and transform the health of the Asian community through increasing knowledge, empowering education, and positively impacting clinical care.

CARE was founded in October 2018 to provide a common place for research, education, and clinical care support allowing disparate faculty, staff, community members, and trainees to share ideas, common resources, and implementation capabilities for Asian health. At Stanford, no other centers are significantly investigating and developing educational/clinical care for Asians. Thus, CARE fills the gap to uniquely focus on Asian health, leveraging Stanford’s advantages over other universities in this area of health research, education, and care due to unique patient, faculty/staff, and student demographics in addition to the disease, epidemiologic, health economics, and humanities expertise of the institution.
Strategy and Operations
CARE Precision Health Platform and Three Strategic Pillars

To support CARE’s vision to become the premier academic leader in Precision Asian Health, CARE’s leadership team has developed a 10-year, long-range plan through a highly disciplined strategic planning process.

Using a phased approach to support the long-range plan, each year CARE develops an impact-driven yearly plan and drives for executional focus. To facilitate implementational excellence, CARE has developed a comprehensive Precision Health Platform to deliver productivity and scale growth. The CARE Platform comes with a strong foundational base with integrated infrastructure capabilities and robust executional capabilities. It provides sustainable, predictable funding and financial services to enable infrastructural operations, provides a base layer of communication/digital marketing/web capabilities, and offers foundational operational support. It offers a single point of support for efficiency and productivities to empower the three strategic pillars of Research, Education, and Community. The CARE Precision Health Platform is serving as a cohesive vehicle to drive CARE’s vision forward.
Most studies group Asians together, obscuring important differences in health risks and outcomes.
Timeline

**OCTOBER 2018**

**CARE Founded**

**WINTER 2019**

**2019 CARE Scholars Program (Formerly CARE-SRI)**

Our inaugural CARE Summer Research Intensive Program (CARE-SRI) began with six students from a diverse array of places convening to study pressing issues in Asian health. Since then, we have expanded our program about three-fold, with 23 students across multiple time zones.

**2019 Seed Grant Awardees**

CARE awarded six seed grants to Dr. Alan Louie, Dr. Benjamin Lindquist, Dr. Robert Huang, Dr. Kuldev Singh, Dr. Bertha Chen, and Dr. Ngan Huang. Their areas of research ranged from optic nerve damage to acculturative family distance and mental health.

**FALL 2019 – SPRING 2020**

**Asian Health Courses**

Through the courageous efforts of our CARE faculty—including Dr. Latha Palaniappan, Dr. Bryant Lin, Dr. Malathi Srinivasan, and Dr. Alan Louie—we established several undergraduate and medical school courses on the topics of “Surveying Asian Health Issues,” “Tackling Cross-Cultural Boundaries in Asian Health,” “How to Change the World (for the Better),” and “Asian Culture and Medicine.”

**MARCH 2020**

**Gastric Cancer Summit**

This multidisciplinary summit brought together over 30 global physicians, researchers, policy makers, patients, and advocacy groups to share experiences and discoveries in gastric cancer research, with the goal of creating a roadmap to address health care disparities in gastric cancer. Gastric cancer is the third leading cause of cancer death worldwide, and in the United States, it disproportionately falls upon ethnic minorities and immigrant communities—particularly Asians. There exists no coherent national strategy for the early detection or risk attenuation of gastric cancer, even among identified high-risk groups. The under-recognition of gastric cancer risk among minority communities may be one of the most significant unaddressed health care disparities in the United States.
International COVID-19 Conference

In the wake of the COVID-19 pandemic, leading experts have come together across disciplinary and national borders to address urgent public health needs, share vital data and research, and provide critical medical care. At the International COVID-19 Conference, over 30 global speakers from across 14 time zones shared COVID research, discoveries, and stories. Garnering an audience of over 2,000 international attendees, this conference was the first of its kind to bring together policy makers, providers, patients, and advocates to look beyond America’s borders to inform our domestic response to COVID-19.

COVID-19 Discrimination Study

Racialized language around COVID-19 has unjustly villainized East Asians everywhere, resulting in a public health crisis that has turned a racial identity into a basis for discriminatory behavior. Thousands of instances of violence or emotional abuse have been reported since the beginning of the pandemic. In response, researchers at CARE, Stanford College, and the Stanford University School of Medicine have banded together to assess the mental health effects of COVID-related anti-Asian discrimination. By raising awareness of racial injustice as a public health crisis, we hope to combat this discrimination both in our communities and beyond.

2020 CARE Scholars Program

This multidisciplinary summer research immersion program brought together 19 passionate students from across the world to tackle prevalent issues in the scope of Asian health. Students worked on two research projects—a large database project focused on precision medicine and a specific mentored research project with faculty—with the end goal of publishing their findings in academic journals over the next several months. Aside from the research aspect, the program placed much emphasis on career development and general professional guidance.

2020 Seed Grant Program

CARE awarded seed grants to five outstanding researchers in the field of Asian health and disease disparities. Our awardees—Dr. Ying Lu, Dr. Ranak Trivedi, Dr. Freeborn Rwere, Dr. Uchechukwu Megwalu, and Dr. Karen Eggleston—investigated topics ranging from thyroid cancer in Filipinos to social support networks among Indian women with breast cancer.
First Community Health Talk
CARE has launched a monthly series of Community Health Talks by our very own Stanford CARE faculty. Community Health Talks provide an exciting opportunity for the Asian community and the general public to learn about important Asian health issues, disease risks, and the latest research outcomes in Asian population health.

Our inaugural Community Health Talk features Dr. Fumiaki Ikeno presenting a talk titled “Japan’s Innovations for an Aging Society” that discussed how Japanese society has been innovating new ways to solve the unmet needs of its rapidly aging population.

Mental Health 101: When Should Parents Worry?
Dr. Shashank Joshi presented on how parents and schools can promote youth mental wellness. This presentation in collaboration with the Parent Education Series informed parents on how to identify and support students impacted by mental health concerns, along with how to recognize the signs of suicidality.

Garment Worker Health During COVID-19
This webinar, “The Garment Sector Unraveling in Bangladesh: Rethinking the Health, Safety, and Livelihoods of Workers During a Global Pandemic,” was a rare opportunity to bring together scholars in the social sciences, public policy, and health care to explore the role that workers’ physical and mental health play in shaping our attitudes toward labor rights and how COVID-19 has provided us with an opportunity to rethink our approach. This webinar was a joint collaboration among the Subir and Malini Chowdhury Center for Bangladesh Studies at UC Berkeley, the UC Berkeley Institute for South Asia Studies, and the Stanford Center for South Asia.

The COVID Vaccine— Perspectives & Expectations
Dr. Aruna Subramanian shared her knowledge and groundbreaking research through a webinar on the COVID vaccine. Dr. Subramanian set the perspective on the critical role of vaccines in the COVID-19 pandemic in this collaborative event with India Community Center (ICC) — Crack the Wellness Code.
Heart Disease in Asians

On February 23, Dr. Kiranbir Josan presented for our Community Health Talk series on how South Asians have a higher risk of heart and vascular disease compared to other ethnic groups.

Role of Data in Diversity: Genetics and Real World Data

In collaboration with the Multi-Regional Clinical Trials (MRCT) Center of Brigham and Women's Hospital and Harvard Medical Center, Dr. Palaniappan presented in a seminar that focuses on practical approaches and shared experiences for improving diversity in clinical trials.

2021 Seed Grant Recipients Announced

CARE awarded seed grants to eight outstanding researchers in the field of Asian health and disease disparities. Our awardees—Dr. Suzan Carmichael, Dr. Linda Geng, Dr. Matthew Wheeler, Dr. Richard Zare, Dr. Malathi Srinivasan, Dr. Stephen Rogalla, Dr. Randall Stafford, and Dr. Joshua Spin—investigated topics ranging from traditional Chinese medicine strategies for sleep problems to maternal health among Asian and Pacific Islander women.

Evidence-Based Traditional Asian Medicine Conference (ETAM)

Does acupuncture really work or is the placebo effect in play? Can certain Asian herbs or diets treat cardiac disease or treat depression? What do we mean by Traditional Chinese Medicine or Ayurveda, and can we integrate these healing practices into Western medicine to ensure the most effective care?

This three-day virtual conference, hosted by the Center for Asian Health Research and Education at the Stanford University School of Medicine, investigated these questions and more. The conference investigated nutrition for preventing and controlling chronic diseases, pain management, and mental health. It addressed key questions in ETAM, fostered dialogue and learning, and identified areas of further research and development.
The Increased Risk of Gastric Cancer in Asians

For our March Community Health Talk, Dr. Joo Ha Hwang delved into how gastric cancer disproportionately burdens ethnic minorities and immigrant communities in the United States, especially Asian populations. Along with describing gastric cancer and its risk factors, Dr. Hwang highlighted the need to address gastric cancer disparities on the national level.

Alcohol-Induced Facial Flushing and Health Implications

Dr. Che-Hong Chen and Dr. Eric Gross presented on facial flushing and increased heart rate after alcohol consumption that frequently occur in Asian individuals for our April Community Health Talk. Dr. Chen and Dr. Gross covered the genetic cause of this phenomenon along with the related health issues.

2021 International COVID-19 Conference

One year after our 2020 COVID-19 Conference, we asked experts to tell us: What lessons have we learned from COVID-19? This multidisciplinary conference brought together public health officials, researchers, and physicians to share lessons learned from COVID-19. Together we endeavored to increase knowledge, empower education, and positively impact our response to this pandemic. In funding innovative research, educating promising scholars, and providing community outreach, we sought to improve health care both locally and globally. We collaborated with the Center for Innovation in Global Health (CIGH) and the Center for Population Health Sciences (CPHS) to organize this event.

How Do Your Genes Affect Your Medication Response?

Dr. Latha Palaniappan shared her expertise on pharmacogenomics with us for our May Community Health Talk. Dr. Palaniappan discussed how precision health and individualized drug therapy can help prevent harmful drug reactions by pre-identifying at-risk patients through their genetic profiles.
Celebrating Asian Grandmothers Concert

In another senseless act of anti-Asian violence, a white man in San Francisco attacked Xiao Zhen Xie, a 75-year-old Asian grandmother. Ms. Xiao donated almost $1 million to charities combating hate against Asian Americans. We celebrated the power and grace of Asian grandmothers like Ms. Xiao with videos and performances from grandmothers and their children. The performances were followed by a discussion panel on experiences of generations of Asian American women.

Introduction to Ayurveda: “The Science of Life”

For our June Community Health Talk, Dr. Neeta Gautam presented a webinar focusing on the ancient healing system of Ayurveda. This talk highlighted key aspects of Ayurveda such as the five elements and three doshas.

Journal of Asian Health

CARE relaunched the Journal of Asian Health to offer an academic home for Asian health research. As an international, peer-reviewed, open-access journal, the Journal of Asian Health has succeeded in obtaining support from leading researchers and physicians in the field, including Dr. Gloria Wu, Dr. Paul J. Wang, and Dr. JoAnn E. Manson. In June 2021, the first issue of the Journal was successfully published through Stanford University.

2021 CARE Scholars Program

This year we accepted 23 scholars from 174+ applicants for our CARE Scholars Program. Throughout the summer, scholars participated with Stanford faculty and visiting faculty in ongoing seminars around Asian health, medical technology, AI, vulnerable populations, global health, and more.
One in three South Asians will die of heart disease before the age of 65. One in four East Asians will die of cancer.
Impact Report
Since 2018, CARE has made significant headway in increasing the research and knowledge in Asian health, as well as in educating students, patients, providers, and the community on health disparities within the Asian community.

### 2018-2021 Impact Highlights

**RESEARCH**
- 139 Journal articles
- 1400 JAH views
- 731 Peer citations
- 1st Issue of JAH published
- 23 JAH authors
- 20 Research presentations
- 19 Seed Grants
- $10M Commitment secured

**EDUCATION**
- 4 Conferences
- 4.3k Attendees
- 9 Papers published
- 13 Pursuing health careers
- 48 Scholars
- 6 Country-specific data briefs
- 4 Asian health courses

**COMMUNITY**
- 63.9k Website page views
- 9 Monthly health talks
- 309k Impressions
- 12.8k On-demand views
- AB 789 Critical support provided
Research
Research: Discovering Causes of Health and Disease

The term “Asian” encompasses many different subgroups, including people with roots in China, Japan, Korea, Vietnam, India, the Philippines, and many other countries. “Native Hawaiian/Pacific Islander” refers to people having origins in Hawaii, Guam, Samoa, or other Pacific islands. Recent research, including studies led by Stanford faculty, has found that these ethnic groups have widely divergent risk profiles.

For example, in relation to Caucasians and other Asian subgroups, Indians are at significantly greater risk of heart disease; Japanese and Koreans have a higher-than-average risk of stomach cancer; and Filipinos are disproportionately affected by diabetes. In comparison to other ethnic groups, tuberculosis, hepatitis B, and HIV/AIDS are more prevalent in Native Hawaiian/Pacific Islander populations. Similarly, various ethnic groups may have very different responses to common medications.

Clearly, a “one-size-fits-all” approach to health care falls short and may even lead to inadvertent harm. CARE is optimally positioned to delve into the underlying contributors to such differences and to pioneer more tailored approaches to precision care. It provides seed grants so Stanford faculty members can pursue bold investigations and gather preliminary data, which will make their projects competitive for follow-on funding from federal and other funding sources.

Since CARE’s inception in 2018, there have been:

<table>
<thead>
<tr>
<th>Year</th>
<th>Journal articles</th>
<th>Conference proceedings</th>
<th>Peer citations</th>
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<tbody>
<tr>
<td>2018:</td>
<td>19</td>
<td>5</td>
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<td>32</td>
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<td>2021:</td>
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121 Publications by CARE faculty
Journal of Asian Health

Our newly re-launched Asian health journal will feature manuscripts, studies, reviews, and opinion editorials on health care issues and disease risks and outcomes in Asian populations.

Since Publishing in May 2021:

Articles:

- Why We Need Preventative Cancer Screening Processes for High-Risk Populations
- Differences in the Age of Diagnosis of Diabetes in Asian Subgroups: Analysis of Data from the National Health Interview Survey (NHIS) 2006-2018
- Associations between Cumulative Biological Risk and Subclinical Atherosclerosis in Middle-and-Older-Aged South Asian Immigrants in the US
- Achieving Equity in Asian American Healthcare: Critical Issues and Solutions
- Increased Self-Reported Discrimination and Concern for Physical Assault due to the COVID-19 Pandemic in Chinese, Vietnamese, Korean, Japanese, and Filipino Americans

Editor in Chief - Paul J. Wang, MD

Dr. Wang is the director of Stanford Cardiac Arrhythmia Service and professor of medicine and of bioengineering at Stanford. Dr. Wang has over 26 years of experience in cardiac electrophysiology, was co-inventor of the catheter cryoablation, and has pioneered new techniques in managing heart rhythm issues. He has also served in numerous leadership positions including chair of the American Heart Association Council on Clinical Cardiology ECG and Arrhythmias Committee and member of the Board of Trustees of the Heart Rhythm Society.
Due to the generosity of philanthropic support, CARE has awarded five to eight seed grants per year to pioneering scientists across multiple disciplines (including in the fields of gastroenterology, ophthalmology, psychiatry, traditional Chinese medicine, and more) looking for early-stage funding to pursue research dedicated to improving Asian health.

In 2021 and beyond, CARE intends to award its first $50K seed grants and to increase the numbers of grants awarded on a progressive basis.

These grants have given CARE investigators the freedom to explore their most promising and creative research ideas, which nurture and expand Stanford Medicine's exceptional capacity for innovation. These funds are particularly helpful in promoting collaborations across disciplines and supporting young faculty, many of whom have no other means to investigate promising areas of study and to accumulate enough data in pilot studies to validate ideas and pursue additional funding.

This strategy has already, in various cases, launched new projects and allowed researchers to accumulate sufficient "proof of concept" data to apply successfully for follow-on funding, both in the form of additional philanthropic investment and from traditional funding sources such as the NIH.

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**2018 - 2021 Seed Grant Award Statistics:**

- **60%** Increase in Seed Grants awarded from 2019-2021
- **19** Recipients
- **7** Peer citations
- **3** Presentations
- **7** Publications since 2020
- **$10M** Follow-on funding
Education: Investing in the Future Generation of Leaders in Asian Health

The center is a nexus for cutting-edge discoveries in all aspects of Asian health, ranging from laboratory research to clinical trials, epidemiologic studies, and development of the best ways to deliver interventions in culturally appropriate ways.

It educates scholars at all levels who are passionate about improving Asian health, starting with a summer research internship program for undergraduate and graduate students. This internship incorporates training in data science, machine learning, and artificial intelligence with opportunities to work in teams with Stanford faculty mentors on projects related to Asian health. Courses on Asian health research, cross-cultural health challenges, and other topics are offered during the academic year. The center also invites visiting scholars and postdoctoral fellows from around the world to collaborate with Stanford faculty.

In addition, the center provides continuing education courses, symposia, and conferences for physicians on the latest scientific discoveries in Asian health. For the broader community, the center hosts monthly community health series on Asian health and organizes health fairs that provide health screenings, mini-lectures, and cultural performances.

2018 - 2021 Education Milestones:

- **4,335** Live attendees
- **4** Conferences
- **123** Speakers
2020 Gastric Cancer Summit

4,335 Virtual live attendees
154 In-person attendees
34 Speakers

MARCH 5TH SESSIONS
Session 1: Overview of Gastric Cancer in the US
Session 2: Current Strategies for Gastric Cancer Screening in Asia
Session 3: Health Policy for Gastric Cancer
Session 4: Advocacy

MARCH 6TH SESSIONS
Session 1: International Perspectives on Gastric Cancer Prevention
Session 2: Microbes and Gastric Cancer
Session 3: Gastric Cancer 2050, Shifting Burdens and Demographics
Session 4: Advancing Early Detection

Gastric Cancer Initiative

Established relationships with key program officers at the NIH/NCI

Secured a $10 million commitment to a multicenter study of gastric cancer in the US

Multiple grant proposals ➔ $15 million
  – P01 (Stanford, $9.6 million)
  – R01 (Columbia, Stanford, Vanderbilt, University of Arizona ~$5 million)

Establishment of a health policy group to advance screening for gastric cancer

Conference summary published in Gastroenterology

White paper draft in progress
Gastric cancer is the third leading cause of all cancer deaths worldwide and has a relatively high incidence in Asian countries. It is one of the largest healthcare disparities that exist for East Asians.
2021 Evidence-Based Traditional Asian Medicine (ETAM) Conference

180
Academic institutions

1,149
Live attendees from 38 countries

15
Speakers

13
Abstracts submitted

EVIDENCE BASED TRADITIONAL ASIAN MEDICINE CONFERENCE
March 4–6th, 2021

Session One - March 4th
Nutrition and Herbal Medicine as Prevention and Treatment
Moderator - Ying Lu, PhD

Trial (T)-2000+ year ago…
神農嘗百草，一日而遇七十

Shennong tastes hundreds of herbs and encounters seventy kinds of toxic substances in a day

Session Two - March 5th
Pain Management

4:30pm - 4:45pm
Introduction
Neeta Gautam, MD

4:45pm - 5:15pm
Abstract winners
Geetika Kumar - Ayurveda
Jian-Feng Tu - Traditional Asian Medicine

7:15pm - 7:30pm
Closing Remarks
Neeta Gautam, MD

5:45pm - 6:15pm
"Ayurvedic Management of Backpain"
Jayarajan Kodikannath, BSc, BAMS

6:15pm - 6:45pm
"Ayurveda for Management of Rheumatoid Arthritis: An Evidence Based Report"
Anupama Kizhakkeveettil, BAMS, MAOM, LAc, CMT, PhD

6:45pm - 7:15pm
"Evidence-based acupuncture on pain management"
Lixing Lao, MD, PhD, LAc

5:15pm - 5:45pm
"Predicting clinical response to acupuncture for the treatment of chronic low back pain: a practical approach"
Jiang-Ti Kong, MD

Moderator - Neeta Gautam, MD

4:30pm - 4:45pm
Introduction
Latha Palaniappan, MD, MS
Robert Harrington, MD

4:45pm - 5:15pm
Good publication network for traditional Chinese medicine
Zhaoxiang Bian, MD, PhD

5:15pm - 5:45pm
"The role of Chinese medicine in the pandemic of Covid-19 based on real-world data in China"
Baoyan Liu, MD

5:45pm - 6:15pm
"Anti-inflammatory diets to prevent metabolic and cardiac disease"
Randall Stafford, MD, PhD

6:15pm - 6:45pm
"Integrative ayurveda nutrition: premise and directions"
Namyata Pathak, BAMS, MD (Ayu), AD

6:45pm - 7:15pm
"Dietary factors for controlling the respiratory allergies"
Sheena Sooraj, BAMS, AD

7:15pm - 7:30pm
Closing Remarks
Ying Lu, PhD
2021 International COVID-19 Conference

- 36 Speakers
- 865 Live attendees
- 216,500+ Weekly listeners
- Covered by KCBS Radio

Key factors contributing to control of COVID-19 outbreak in Korea

1. Public health response infrastructure
2. Early preparedness: mass Testing
3. Contact tracking → quarantine for 14 days
4. Efficient treatment 
5. Non-pharmaceutical Intervention (NPI) through civic participation

2020 International COVID-19 Conference

- 2,167 Live attendees
- Viewers from 35+ countries
- 38 Speakers

COVID-19 Pandemics: Mortality among Asians

Zuo-Feng Zhang, MD, PhD
Professor of Epidemiology and Medicine
Associate Dean for Research
UCLA Fielding School of Public Health

Stanford Medicine
International COVID-19 Conference

Covered by KCBS Radio
CARE Scholars

The CARE Scholars Program is an immersive research internship focused on data science, vulnerable populations, and AI involving Asian health. This exceptional program leverages the unique aspects of Stanford’s world-class research, technology, and medical infrastructure to train learners to become superb population science researchers.

Students carry out two research projects throughout the summer: (1) a large database research project focused on precision medicine, and (2) a specific research project featuring individual faculty mentorship. Most students, along with their team members, submit 1-2 manuscripts for publication to a peer-reviewed journal. The CARE Scholars program serves as our premier pipeline to educate and cultivate aspiring leaders in Asian health medicine. In previous years, this program has brought together undergraduates, graduates, and faculty members across four countries and 16 time zones to investigate the role of data science, vulnerable populations, and AI in Asian health.

2019-2021 CARE Scholars Program Highlights:

- **SCHOLARS**
  - 6 (2019)
  - 19 (2020)
  - 23 (2021)

- **267% Increase in CARE scholars from 2019-2021**

- **14 Presentations**

- **48% Continued projects related to their CARE research**

- **9 Research papers published or submitted**

- **13 Scholars pursuing a field in medicine or health care**
**2021 Overview**

CARE Scholars is a premier pipeline program training the next generation of Asian and Global Health Researchers in precision medicine.

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<th>Structure</th>
<th>Scholars</th>
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<tbody>
<tr>
<td>1 year virtual program</td>
<td>100 applicants</td>
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<tr>
<td>2.5 mo Innovation Series</td>
<td>25 undergrad/early grad students</td>
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<tr>
<td>9 wk summer research immersion</td>
<td>Last year, in 6 countries</td>
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<tr>
<td>Mentor meetings weekly/biweekly until papers submitted</td>
<td>$5900PP</td>
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<tr>
<td>CARE Summer Symposium (Aug)</td>
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<th>Infrastructure</th>
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<td>2 Program Administrators</td>
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<td>3 Implementation Science Fellows</td>
<td>Scholar teams: 3-4 quant/nonquant</td>
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<tr>
<td>6 core faculty including statistician Dr. Jin Long</td>
<td>18 faculty mentors</td>
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<td>30 contributing faculty</td>
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Community
Community: Improving the Health of Asian Populations Everywhere

We seek to bring our community into the Asian health conversation through a variety of different programming aimed at educating the public. CARE engages our local, national, and international communities through monthly health talks, events, and social media platforms.

Monthly health talks are accessible to the public and provide an exciting opportunity for anyone to learn about cutting-edge medical technology, social disparities in health, precision medicine, and so much more. Talks include topics such as “Heart Disease in Asians,” “Alcohol-Induced Facial Flushing and its Health Implications,” and “Ayurvedic Medicine.”
Community Health Talks

In collaboration with the Stanford Health Library, CARE hosts a monthly Community Health Talk series that features our very own Stanford CARE faculty! Since November 2020, Community Health Talks present an exciting opportunity for anyone to learn about cutting-edge medical technology, social disparities in health, precision medicine, and much more.

These talks are open to the general public and can also be accessed on-demand via CARE’s YouTube channel. Topics discussed include heart disease in Asians, Japan’s aging issues and implications, and Asian precision medicine.

Featured Topics

- **Japan’s Innovations for an Aging Society**
  Dr. Fumiaki Ikeno - November 2020

- **Mental Health 101: When Should Parents Worry?**
  Dr. Shashank Joshi - December 2020

- **The COVID Vaccine – Perspectives & Expectations**
  Dr. Aruna Subramanian - February 2021

- **Role of Data in Diversity: Genetics and Real World Data**
  Dr. Latha Palaniappan - February 2021

- **Heart Disease in Asians**
  Dr. Kebbie Josan - February 2021

- **The Increased Risk of Gastric Cancer in Asians**
  Dr. Joo Ha Hwang - March 2021

- **Alcohol-Induced Facial Flushing and Health Implications**
  Dr. Che-Hong Chen and Dr. Eric Gross - April 2021

- **How Do Your Genes Affect Your Medication Response?**
  Dr. Latha Palaniappan – May 2021

- **Introduction to Ayurveda: “The Science of Life”**
  Dr. Neeta Gautam – June 2021
Digitally Scaling CARE’s Global Reach

- **309,800** Total web impressions
- **1** Physician sheet translated into **9** languages
- **650+** Followers
- **88** Posts & videos
- **15** Interviews on events & faculty
- **32,000** Website + Twitter profile visits
- **346** Hours of content watched

Since the premiere month of our social media accounts in 2020, we have seen:

- **47,900%** Increase in monthly Twitter impressions
- **477%** Increase in monthly website users
- **3,867%** Increase in monthly Instagram reach
- **60,570%** Increase in monthly Facebook reach
- **91** countries
Financial Highlights
Financial Highlights

In the fiscal year 2020-2021, the sources of revenue that support Stanford CARE amounted to approximately $3 million. These committed funds are a combination of expendable and endowed gifts; outright expendable gifts totaled an excess of $1.3 million and endowments totaled $1.7 million, to-date.

The largest expenditures during this period were for core programs supporting the three strategic pillars defined in CARE’s Strategic Plan: research, education, and community programs.

In the coming years, we anticipate spending to increase in all areas as we continue to execute CARE’s Strategic Plan to amplify impact. We plan to hire more operational team members, expand CARE platform capabilities, and execute more programs in the strategic areas of research, education, and community. We also anticipate that, pending the lifting of COVID-19 restrictions, we will move forward with our plans to support international educational exchanges and research initiatives.

CARE was unable to support international educational exchanges due to COVID-19 restrictions.

Source: Finance Department, Med/Primary Care and Population Health, Stanford School of Medicine, September 2021.
Philanthropy

Stanford CARE would not be possible without the generosity and partnership of our philanthropic community. We are truly grateful for the support we have received from philanthropists, faculty, staff, and other friends of CARE, which had a tremendous impact to enable CARE to launch and grow the Stanford CARE Precision Health Platform and to build solid foundational and essential operations to support the expanding three strategic pillars of Research, Education, and Community.

Given the COVID-19 crisis disrupting lives around the globe, our fiscal years 2020 and 2021 proved challenging for all of us. Yet, thanks to your generosity, during this time our community collectively committed $3 million to CARE—a combination of outright gifts and endowments—which has enabled CARE to quickly scale, accelerate growth, and begin to establish sustainability.

Health research and education specific to Asians is still in its early stages of development, yet discoveries about how to better care for this group will improve the lives of half the world’s population. CARE is uniquely positioned to meet this challenge, and has the research expertise, entrepreneurial spirit, and community partnerships to bring precision health to Asians everywhere.

Philanthropy is essential to the continuation of this work. Your partnership, at any level, will have a meaningful impact. Unrestricted gifts for CARE will provide the center with the most flexibility in driving forward its top strategic initiatives.

Should you prefer to make more directed gifts, they would likely fall into four main categories supporting these efforts over the next three to five years:

I. Asian health research
II. Education about Asian health issues
III. Community engagement
IV. Setting up CARE for a sustainable future

We invite you to partner with us and join other like-minded philanthropists in this exciting endeavor to make a significant difference in improving the health of Asians here and across the globe.

Contact Us
Jill Stanley, Senior Associate Director, Major Gifts Medical Center Development
jill.stanley@stanford.edu
650-850-2223
med.stanford.edu/care.html
Advisory Board

Stanford CARE would not have been possible without partnership and guidance through the Stanford CARE Advisory Board.

The board is composed of members from a variety of sectors who share CARE’s commitment to ending health disparities for Asian American, Native Hawaiian, and Pacific Islander populations and improving the health of Asians everywhere.

Board members provide valuable external perspectives, offer guidance on the center’s research, education, and community outreach programs, and provide insight and support for the center’s strategic direction and overall objectives.

Board Members

Aarti Chandna
Lillian Kim Chun
Richard Cui
Cuong Do
Vinita Gupta
Parveen Jain
Vivek Khuller
Karen Kun Li
Rao Mulpuri

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Thomas Kurian
Wayne Wang
Steering Committee

Sally Shan Li
Executive Director
Primary Care and Population Health

Hong Seh Lim
Advisory Board Chair

Bryant Lin
Co-Founder and Co-Director
Clinical Associate Professor, Medicine Primary Care and Population Health

Latha Palaniappan
Co-Founder and Co-Director
Professor of Medicine Primary Care and Population Health

Joo Ha Hwang
Director of Strategy
Professor of Medicine Gastroenterology and Hepatology

Nina Li, MA
Program Lead

Chloe Sales
Program Coordinator

Tenzin Yeshi
Wangdak Yuthok, MS
Program Coordinator

Core Ops Team
Stanford CARE aims to improve the health of all Asian populations and positively impact their clinical care around the world.
Executive Leadership

Latha Palaniappan, MD, MS
Co-Founder and Co-Director

Bryant Lin, MD, MEng
Co-Founder and Co-Director

Joo Ha Hwang, MD, PhD
Director of Strategy

Sally Shan Li, MA
Executive Director

Country Directors

Che Hong Chen, PhD
Co-Director of China, Singapore, and Taiwan Outreach

Julieta Gabiola, MD
Director of Philippines Outreach

Joo Ha Hwang, MD, PhD
Director of Korea Outreach

Ann Hsing, MPH, PhD
Co-Director of China, Singapore, and Taiwan Outreach

Fumiakiw Ikeno, MD, PhD
Director of Japan Outreach

S.V. Mahadevan, MD
Director of South Asia Outreach

Linda Nguyen, MD
Director of Vietnam Outreach

Associate Directors

Rajesh Dash, MD, PhD
Associate Director

Sam So, MD
Associate Director

Malathi Srinivasan, MD
Associate Director
Program Directors

David Shi-Ann Chang, MD, DrPH
Director of Community Health

A. Dimitrios Colevas, MD
Director of Nasopharyngeal Cancer

Neeta Gautam, MD
Director of Integrative Medicine

Rona Hu, MD
Director of Psychiatry and Behavioral Sciences (2021 - Present)

Joo Ha Hwang, MD, PhD
Director of Gastrointestinal Cancers

Gloria Kim, MD
Director of Educational Programs

Sun Kim, MD, MS
Director of Type 2 Diabetes

Alan K. Louie, MD
Director of Psychiatry and Behavioral Sciences (2018 - 2021)

Minal Moharir, MD
Director of Nutrition

Ria Paul, MD
Director of Medicare Education and Outreach

Malathi Srinivasan, MD
Director of Wellness and Innovation

Kuldev Singh, MD, MPH
Director of Ophthalmology

Ranak Trivedi, PhD
Director of Caregiving and Social Systems

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Director of Pediatrics

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Stanford Faculty (continued)

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Shashank V. Joshi, MD
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Nancy Wang, MD
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