

Chicago, IL - November 18, 2010. The Filipino American Community Health Initiative of Chicago (FACHIC) held its first Community Health Forum on October 16 at Weiss Memorial Hospital as part of Filipino American History Month. The event drew 30 adults both old and young, all interested in dialoguing about the health of Chicagoland's Filipino community. FACHIC began the forum by presenting results of their Filipino American Senior Health Assessment (FASHA), a pilot community health survey of Filipino and Filipino American seniors aged 60 years and higher. The study concluded that while most participants had health insurance in the past year and were seeing a physician annually, heart disease and contributing factors (obesity and diabetes) are highly prevalent in the Chicago Filipino senior community. In addition, depression and other mental health issues may exist and may be underreported due to social and cultural stigmas. The assessment also recognized that the lack of health services was deemed a major problem in the community by the respondents.

Following presentation of the survey findings, a diverse panel of health and community leaders addressed Filipino specific health concerns and provide their thoughts and insights on the state of Filipino health in Chicago. Panelists included John Paul (JP) Jael, a community activist that has worked in providing social services to the Asian American community; Rowena Luna, an intensive care unit nurse and former FACHIC community health worker; and Dr. Daniel Vicencio, an internist who was a founding member of FACHIC. Audience members were then encouraged to share ideas in an open townhall format. Panelists and audience members discussed strategies to help home-bound Filipino seniors, challenges to health and wellbeing within the Filipino community, and ultimately, how to increase health education and wellness for all generations.

FACHIC plans to share its findings from the community health survey through informal presentations throughout the community including churches, social gatherings and community events. For those interested in attending or hosting an informal presentation, please email [fachic](mailto:fachic@fachic.org)

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or call (312) 962-7748 for more information.

FASHA is an ongoing community health survey to gather information about the health needs of the Filipino senior community in the metropolitan Chicago area in order to help implement health and social service programs and services. FASHA is seeking Filipino and Filipino Americans age 60 years old or higher that live in the Chicago land area to participate. Each

interview takes approximately 30 to 40 minutes and is completely free and confidential. Each participant will receive brochures and other health resources upon completion of the interview. Any interested individuals should email [fasha @ fachic . org](mailto:fasha@fachic.org) or call (312) 962-7748 for more information.

The Filipino American Community Health Initiative of Chicago (FACHIC) is a collaborative of community, health professional, and academic leaders united to address Filipino health issues in the Chicago area. The mission of FACHIC is to increase awareness of Filipino health disparities and to implement health interventions and educational programming to improve the health status of the Filipino community. FACHIC is a 501(c)(3) Illinois nonprofit organization. All programs and services are free and available to all. For more information, visit <http://www.fachic.org>.

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