

21ST ANNUAL YOUTH LEADERSHIP CONFERENCE

IT STARTS WITH US TO **STOP HEP B**



STANFORD ASIAN LIVER CENTER | AUGUST 2ND-5TH 2023



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WELCOME & INTRODUCTION



MESSAGE FROM THE EXECUTIVE DIRECTOR

On behalf of the Asian Liver Center at Stanford University, it is my pleasure to welcome you to the 21st Annual Youth Leadership Conference on Asian and Pacific Islander Health. We are pleased to have 100 high school students from across the world participate in our highly selective and Congressionally-recognized program, held virtually from August 2-5, 2023.

The Youth Leadership Conference, launched by the Stanford University Asian Liver Center, has a long-standing history of empowering and educating youth by bringing together prominent speakers and leading experts from diverse fields, including medical professionals, policymakers, professors, entrepreneurs, and changemakers.

The theme of this year's Conference - **It starts with US to stop Hep B** - showcases our confidence in your ability to promote hepatitis B elimination through various strategies in the digital world that we live in today. We continue to make progress with the impact of three significant recent developments: 1) the enactment of California legislative bill, AB 789, making California the first state in the country to require primary healthcare facilities to offer their adult patients voluntary hepatitis B and C screening tests, and treatment if they test positive; 2) the US Centers for Disease Control and Prevention's recommendations for one-time hepatitis B screening of adults aged 18 years and older; and 3) universal hepatitis B vaccination for all unvaccinated adults aged 19 to 59 years. We hope all of you can use the many advantages of digital media to share this news with your different networks.

Your enthusiasm and proactiveness will help you discover new and unique ways to foster change and lead outreach and education in your own communities. By exchanging ideas with fellow participants and understanding health disparities, you will be committed to growing as a person, student, and leader for years to come.

The Team Challenge will allow you to collaborate with your peers, develop a vision and strategy to mobilize others in our efforts to eliminate hepatitis B, and gain multitudes of creative and analytical skills in order to combat the world's most significant public health threats and the leading cause of liver cancer. By doing so, you will explore various avenues for social change while also gaining invaluable experiences.

I would like to thank each of you for your efforts and participation in this conference. I hope to see you explore your capacity as leaders to find solutions to the complex challenges we face today. **It starts with US to stop hep B** and it starts with US to take action and make a difference.

Dr. Samuel So
Lui Hac Minh Professor
Professor of Surgery
Director, Asian Liver Center
Stanford University School of Medicine

ASIAN LIVER CENTER

Founded by Dr. Samuel So in 1996, the Asian Liver Center at Stanford University is the first nonprofit in the United States founded specifically to address the high incidence of hepatitis B and liver cancer in the Asian and Pacific Islander (API) community. The Asian Liver Center is dedicated to eradicating hepatitis B through a four-pronged approach of "C.A.R.E." - collaboration, advocacy, research, and education. The Asian Liver Center not only conducts outreach and advocacy efforts for hepatitis B treatment and liver cancer prevention but also implements community-based clinical research programs, serving as a resource for practitioners and the general public.

In May 2001, the Asian Liver Center launched the Jade Ribbon Campaign in the San Francisco Bay Area to spread awareness about hepatitis B and liver cancer in the Asian community. The Jade Ribbon was chosen to represent the campaign because, in many Asian cultures, jade is believed to bring longevity and good luck. Folded to resemble the Chinese character for "people," the Jade Ribbon symbolizes the spirit of the campaign to unite all people in spreading the message about hepatitis B and liver cancer.

The Jade Ribbon Campaign is a comprehensive program that employs mass media, interactive resources, and community outreach to increase awareness about this significant health disparity.

The campaign has spread across the country and the world, uniting people from as far as China, Laos, and the Philippines in the fight against hepatitis B and liver cancer. Partners of the Jade Ribbon Campaign include more than 400 groups of community organizations and federal agencies, such as the Centers for Disease Control and Prevention and the National Task Force on Hepatitis B: Focus on Asian Americans, as well as the Health Resources and Services Administration and its affiliated agencies in the U.S. Department of Health and Human Services. The Asian Liver Center has received international recognition from publications like China Newsweek and Bloomberg News for its cutting-edge liver cancer research program, which pioneers the effort to determine the molecular basis of liver cancer. Health authorities, including the U.S. Centers for Disease Control and Prevention (CDC) and the U.S. National Institutes of Health, have awarded and recognized the Asian Liver Center for changing national and global health policies related to hepatitis B.



ACKNOWLEDGEMENTS

We would like to recognize and extend our immense gratitude to our conference guests and the following individuals for their support of the Youth Leadership Conference.

We would like to express our heartfelt gratitude to all the hard-working people who made this conference possible.

2023 CONFERENCE SPEAKERS

Dr. Samuel So	Vivian Nguyen
Celine Tran	Nurse John Dela Cruz
Joel Engardio	Kashish Juneja
Ryan Liu	Colin Chu
Sophia Stoughton	Minh Nguyen

COLLEGE PANELISTS

Harrison Chou	Melody Chang
Jennifer Huynh	Zoe Lo

ASIAN LIVER CENTER STAFF

Samuel So, MD, FACS	Mehlika Toy, PhD
Nancy K. Masuda, JD	Sharon Yao, DAOM, MCS, LAc.
Jasmine Koon, BA	Hang Pham, MD, MPH

ALC 2022-2023 YEAR INTERNS

Loretta Chang	Cara Cahambing
Archit Datar	Jennifer Nguyen
Tien Tran	Dean Tran
Waiyan Cheung	Melody Chang
Angela Chau	Margaret Ngoc Nguyen

ALC SUMMER INTERNS

Alyssa Tang	Emily Hu
Simran Pandey	Jia-Yu Sung
Say Paw	

TEAM HBV COLLEGIATE ADVISORY BOARD 2022-2023

Richard Lu	Dean Tran
Jessica Chen	Cindy Qi
Whitney Chan	Harrison Chou
Alvin Chen	Joyce Lui
Andrew Kang	Vincent Sui

TEAM HBV HIGH SCHOOL ADVISORY BOARD 2022-2023

Julia Fensel	Ariana Hung
Erin Kim	Evan Woo
Tory Michaud	Simran Pandey




CODE OF CONDUCT

Please read the following carefully:

- I acknowledge and agree that the Asian Liver Center staff reserves the right to remove me from the event if the Asian Liver Center, in its sole discretion, determines that my presence or behavior creates a disruption or hinders the event or the enjoyment of the event by other attendees.
- I will not participate in any form of harassment or harassing behavior, including but not limited to offensive comments and images related to gender, age, sexual orientation, disability, physical appearance, body size, race, religion, deliberate intimidation, stalking, harassing photography or recording, and/or sustained disruption of talks or other events.
- I will not record or broadcast audio or video of any sessions.
- I will not violate the rules and regulations of the Zoom video platform.
- I will attend all workshops and general sessions.
- I will wear appropriate clothing at all times. Failure to comply with this rule will result in a request to change clothing.

I have read this Code of Conduct and will abide by it. I will follow these rules at both speaker and workshop events, as well as conference-related social events.





TECH INFO & CONFERENCE SCHEDULE

TECH INFORMATION

- Participants must have a working video camera and microphone system
- One Zoom link will be sent out, which will be active for the full duration of the conference
- All meeting times will be in PACIFIC DAYLIGHT TIME (PDT)
- Zoom Invite:

<https://stanford.zoom.us/j/95084553076?pwd=aWhFQ0R0TGtHaGQ3U0RjTFZ1eFpLZz09>

Password: 176139

Or iPhone one-tap (US Toll): +18333021536,,95084553076# or +16507249799,,95084553076#

Or Telephone:

Dial: +1 650 724 9799 (US, Canada, Caribbean Toll) or +1 833 302 1536 (US, Canada, Caribbean Toll Free)

Meeting ID: 950 8455 3076

Password: 176139

International numbers available: <https://stanford.zoom.us/j/95084553076>

Meeting ID: 950 8455 3076

Password: 176139

SIP: 95084553076@zoomcrc.com

Password: 176139





CONFERENCE AGENDA

Day 1 - Wed | August 2

<u>TIME</u>	<u>ACTIVITY</u>
10:00 AM	Introduction
10:15 AM	Meet Your Team
11:00 AM	Keynote: Dr. Samuel So
12:00 PM	Lunch
1:00 PM	Speaker: Celine Tran
1:30 PM	Team Challenge Introduction
2:00 PM	Team Activity 1
2:30 PM	Break
3:00 PM	Working Session
4:00 PM	Speaker: SF Supervisor Joel Engardio
5:00 PM	Closing

CONFERENCE AGENDA

Day 2 - Thurs | August 3

TIME

ACTIVITY

10:00 AM

Introduction

10:15 AM

Team Activity

11:00 AM

Speaker: Ryan Liu

12:00 AM

Lunch

1:00 PM

College Student Panel

2:00 PM

Break

2:30 PM

Stanford Admissions Info Session

3:30 PM

JoinJade Poetry Competition

3:50 PM

Working Session

5:00 PM

Closing



CONFERENCE AGENDA

Day 3 - Fri | August 4

TIME

9:00 AM

10:15 AM

11:15 AM

12:00 PM

1:00 PM

2:00 PM

2:10 PM

3:00 PM

5:00 PM

ACTIVITY

Speaker: Vivan Nguyen

Speaker: Nurse John Dela Cruz

Team Activity

Lunch

Speaker: Kashish Juneja

Break

Speaker: Colin Chu

Working Session

Closing



CONFERENCE AGENDA

Day 4 - Sat | August 5

<u>TIME</u>	<u>ACTIVITY</u>
10:00 AM	Introduction
10:30 AM	Final Working Session
11:30 AM	Lunch
12:00 PM	Speaker: Minh Nguyen
<i>12:30 PM</i>	<i>Team Challenge Presentations</i>
2:20 PM	Judges' Deliberation
2:30 PM	Announcement of Winner by Dr. So
	Closing remarks from Dr. So
	Closing remarks from Conference Execs
	Closing remarks from TLs & ATLs
3:00 PM	The End

3 BIOGRAPHIES



SPEAKER BIOGRAPHIES



Celine Tran

Celine Tran, also known as Jellybean Celine online, is a full-time sociology Ph.D. student and content creator. She started her TikTok in 2020 with art and food recipe videos. Since then, she has garnered 1.5 million followers on the social media platform. On her YouTube channel, Celine shares more about her Ph.D. student life, cooking, traveling, and living alone with her dog, Benny. She also loves sharing parts of her Vietnamese culture online, especially through food. Celine's goal when creating content is bringing joy and comfort to anyone watching.



SF Supervisor Joel Engardio

Supervisor Joel Engardio believes San Francisco's best days are ahead – if we are willing to address today's problems with equal doses of innovation and common sense. His focus is getting the basics right: safer streets, better schools, more housing, and vibrant small businesses. Supervisor Engardio was raised by a single mom who cleaned houses for a living in Saginaw, Michigan. She didn't have much money or education, but she taught her son how to get things done with the resources they had. Supervisor Engardio's husband Lionel Hsu was born in Taiwan. He grew up in poverty under Martial Law and became a software engineer in Silicon Valley. They have lived in their Lakeshore home since 2014 and want to make sure the next generation has access to the San Francisco dream. Supervisor Engardio moved to San Francisco in 1998 to take a job as a journalist. He wanted to advocate for people who don't feel heard. He believes San Franciscans deserve an innovative city government that is fiscally responsible, free from corruption, and fully transparent. Supervisor Engardio has won numerous journalism awards. He has worked for tech startups, public relations firms, and nonprofits including Out & Equal and the American Civil Liberties Union. He has a bachelor's degree in journalism from Michigan State University and a Master in Public Administration from the Harvard Kennedy School of Government. Supervisor Engardio served on the boards of two of San Francisco's largest political organizations: the Alice B. Toklas LGBTQ Democratic Club and the United Democratic Club. He also served as a member of the San Francisco Democratic County Central Committee. Supervisor Engardio hosts the popular "SF Politics 101" presentation each month where he educates residents about how they can be participants in creating our best San Francisco.



Ryan Liu

Ryan Liu is an attorney and nationally recognized advocate for higher education. He began his higher education journey in community college at Pasadena City College (PCC) as a low-income, first-generation college student. He graduated from PCC as valedictorian and was PCC's first transfer student to Yale in recent history. He graduated from Yale College with honors and distinction, got a Master's in Higher Education at the University of Oxford with honors, and earned his Juris Doctor from Yale Law School, where he represented veterans in litigation and chaired the student government. Ryan has worked in politics, on national campaigns, and for various policy and advocacy organizations. His writings have been featured in national publications and he's given talks and spoken on panels focused on civic engagement and higher education, including on Capitol Hill and at the Reach Higher Initiative's 2018 Beating the Odds Summit alongside former First Lady Michelle Obama. Ryan practices law at Cooley LLP, an international law firm, and is running for the school board of his alma mater, PCC. He can be reached at @ryanliu_ca on Instagram or at www.ryanliu.info.



Vivian Nguyen

Vivian Nguyen was named one of the 6 teens in the nation in "Making the World a Better Place" by Forbes Magazine in 2022. As the founder of The Formula Project 501(c)(3), and the CEO of the social justice company, Dyenosaur Apparel, she is a fervent activist for female empowerment in male-dominated fields, notably STEM and entrepreneurship. Since starting her business in the 8th grade, Vivian has used Dyenosaur Apparel to intertwine art with civic action and uplift minority communities through intersectional activism. Her girls' mentorship program strives to develop interpersonal, STEM, and career skills to provide the scaffolding undergirding girls' transition into confident female leaders. In her free time, Vivian conducts research on biometrics for wildlife conservation at the Massachusetts Institute of Technology (MIT).





Nurse John Dela Cruz

My name is John Dela Cruz, and I have been a nurse for 3 years now. I started working in Medical-Surgical Nursing specializing in Liver, Kidney, and Pancreatic Transplant. It has been my dream to do something in my life where I can be part of someone's healing and recovery to make a difference in someone's life, and nursing was the perfect profession for that dream. I worked as a nurse during the peak of the pandemic, and it taught me a lot about prioritizing myself, self-care, and mental health through my platform. It is what I advocate for through the form of entertaining and funny skits videos surrounding healthcare. I am grateful for the platform I have as a healthcare content creator, as I can show the realities nurses face around the world and still be able to nurse not just my colleagues around the world but patients and the general public through the form of smiles and laughter.



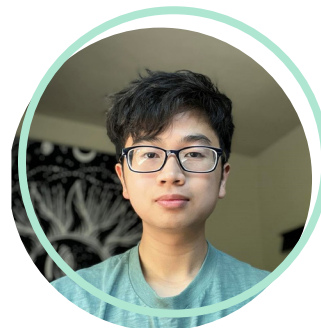
Kashish Juneja

I'm a Bay Area Nomad! I grew up in Cupertino's boba bubble, went to school in Berkeley, and opened my first boba shop in San Francisco. I got a BS from Berkeley Haas last year to open a BS (Boba Shop) without the BS (no artificial bull sh*t or blood sugar, your pick! ;)). After the entrepreneurship bug bit me working on my first startup in college and I personally gained 30+ pounds from my classic milk tea addiction, I became obsessed with finding a healthy and sustainable way of drinking boba at least 4X/week. I raised a tapioca sized fund to start my boba company, AURA (aurateacoffee.com), and opened my first flagship shop near San Francisco's Embarcadero last year. Now, I'm hustlin' to bring my zero sugar, vegan, and keto alternative to fitness and boba enthusiasts Bay Area wide with delivery and catering. I'm aiming to fundraise this year and take AURA to the next level.



Colin Chu

Colin Chu is a rising sophomore at the Nueva School. He has worked with the Asian Liver Center for over six years, including partnering for numerous public speaking events and advocacy for Assembly Bill 789. In his free time, he enjoys playing the French horn and practicing water polo.



Tien Minh Nguyen

Tien Minh Nguyen is a rising senior at Menlo Atherton High School and the Founder and President of Vietnam Team HBV. He began volunteering at Stanford's Asian Liver Center during middle school, and since then, he has actively engaged in various awareness-raising and research projects focused on hepatitis B. Driven by his commitment to create a larger impact, Tien Minh extended his advocacy to Vietnam and established a network of Team HBV high school chapters. Currently, Tien Minh is serving as a research intern at Stanford's Asian Liver Center, under the mentorship of Dr. Mehlika Toy. In this role, he is conducting a meta-analysis on delta hepatitis in Central Asia, aiming to contribute to a deeper understanding of this critical health issue. Driven by his passion for both computer science and healthcare, Tien Minh is motivated to explore inventive approaches that bridge the gap between these two fields.



STAFF BIOGRAPHIES



DR. SAMUEL SO, MD, FACS

**Executive Director, Asian Liver Center
Stanford University School of Medicine**

Dr. So is a graduate of the University of Hong Kong Medical School and served as a medical officer in the Hong Kong government before completing his surgical training and multi-organ transplantation fellowship at the University of Minnesota. After joining Stanford as a transplant surgeon, he founded the Asian Liver Center in 1996 to increase hepatitis B and liver cancer awareness. He launched the Jade Ribbon Campaign in 2001, and later co-founded the Hep B Free campaign in the San Francisco and Santa Clara counties in partnership with the county health departments. He also founded the nonprofit HepBmoms.org and Hong Kong Hep B Free Foundation.

Dr. So is recognized as a global and national expert in hepatitis B and liver cancer prevention, diagnosis, treatment, and education and serves in various World Health Organization committees to help develop national and global viral hepatitis elimination plans program evaluation. He is a member of the CDC/HRSA Advisory Committee on HIV, Viral Hepatitis, STD Prevention and Treatment. He served as a committee member of the Institute of Medicine report on hepatitis and liver cancer and the recent National Academy of Sciences, Engineering, and Medicine on a national strategy for the elimination of hepatitis B and C in the United States. His bench research interest focuses on the discovery of new liver cancer molecular markers and targets and translating them into novel approaches for early detection and the development of more effective treatments. He is the author or co-author of over 200 scientific publications.

Dr. So is the recipient of numerous awards including the Outstanding American by Choice Award from the Citizenship and Immigration Services, the Centers for Disease Control and Prevention Honor Awards in 2010 for mobilizing people and resources in ways that have changed global public health policies related to hepatitis B, and the Asia Game Changer West Award from the Asia Society in 2019. In 2014, he was recognized by the White House for global and national leadership in the prevention and treatment of viral hepatitis.



SHARON YAO, DAOM, MCS, LAc.

Office Manager, Asian Liver Center
Stanford University School of Medicine

Sharon Yao is the Officer Manager at the Asian Liver Center at Stanford University. After working at one of the largest non-profit organizations for educational, social, and community services for Asian-Americans for 7 years in New York City, she joined the Asian Liver Center in 2002. She supervises the Asian Liver Center staff and interns. She manages the financial accounts for the entire Asian Liver Center and all the accounting issues. She oversees the Asian Liver Center outreach events and analyzes activities at the Asian Liver Center at Peking University. She serves as a liaison between the Asian Liver Center and its various partners in research, clinic, media, community, and government. She also acts as a resource to provide information on liver disease and liver cancer via the Asian Liver Center's hotline, using English, Mandarin, and Cantonese. Sharon holds a Bachelor of Science from Jinan University, China, a Master of Computer Science from City College of New York, and a Doctor of Acupuncture and Oriental Medicine from Five Branches University. Sharon is also a Licensed Acupuncturist.





NANCY K. MASUDA, JD

**Associate Director of Strategic Partnerships, Asian Liver Center
Stanford University School of Medicine**

Nancy K. Masuda is responsible for leading high impact partnerships in support of ALC's mission, and directing the development and execution of strategic communications. Nancy also leads the ALC interns and oversees the planning of the Youth Leadership Conference. Recently, she led efforts with Dr. So on the passing of the monumental bill, AB 789. Nancy is a lawyer by training, whose experience spans across public, private, and nonprofit sectors, focusing on healthcare policy, compliance and government relations. Nancy served as the advisor to the Chief Compliance Officer of Kaiser Permanente, and has led campaign efforts on behalf of elected officials, such as now San Francisco City Attorney David Chiu. Nancy is especially committed to women's and girls' empowerment and served on the former Board of the FRIENDS, San Francisco Commission on the Status of Women. Nancy holds a BA from UC Berkeley and a JD from the University of Denver. Nancy is also an alumna of Coro Northern California, a civic leadership training organization that equips diverse leaders to collaborate and accelerate positive change.



JASMINE KOON, BA

**Graphic Designer, Asian Liver Center
Stanford University School of Medicine**

Jasmine Koon is a graphic designer at the Asian Liver Center at Stanford University. She has 10 years of experience in the design field, specializing in product design, branding, advertising, interactive design, and retail visual marketing. As a graphic designer, she has worked as a part of a large team as well as individually with various organizations on logos, business cards, letterheads, posters, brochures, and other marketing collateral. She has worked within the graphic design sphere for a variety of companies in Malaysia, Singapore, United Kingdom, and the United States. Jasmine has a Bachelor's Degree in Arts (Multimedia) from Curtin University in Perth, Australia.



HANG PHAM, MD, MPH

**Research Professional, Asian Liver Center
Stanford University School of Medicine**

Dr. Pham has 19 years of experience in community health and infectious diseases. She obtained a Master of Public Health Degree from London School of Hygiene and Tropical Medicine in 2002. She worked at US Center for Disease Control and Prevention as a Viral Hepatitis and HIV Specialist before joining Asian Liver Center in 2015. Dr. Pham is currently working on developing online training courses for health professionals on hepatitis prevention and management. She also leads the community outreach program to raise awareness of the Vietnamese community on hepatitis B and liver cancer in the Bay Area.



MEHLIKA TOY, PHD

**Instructor, Asian Liver Center
Stanford University School of Medicine**

Mehlika Toy, Ph.D., is an instructor at the Asian Liver Center at Stanford School of Medicine. Her research focuses on developing decision models, assessments of potential impact, and cost-effectiveness analyses on chronic hepatitis B infection management. She has developed decision models to help policymaking in the Netherlands, Turkey, China, and the United States and is continuing to develop models to help countries with their national policies on chronic hepatitis B infection control. Dr. Toy completed her Ph.D. in Public Health at Erasmus University and was a Takemi Fellow in International Health at Harvard University. She serves as a member of the World Health Organization's Strategic Information and Viral Hepatitis Modeling Reference Group.





YOUTH LEADERSHIP CONFERENCE EXECUTIVES

Hello everyone!

Welcome to the 21st Annual Youth Leadership Conference on Asian and Pacific Islander Health!

When we attended our first-ever YLC, we were amazed by the boundless opportunities we were exposed to, the depth of knowledge we gained, and the tons of friends we made. We hope to make this experience a special one for all of you so that you can experience the community that YLC fosters.

During your time here, you will gain experience in leadership, communication, and advocacy. You will learn to speak up for not just yourself, but for the tons of people affected by one of the largest global health disparities, namely hepatitis B. You will hear from leaders in various fields, ranging from public health and media to technology and government. We hope this conference will serve as an inspiration to you and empower you in so many ways.

This year, we want to focus on technology and digital media, specifically the way they can act as catalysts in our fight against hepatitis B. Your team challenge will focus on this theme, and we hope you're able to truly immerse yourself in understanding how modern technology can be used to find modern solutions.

While this conference places a large focus on public health issues within the Asian American and Pacific Islander community, we can assure you that the skills you learn over the next few days will be ones you can use and apply for the rest of your life, no matter which field you choose to go into.

We understand and applaud how much you have contributed to our progress over the past year, and we hope to one day meet all of you in person. We know that you have the power to create change and achieve things beyond greatness. We are incredibly excited to join you for this week of education, leadership, advocacy, growth, and fun.

Wishing you the best,

Alyssa Tang & Simran Pandey

2023 Youth Leadership Conference Executives

YOUTH LEADERSHIP CONFERENCE EXECUTIVES



Alyssa Tang

I'm Alyssa Tang, and I will be a first year at the University of Pennsylvania (UPenn). Attending YLC in 2019 opened my eyes to the importance of spreading awareness for hepatitis B. The conference inspired me to not only join TeamHBV and the efforts to pass AB 789, but also to start a global health organization to connect youth to advocate for health issues. As a 2023 JoinJade ambassador, I had the privilege of interviewing Dr. Samuel So for a podcast episode. I'm excited to be an intern this summer to collaborate on hosting YLC 2023 and providing an invaluable experience for the next generation of high school students.



Simran Pandey

I'm Simran Pandey, and I'm a rising freshman at Duke University, intending to major in Public Policy and Global Health. Ever since attending my first YLC in 2019, I have become passionate about spreading awareness about hepatitis B and advocating for the AAPI community. As a Youth Outreach and YLC Intern at the Asian Liver Center, I have enjoyed planning and organizing this year's conference to hopefully empower more students to become public health advocates. In my free time, you can find me reading, spending time with my friends and family, or listening to Taylor Swift.





TEAM LEADERS



Austin Nguyen

Hi, my name is Austin Nguyen, and I am an incoming 2+3 Pre-Pharmacy freshman at the University of the Pacific in Stockton, California. I attended YLC in 2021, and I am super excited to come back as a Team Lead this year. A fun fact is that I collect rare succulents. To name a couple, I have *Myrtillocactus geometrizans* cv. *Fukurokuryuzinboku* and *Cotyledon orbiculata* cv. *Variegata*. I hope to be like a pharm-ily with my future team and grow as leaders together!



Emily Hu

Hi, I'm Emily Hu! I attend Washington University in St. Louis (WashU) and am studying communication design with minors in psychology and human-computer interaction. I'm a graphic design intern at ALC this summer and I work on print and web-based projects to promote awareness, facilitate corporate communications, and support ALC events. I'm looking forward to working with everyone!



Evan Woo

Hi, I'm Evan! I'm an incoming freshman at UC Berkeley. I am interested in attending the YLC Conference because I want to learn and be inspired by health professionals and AAPI figures who are helping advocate for the AAPI community! I am also looking forward to meeting new people and developing projects to help Team HBV. In my free time, I like to hang out with family and friends, read, watch Studio Ghibli films, and run! Looking forward to having a great 2023 YLC with everyone!!



Jia-Yu (Trinity) Sung

Hey! I'm Jia-Yu Sung, but I also go by Trinity, and I'm a rising fourth year at Cal Poly San Luis Obispo studying Architecture and minoring in City Regional Planning. I'm also a graphic design intern this summer working to spread and communicate the ALC's message to the world, and I look forward to seeing all of the interns' hard work come to realization at YLC this year! In my free time I compete in table tennis, dance any chance I get, enjoy running, and dream about going to Taiwan to visit family. Super hyped to see everyone on Zoom for YLC 2023!



Marco Esteban

Hey! I am Marco Esteban, a rising sophomore at the University of California, Irvine. As this is my 3rd Youth Leadership Conference, I am more than excited to meet the bright new individuals of this year's conference. My parents are from the Philippines, which has been heavily affected by hepatitis B. To me, this conference would mean spreading awareness to all parts of Southeast Asia and beyond. Outside of YLC, I love to play volleyball and cook. I am more than excited to continue to spread the mission of the Asian Liver Center!



Patrick Ting

Hi! My name is Patrick Ting and I'm a rising freshman at Johns Hopkins University. I'm interested in attending the YLC 2023 because I believe that hepatitis B is a real issue that affects hundreds of thousands of individuals every year. This conference, in my opinion, is one of the many steps needed to be taken in order to combat misinformation and the lack of reliable info about the disease. Additionally, I've engaged with YLC every year since 2020 and I enjoyed being apart of the group each time. In my free time I enjoy playing and listening to music, video production, and working out!





Pooja Datir

Hello! My name is Pooja Datir. I am a freshman student at New Jersey Institute of Technology (NJIT). I was a former YLC participant, and I absolutely loved my experience! My interest in medicine and making a positive impact on the world has only grown since then, and I believe that becoming a Team Lead for the YLC would be the perfect way to combine these passions. I love to volunteer to serve the underprivileged, research, write literary papers, and try my best to leave every place at least a little better than I found it! My hobbies include Kathak (a form of classical Indian dance), Tae-Kwon-Do (a form of Korean martial arts), and cooking. I am so excited to be a Team Lead for the YLC, and I can't wait to get started!



Rohit Datir

Hello! My name is Rohit Datir, and I am a freshman student at New Jersey Institute of Technology (NJIT). A few years ago, I was a YLC participant, and the experience was profoundly impactful. My Team Lead was wonderful, and I want to provide the same meaningful experience for the incoming YLC students. I aim to become a doctor, and I am passionate about medicine and bettering the world. I am a regular volunteer, and I am deeply interested in research relating to healthcare and medicine. My hobbies include Tae-Kwon-Do (a Korean form of martial arts), reading, and baking. I look forward to being a Team Leader for the YLC!



Say Paw

Hi! My name is Say Paw, and I am a rising sophomore at Stanford University. I'm very excited about the opportunity to participate in the 21st annual YLC as hepatitis B is a significant issue that needs to be addressed. Therefore, I'd like to utilize this conference to educate others who are curious and have never heard of hepatitis B. In my spare time, I enjoy watching K-dramas, listening to K-pop music, and playing volleyball!



Sriya Sai Pushpa Datla

Hello, my name is Sriya Datla! I am a rising senior at El Camino Real Charter High School. I am so excited to meet new people this year who have a shared interest of public health and a passion for spreading awareness about hepatitis B. I love exploring the intersection between public health and policy to reduce the stigma surrounding mental health in underserved communities. In my free time, you can find me at my Taekwondo studio as a 3rd Degree Black Belt!

ASSISTANT TEAM LEADERS



Amperly Hom

Hi! My name is Amperly Hom and I'm a rising sophomore at San Mateo High School! I am thrilled to be back and help others work together as a team. In school, I'm involved in student council, mock trial, and team sports such as tennis and badminton! Some of my hobbies are experimenting with food, traveling with my family, and hanging out with friends.



Anishka William

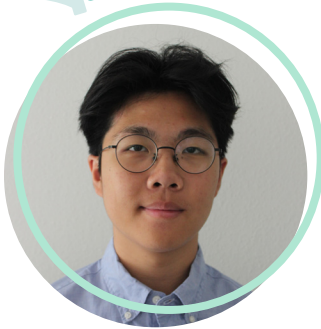
Hi! My name is Anishka William I'm going to be a junior this fall at Foothill High School. I am so excited to be a part of the conference, and I look forward to meeting new people! In my free time I love going shopping and spending time with my friends.



Celeste Wang

Hi! I'm Celeste, and I'm a rising senior at Crystal Springs Uplands School. I'm so excited to attend my third conference at the Asian Liver Center, as I love being able to meet new people and think creatively about ways we can influence our community. On cloudy days, you can find me in a local coffee shop doing crossword puzzles and drinking overpriced lattes. On warmer days, I love going to farmers markets, working face painting gigs, and sketching outside.





Daniel Bang

Hello, I'm Daniel Bang and I'm a senior at Loyola High School. I attended this conference and decided to continue working with YLC because cancer is something that has affected my family, and this conference also works to spread awareness about cancer's impact on Asian communities that I am a part of. I am a 3rd degree black belt and spend a lot of my time watching baseball and football.



Diana Nguyen

Hello! My name is Diana Nguyen and I am a rising junior at Oxford Academy in Orange County, California. I participated in last year's Youth Leadership Conference and was really inspired by everyone's shared passion for hepatitis B awareness. One of my favorite activities includes taekwondo, and I am currently an assistant instructor after 5 years of training. I also enjoy going to the gym, spending time with my family and friends, and watching the sunset at the beach. I am so excited to work with you all as an Assistant Team Leader this year and hope that YLC is as impactful for you as it was for me!



Hillary Gonzalez

Hi there! My name is Hillary Yi-Ang Gonzalez and I am a rising junior at Saratoga High School in California. I am super excited to attend this year's conference because I truly think my life changed after attending last year's Youth Leadership Conference. Last year I was given the honor to work with amazing team members, learn from incredible guest speakers, and really discover who I am. I hope to bestow this feeling upon incoming attendees as an ATL! Some of my favorite activities I am involved in include playing the tuba in marching band, playing varsity soccer and track & field, and tutoring English to kids in Japan, China, and Mexico.



Lena (Kai) Nguyen

Hi! My name is Lena Nguyen, but I prefer to go by Kai. I am currently attending Oxford Academy in Cypress as a rising junior. I was given an opportunity during my freshmen year to participate in this very same Youth Leadership Conference, and I really loved the environment where everyone was in it for the same cause. I had so much fun bonding with everyone, so I just had to attend again! I can't wait to meet you all. Some of my hobbies are traveling with my loved ones, such as friends and family. I also really love playing games, collecting Smiskis, going to the beach, and decorating accessories. I think arts and crafts can be very therapeutic and relaxing. I am so excited to be an Assistant Team Leader this year and work alongside you all!



Ruoshui Hu

Hi everyone! My name is Ruoshui Hu (I go by Mei-Mei~) and I'm currently a rising senior at Monte Vista High School in Danville, California. I am a two-time participant of YLC and found the experience so rewarding and insightful each time. I also have a personal connection to the cause of combatting hep B and liver cancer. Earlier this year, I lost someone very dear to me to liver cancer. Since the last conference, I have utilized the YLC as a platform to jump start my own initiative in my community raising awareness and helping AAPI immigrants gain access to vaccination and healthcare through eradicating language barriers. In my free time I love bingeing shows (I recently finished the entire series of Breaking Bad) as well as sharing the joy of music through the piano and going on boba dates with my friends. Please let me know if you also enjoy hotpot (we would have so much to talk about) and I look forward to another great YLC!



Seoyun Kim

Hey everyone! My name is Seoyun Kim, and I go by Yuni. I am a rising senior at Dublin High School! Some random hobbies I have include exploring different makeup styles, building legos, and curating specific Spotify playlists depending on every mood. I cannot wait to attend the 2023 Youth Leadership Conference and learn more about HBV, public health and education, while meeting many other individuals also interested in spreading awareness for such important social and health topics.



Vit Do

Hi, I'm Vit and I'm a rising junior at Palo Alto Senior High School. I was an attendee at the 2022 YLC, and I'm so excited to participate as an ATL this year! In terms of activities, I'm an officer on my school's varsity dance team and enjoy crocheting in my free time.



SPEAKER PRESENTATIONS



TEAM HBV WORKSHOP

YLC 2022

#JOINJADE
STOP
HEP B
STOP
LIVER
CANCER

WHAT IS TEAM HBV

ASIAN LIVER CENTER
at Stanford University

Team HBV is a program spearheaded by the Stanford Asian Liver Center that seeks to raise awareness about hepatitis B, lower the stigma surrounding it, and increase rates of testing and screening.



The ALC
Youth
Branch

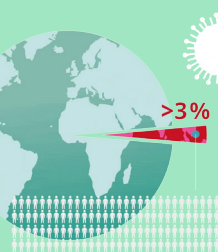
High School
&
Collegiate Chapters

Educational
Outreach Through
Events and
Campaigns

Providing Ethnic-
Sensitive Health
Information



Why Youth Outreach through Team HBV?



Despite HBV being a vaccine-preventable disease, more than 3 % of the world population is infected with the hepatitis B virus, which is more than **250 million people**.

As the future generation, people **care** about what we say.
Generate impact by starting locally. Save lives. **#JoinJade**.



HSAB

TEAM HBV
HIGH SCHOOL
ADVISORY BOARD



- **Supports** Team HBV HS Chapters internationally
- **Coordinates** international & regional projects (High School Conference)
- **Collaborates** with the ALC
- We're here for you!!!

Email us at

chair.hsboard@teamhbv.org

OUTREACH WHAT DO WE DO?



- Chinese New Year Parade
- Awareness Projects
- Walkathons
- Clinic/Hospital Outreach
- Social Media Outreach
- And much more...



OUTREACH WHAT DO WE DO?



Fundraising

- Phone Charms
- Cake Pops
- Collabs with local business [boba shops]

Awareness

- Lunar New Year Festival
- Short Film/ Animation
- flyers & posters





OC OUTREACH COMMITTEES

- International Awareness
- Newsletter
- Chapter Engagement
- Social Media

- Student-run team (~10)
 - Collaborative Awareness efforts & projects
- For those wanting greater involvement in Team HBV and the #JoinJade movement.

Look Out for Application Details
SEP. - EARLY OCT.

Applications will be sent out via email by the **High School Board**, as well as all Team HBV Club Officers.

For more information email:
chair.hsboard@teamhbv.org



INTERNATIONAL AWARENESS

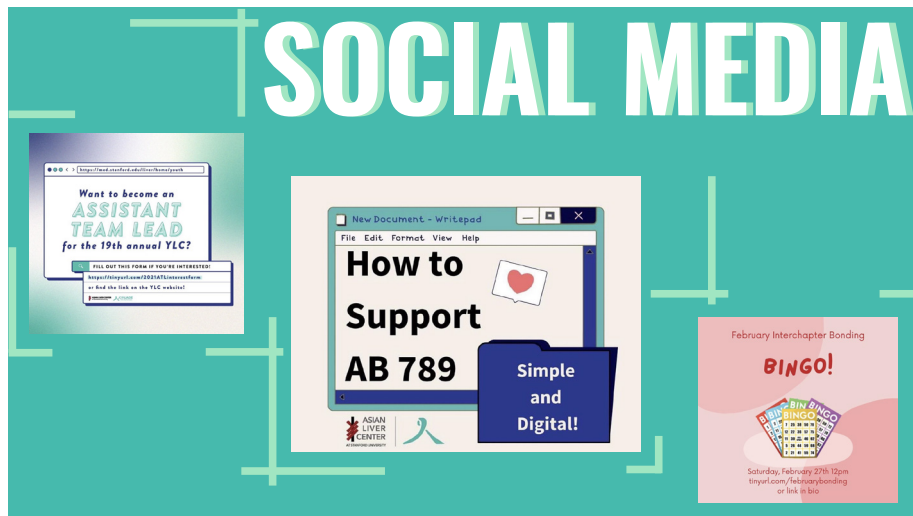
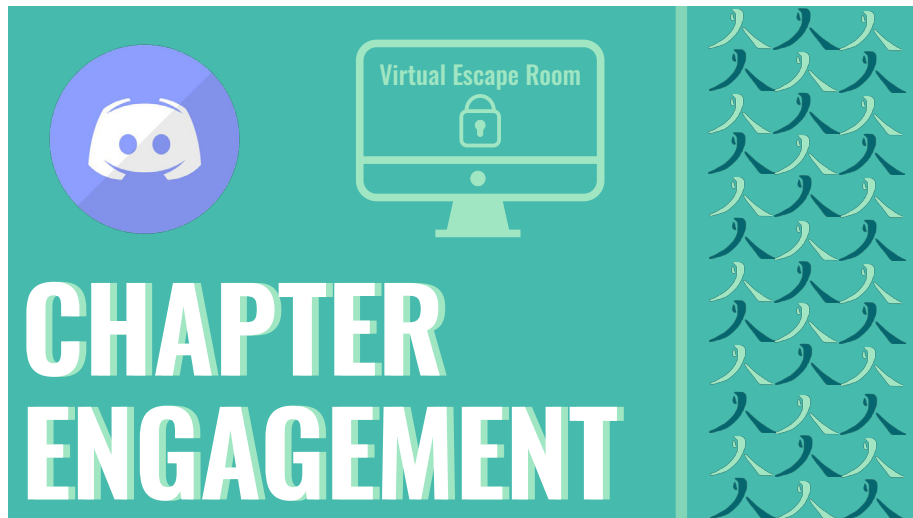
2019 Trip to Hong Kong
Summer Outreach Trip



NEWSLETTER

OUTREACH







STEP 1:

Why Should I Care?

1/12 Asian Pacific Islander
have the life-threatening disease

Leading cause of Liver Cancer
chronic hepatitis B causes 60-80% of liver cancer cases worldwide

Hepatitis B is a Silent Killer
there are often no symptoms until it is too late, as such a majority of people are unaware of their diagnosis

Social Stigma
is widespread due to a lack of knowledge, often regarding transmission

STEP 2:

Register Your Chapter

1. Find passionate officers
2. Gain club approval by school
3. Contact chair.hsboard@teamhbv.org
4. Request a free starter kit*

Starter Kit Form: teamhbv.org/materials-order-form/
-> confirm to mienas@stanford.edu after completing the form

STEP 3:

Publicize

Meeting Times

- Set Weekly or Bi-Weekly Meeting Times

Elections

- End of school year

Club Fairs

- Reserve a booth!
- Give things out! (Starter Kit)

Social Media

- Facebook, Instagram, Twitter, Snapchat, Website

Educate

- Give workshops
- Host guest speakers

STEP 4:

Make A Difference

Local Awareness Projects

- Art Murals
- Parades & Festivals



Educational Workshops

- About hepatitis B
- Guest speakers



Fundraisers

- Restaurant & Café partnerships
- Bake sales
- Runs



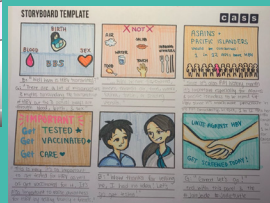
AND MORE!!

For outreach **assistance & ideas**, feel free to contact:

chair.hsboard@teamhbv.org

STEP 4:

Make A Difference



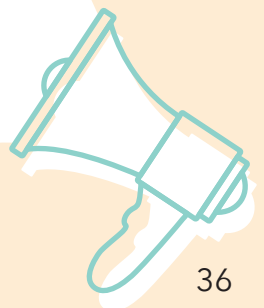
QUESTIONS?

Instagram: [@teamhbv.hs](https://www.instagram.com/teamhbv.hs)

Contact us at: chair.hsboard@teamhbv.org

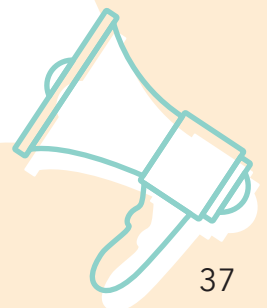
SPEAKER NOTES

Dr. Samuel So



SPEAKER NOTES

Celine Tran



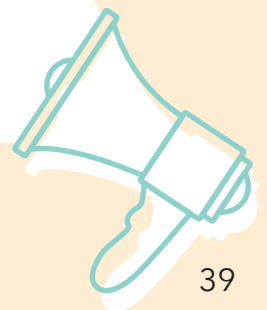
SPEAKER NOTES

Supervisor Joel Engardio



SPEAKER NOTES

Ryan Liu



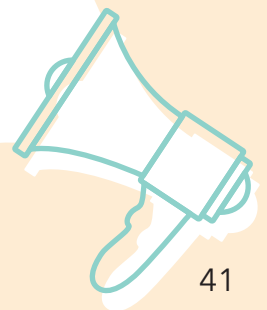
SPEAKER NOTES

Stanford Admissions Officer | Sophia Stoughton



SPEAKER NOTES

Vivian Nguyen



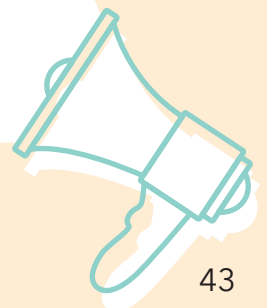
SPEAKER NOTES

Nurse John Dela Cruz



SPEAKER NOTES

Kashish Juneja



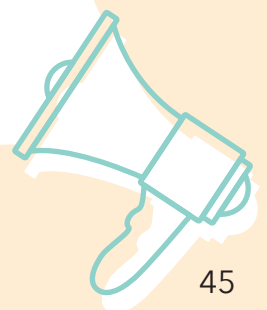
SPEAKER NOTES

Colin Chu



SPEAKER NOTES

Minh Nguyen



A large, light blue, textured number '5' that serves as a background for the text.

5 TEAM CHALLENGE



2023 TEAM CHALLENGE

BACKGROUND

With the signing of bill AB 789, California is now the first state to require primary care providers to offer a voluntary one-time hepatitis B and C screening test. However, in the past, there is no secret that the importance of hepatitis B screening was largely unrecognized.

The 2023 Team Challenge is your opportunity to harness the use of technology/social media to increase hepatitis B testing! Those who get tested, diagnosed, and linked to routine care have a significantly higher chance of living a normal, healthy life.

It is important to note that a lot of people who are not aware of hep B testing and knowledge are minorities or have no easy access to healthcare, so when creating the project please be mindful of how you can reach all audiences.

PROMPT

You are a certified Asian Liver Center explorer connecting with locals, learning about their culture, and spreading awareness on hep B screening and vaccination. How would you use your knowledge of their culture and your own understanding of hep B to help the ALCs cause in eliminating hep B?

PROJECT OUTLINE

Project Title

Create a clever and appropriate name for your team project.

Purpose

Identify and state a clear purpose under the umbrella of raising awareness about the importance of getting tested. For example, will you increase testing in the Vietnamese community? Will you raise awareness amongst teenagers with parents born in China? Be as specific as possible.

Goals

Identify between 1-3 concrete goals you want to achieve through your team project.

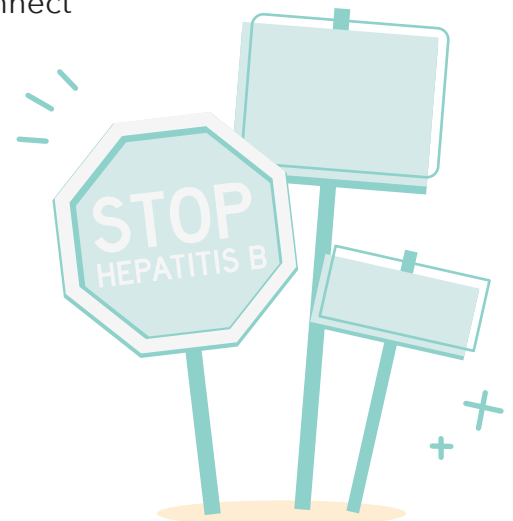
Methods

Identify concrete method(s) to achieve the aforementioned goals.

1. One component should be the use of a social media platform such as TikTok, YouTube, or Instagram to help raise awareness of hep B.
 - Each team would be designated to a specific platform and topic that they would have to address to be eventually posted on our social media accounts:
 - a. Instagram Post
 - Series of posts for various campaigns
 - Examples include: Stories, posts, highlights, faq's
 - b. YouTube
 - Informational long-form content
 - Examples include: hepatitis B rap, presentation
 - c. Twitter
 - Series of posts for various campaigns
 - e. Informational Tiktok/Reel
 - f. Fun Tiktok/Reel
 - Examples include: Creating hepatitis B content based on popular trends (Wes Anderson but hepatitis B version), each team member could take a clip and put all the clips together with transitions.
 - Creating content should also include consideration for the type of community it is targeting, how it would target it, etc.
 - Teams could create posts with important hepatitis B information for the public. They could be fun, like medical school parodies or jingles, to better connect with current generations. They could also be more professional to connect with older generations.
2. Second component includes a budget and creating something that ties into Asian cultures to help promote hep B and liver cancer. All ideas should be feasible and budget friendly; we want to implement these ideas in real life!

Examples:

- Painted murals
- Tea bags with JoinJade
- Participate in cultural activities
 - e.g. Chinese New Year parade/night market





PROJECT REQUIREMENTS

- Your method must be associated with the brand “JoinJade.”
- You must enlist one external partner (a business, public agency, social media influencer, etc.) The Asian Liver Center cannot be considered a partner for this challenge.
- Each of your team members must play an active role in the development of your project.
- The media or technology type must be specified.
- A budget must be proposed.
- The project must be well-rehearsed and include creative props, music, and other necessities.
- The project must have a clear timeline: indicate when you would execute the proposal and expected results such as people impacted or personal goals your team wishes to reach by various time benchmarks.
- The method must have a clear purpose and convey a specific message that contributes to raising awareness about hepatitis B. How will it address the disparities regarding hepatitis B prevalence among ethnic groups?
- The project must specify the target population and the people impacted by the method. You must specify quantitative goals (i.e. number of people reached through your proposal) and how you’ll reach them.
- The total presentation time from start to finish cannot exceed 10 minutes and must be at least 8 minutes.
- In short, your project proposal must include the following:
 - Initiative Title
 - Purpose
 - Projected Outcomes
 - Budget
 - Point of Contact
 - Goals and Objectives
 - Resources Needed
 - Timeline of execution

Treat your 8-10 minute presentation as an elevator pitch for your promotional strategy. Why should your method be chosen to execute? How will it address the disparities regarding hepatitis B prevalence among ethnic groups? Remember, be creative and

BASICS OF PROJECT MANAGEMENT

Project management is an integral part of the success of every endeavor, no matter how big or small! Use this worksheet to help organize your project and plan the implementation of your event.

Project Title:

Let your creativity shine and give a clever and appropriate name for your project!

Point of Contact:

This is where you include the primary contact information for your project: name, email address, and phone number. This person will take responsibility for external communications regarding your project.

Purpose:

Identify and state a clear purpose under the overarching goal of raising awareness about the importance of getting tested. For example, will you increase testing in the Vietnamese community? Will you raise awareness amongst teenagers with parents born in China? Be as specific as possible.

Goals and Objectives:

What are the specific goals and objectives for your project? What is the message you are hoping to convey? How will your method reach your target audience? Be as specific as possible.

Projected Outcomes:

What are the outcomes of your project? What will happen as a result of your project?

Resources Needed:

What are the resources, both material and human, you need for the event(s)?

Budget:

Include a preliminary budget, even if the things you need do not cost money.

Item	Unit Price	Quantity	Price	Notes	Vendor
Posters	\$0.00	30	\$0.00	ALC printer	
Tape	\$2.99	10	\$29.90	Painter's tape!	Staples
Sound Equipment	\$1700.00	1	\$1700.00		Peninsula Party
Sandwiches	\$4.50	150	\$675.00	100 ham, 50 veggie	Subway
Venue	\$1000.00	1	\$1000.00		Public Library

Total: **\$3404.90**

**Estimated Timeline:**

Give a timeline for your project, from start to finish. Be as specific as possible and include dates.

Links to Support Documents/Folders:

Include any relevant website links, in addition to a directory of which document is found in which folder.

PLANNING AND BRAINSTORMING

- When brainstorming, please consider the following questions:
- **Overview** - What is your method's message?
- **Purpose** - What are your reasons for choosing this form of outreach? What is your goal? Do you aim to educate, screen, etc.?
- **Who** - Who is your target audience? I.e. if you choose an ethnic group, do some research on your ethnic group to learn more about their traditions!
- **How** - How will you engage your target population?
- **Unique attributes** - What attributes does your method have that will make it stand out?
- **Feasibility and Viability** - Can your campaign actually be implemented by the Asian Liver Center? Will it be sustainable over time? (Hint: Take a look at some of the Asian Liver Center's past work!)

TEAM CHALLENGE PRESENTATION

- The presentations will happen during the closing ceremony on Day 4.
- Each team will have 10 minutes to present.
- ALC staff will announce the winners after.
- Please submit your final presentation to youthleadership@stanford.edu by 12:00 PM PST on Saturday, August 5, 2023.
- Points will be deducted for late entries.

Your project will be judged on the following criteria, not in any particular order:

1. **Creativity and Originality:** Your proposal should pique our interest. You need to demonstrate how your method would draw your target audience in. Use your imagination and be creative!
2. **Feasibility and Viability:** Your method will be judged based on relevance and how simple it is to reach a large audience.
3. **Speaking Performance:** We are looking for confidence, enthusiasm, and professionalism.
4. **Overall Quality:** We will be judging how effective/persuasive your overall presentation is. The presentation should be organized and coherent in order to impress your target audience.

HEP B BASICS

ASIAN LIVER CENTER
at Stanford University

Spearheading the fight to eliminate chronic viral hepatitis and liver cancer

Hepatitis B Basics

WHAT YOU NEED TO KNOW

liver.stanford.edu STOP HEP B STOP LIVER CANCER

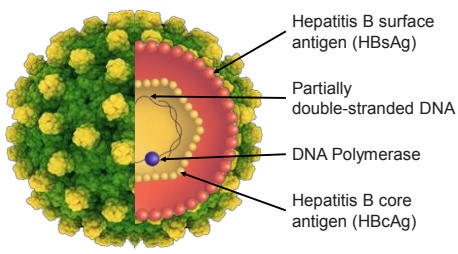
A Healthy Liver

- Major role in metabolism and detoxification
- Fights against infections and controls bleeding



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Hepatitis B Infection is Caused by the Hepatitis B Virus (HBV)



Hepatitis B surface antigen (HBsAg)

Partially double-stranded DNA

DNA Polymerase

Hepatitis B core antigen (HBcAg)

What happens in Hepatitis B infection?

- When the body has no immunity to HBV and fails to clear the virus, HBV enter liver cells to replicate and release more virus to infect other liver cells
- Hepatitis with liver damage and inflammation is caused by the immune system triggered to attack the infected liver cells. HBV itself does not kill the liver cells.
- If the immune system does not destroy the infected liver cells, it could result in a chronic (life-long) infection that could lead to liver cancer and liver damage resulting in fibrosis and cirrhosis.

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Hepatitis B is a major public health problem in the world

- A major cause of death from liver cancer and liver cirrhosis worldwide
- Takes 820,000 – 900,000 lives each year
- 7.5X more common and 100X more infectious than HIV
- "A silent killer"

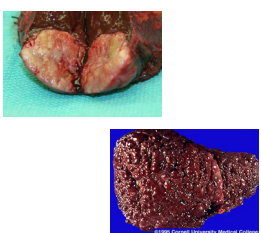
ASIAN LIVER CENTER at Stanford University STOP HEP B STOP LIVER CANCER Stanford MEDICINE

CHRONIC Hepatitis B is...

A life-long disease.
Once infected there is **NO** cure.

It can cause:

- Liver cancer
- Liver cirrhosis (scarring of the liver)
- Liver failure
- And ultimately, premature death



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Even if you feel perfectly healthy...

- You could still be chronically infected with HBV
- Most people with chronic HBV infection have no symptoms
- Blood tests for liver enzymes can be normal



Chronic HBV infection:
A Silent Killer in API Community

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STOP HEP B STOP LIVER CANCER



Who does HBV affect?

1/3 of the world's population has been infected at one point in time.

That's **2 billion** people!

296 million people in the world in 2019 are living with chronic hepatitis B.

That is **1 in 27** people!

Compare this to the 38 million with HIV/AIDS.

Without appropriate monitoring or treatment,

1 in 4 with chronic hepatitis B will die of liver cancer or liver disease.

This leads to **1-2** deaths every **minute**...

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Transmission

Hepatitis B is spread through (BBS)...

Birth

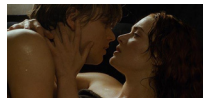


Newborns and young children are most likely to develop chronic (life-long) infection if they become infected

Blood



Sex

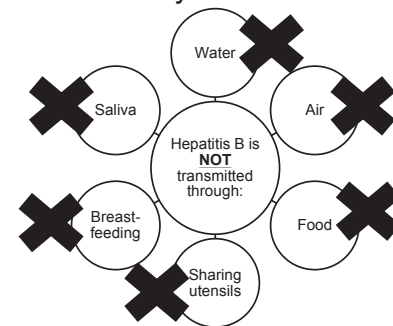


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Transmission Myths



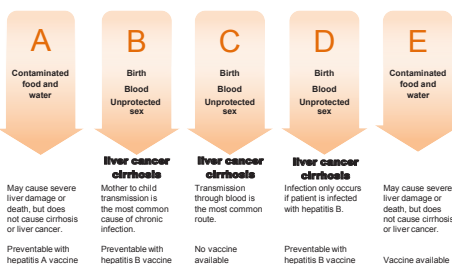
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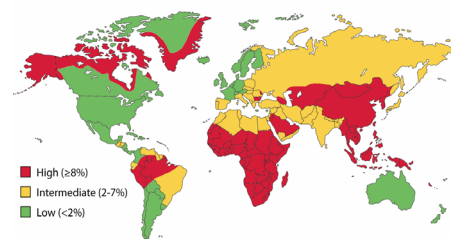
MODULE 2
Types of Viral Hepatitis and Transmission Routes, Hepatitis B Facts, Diagnosis, and Immunization

Types of Viral Hepatitis



Why should Asians & Pacific Islanders be concerned?

Geographic Distribution of Chronic HBV Infection



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Asian & Pacific Islander Population

HBV is the greatest health disparity between API and general population.

1 in 12 APIs is chronically infected with HBV,
compared to 1 in 1,000 for Caucasian Americans.



2 million affected in the United States
1 in 20 Korean-Americans
1 in 10 Chinese-Americans
1 in 8 Vietnamese-Americans

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UNITE AGAINST HEPATITIS B: WHAT YOU CAN DO



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STOP HEP B STOP LIVER CANCER



Get Tested!

- Simple blood test
- Hepatitis B surface antigen test (HBsAg)
 - Positive (+): has chronic hepatitis B
 - Negative (-): does not have hepatitis B
- Hepatitis B surface antibody test (anti-HBs)
 - Positive (+): has immunity
 - Negative (-): does not have immunity



"Silent Killer"



Remember, chronic hepatitis B usually **DOES NOT**
have any symptoms until it is too late.

Get tested today!

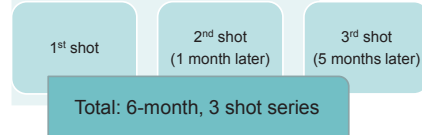
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STOP HEP B STOP LIVER CANCER



Get Vaccinated!

- CDC and WHO recommend all newborns receive the first dose of the hepatitis B vaccine within 24 hours after birth and complete the 3-dose vaccine series
- If you are:
Hepatitis B surface antigen (-) & hepatitis B surface antibody (-), then you are susceptible and should get the vaccine
 - The first "anti-cancer" vaccine - WHO
 - Confers life-long protection "3 for life"



Adults can also get a two-shot vaccine given one month apart

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STOP HEP B STOP LIVER CANCER



Get Care!

- If you have chronic hepatitis B:
 - There is currently no cure, but life-long monitoring for liver damage and liver cancer can save your life
 - Not everyone needs to be on antiviral treatment
 - If you develop liver damage or liver cirrhosis, antiviral treatment is as simple as a pill a day and will prevent disease progression and minimized the risk of death from liver cancer and liver disease.
 - Important regular check-ups:
 - ALT for liver damage and AFP for liver cancer, every 6 months
 - Ultrasound for liver cancer detection, every 6-12 months
 - Can live a long and healthy life with appropriate monitoring and treatment

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Protect Your Liver

- If you have chronic hepatitis B, you should also:
 - Avoid drinking alcohol
 - Get the hepatitis A vaccination



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STOP HEP B STOP LIVER CANCER



Protect Your Family

- Spread the word!
- Make sure family members are tested and vaccinated
- Expecting mothers can protect their newborns by making sure that their doctors administer to their newborns the necessary shots!



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STOP HEP B STOP LIVER CANCER



Pregnant women with chronic hepatitis B can protect their babies from becoming infected

- Their newborns should be given two shots as soon as possible and within 12 hours after birth to prevent mother-to-child transmission:
 - The first shot of the 3-shot hepatitis B vaccine, AND
 - HBIG (hepatitis B immunoglobulin) shot, And
 - Complete the 3 shot hepatitis B vaccine on schedule
- Pregnant women with high viral count are recommended to receive tenofovir (antiviral drug) in the last 3 months of pregnancy to further eliminate the risk of mother-to-child transmission



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STOP HEP B STOP LIVER CANCER



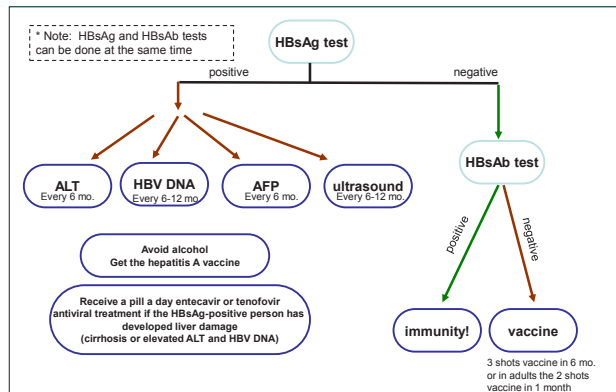
People chronically infected with HBV should...

Get regular testing for liver cancer and liver damage

Test	Screens For:	Frequency of Test
ALT blood test (alanine aminotransferase)	Liver damage	Every 6 months
HBV DNA blood test	Viral activity	Every 6-12 months
AFP blood test (alpha-fetoprotein)	Liver cancer	Every 6 months
Ultrasound of the liver	Liver cancer	Every year

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STOP HEP B STOP LIVER CANCER



#JOINJADE



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STOP HEP B STOP LIVER CANCER



FACT SHEET

- Chinese Americans are the largest Asian origin group in the U.S., making up 23% of the Asian population, or 5.4 million people.
 - The U.S. Asian population is projected to reach 46 million by 2060.
 - Almost half of U.S. Asians (45%) live in the West, with 30% living in California.
 - Asian Americans are projected to be the nation's largest immigrant group by the middle of the century.
- Six origin groups – Chinese, Indian, Filipino, Vietnamese, Korean, and Japanese – accounted for 85% of all Asian Americans as of 2019.
 - A third of Japanese Americans are multiracial (non-Hispanic), by far the highest share among the six largest Asian origin groups.
- The single-race, non-Hispanic segment of the U.S. Asian population makes up a large majority (83%) of all Asians in the country.
 - Multiracial and Hispanic Asians comprise 14% and 3% of the Asian population in the U.S., respectively.
- People from Asia made up about 14% of the 10.5 million unauthorized immigrants in the U.S. in 2017.
 - Around six-in-ten Asian Americans (57%), including 71% of Asian American adults, were born in another country.
 - About a quarter of Asian Americans (27%) live in multigenerational households.
- U.S.-born Asians are substantially younger than the rest of the Asian American population. Hmong,
- Burmese, and Nepalese Americans are the youngest Asian origin groups in the U.S., while Thai and Japanese Americans are the oldest.
- On the whole, Asian Americans do well on measures of economic well-being compared with the overall U.S. population, but this varies widely among Asian origin groups.
 - Vietnamese Americans have the highest homeownership rate among Asian Americans (67%).
 - Asians have a lower homeownership rate than the U.S. public overall (59% vs. 64%).
 - Asians are less likely than Americans overall to live in poverty (10% vs. 13% as of 2019).
- More than half of Asians ages 25 and older (54%) have a bachelor's degree or more education, compared with 33% of the U.S. population in the same age range.
 - Overall, 72% of all U.S. Asians were "proficient" in English as of 2019, meaning they either spoke only English or spoke the language very well.

Sources:

Budiman, Abby, and Neil G. Ruiz. "Key facts about Asian Americans, a diverse and growing population." Pew Research, 2021, <https://www.pewresearch.org/fact-tank/2021/04/29/key-facts-about-asian-americans/>. Accessed 15 July 2021.

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If you are interested in donating to the Asian Liver Center or sponsoring the next Youth Leadership Conference, please visit our website:

<https://med.stanford.edu/liver/home/donate.html>

or reach out to Nancy K. Masuda at:

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