Montgomery County – DHHS
Asian American Health Initiative (AAHI) Steering Committee Meeting
May 10, 2016

Pre-meeting: Presentation on Zika Virus (Dr. Ulder J. Tillman)

- Prior to the meeting, Steering Committee (SC) members and guests attended a “Zika 101” presentation given by the Montgomery County Department of Health and Human Services’ (MCDHHS) Public Health Officer, Dr. Ulder Tillman.
- The presentation featured general information about the detection and prevention of the Zika virus.
- Please see the attached presentation, “Zika 101” for full content.

Welcome (Meng K. Lee, Chair)

- Meng K. Lee called the meeting to order at 7:14PM.
- Meng introduced a meeting guest, Dr. Cynthia Macri, to the SC members.
Approval of Agenda (Meng K. Lee, Chair)
- A motion to approve the agenda was presented. Michael Lin moved to approve the agenda. Sam Mukherjee seconded the motion.
- Meng also called for a voice vote to approve the agenda. The agenda was approved by voice vote.

ACTION: Meeting agenda approved with no objections.

Approval of Minutes
- Meeting minutes were sent to SC members prior to the meeting.
- A motion to approve the minutes was presented by Sam. Wilbur Friedman seconded the motion.
- Meng also called for a voice vote to approve minutes. The minutes were approved by voice vote.

ACTION: Meeting minutes approved with no objections.

Election (Wilbur Friedman, Nomination Committee Chair)
- The SC members discussed the SC elections for Chair and Vice Chair.
- Meng volunteered to continue serving as Chair.
- Nguyen Nguyen volunteered and was nominated to serve as Vice Chair.
- The SC Nomination Committee put forth the nomination for Meng as Chair and Nguyen as Vice Chair.
- Wilbur opened the floor for additional nominations.
- Nerita Estampador moved that the nominations be closed. Wilbur seconded the motion and conducted a voice vote to close nominations.

ACTION: Nomination period closed with no objections.

- Wilbur conducted the election for Chair and Vice Chair by voice vote. The committee unanimously elected Meng as Chair and Nguyen as Vice Chair.

ACTION: The committee elected Meng K. Lee as Chair and Nguyen Nguyen as Vice Chair for a 2-year term starting July 1, 2016.

- Meng thanked the committee for their support with the election process.
- Meng mentioned that AAHI is facing several challenges, such as changes at both the federal and local level and changes in Asian American population dynamics in the county.
- Meng advised the SC to think creatively about how to address these changes in upcoming years.
AAHI Program Updates (Perry Chan, Program Manager)

- Perry Chan shared that this is a busy outreach season for AAHI and it will continue to be busy until mid-June.
- The 2nd Mental Health First Aid Training is scheduled for Saturday, May 14, 2016 at the Islamic Center of Maryland (ICM). Nineteen community members have signed up to attend. Participants will be asked to use the information from the training to educate their communities on mental health.
- Perry provided updates on the development of volume 2 of the mental health photo novel series, which will focus on treatment and counseling. The team has conducted thorough research on treatment and counseling. The first draft is completed in English. It will be finalized after it is reviewed by the community and providers for cultural sensitivity and professional accuracy. The project due date is the end of September.
- AAHI will host the Empowering Community Health Organizations (ECHO) workshop on Wednesday, May 18, 2016 at the Silver Spring Civic Building.
  - The first part of the event will be a brief presentation to commemorate AAHI’s 10-year anniversary. The event will feature a speech by the Director of MCDHHS and a proclamation to the SC members from the County Executive.
  - The second part of the event is the regular ECHO workshop entitled-“Basics of Program Evaluation,” which will be led by Dr. Olivia Carter-Pokras from the University of Maryland, College Park.

ACTION ITEM: SC members have been requested to RSVP for the AAHI 10 Year Celebration and ECHO workshop on Wednesday, May 18, 2016 at 5:30PM if they have not already done so.

- In July, AAHI will be moving their office to 1401 Rockville Pike.
- Nadeem Khan, Chief of MCDHHS Special Needs Housing and member of the LIEED Advisory Board, passed away. The memorial is scheduled for this Friday, May 13, 2016 at 10AM.

ACTION ITEM: Interested SC members are invited to attend the memorial service for Nadeem Khan on Friday, May 13, 2016 at 10AM.

- Edward Wan shared that the Chinese Culture and Community Service Center (CCACC) sponsored an essay contest for Asian American communities to tell their stories about mental health. The essays were reviewed by psychologists working with the Food and Drug Administration (FDA), who provided professional
commentary for each essay. This activity may help to highlight mental health issues in the Asian American community and lead to next steps in identifying target areas for broader treatment options.

- Sam mentioned that a fact sheet has been developed on Asian mental health issues. Upon approval, the fact sheet is intended to be circulated among the SC members and Montgomery County officials including Ike Leggett. Sam stated that the fact sheet references the 2001 U.S. Surgeon General’s report on Asian American mental health and 10 years of research followed by the report. Meng suggested the SC committee to re-visit the topic of mental health in FY17 and come up with a detailed plan.

- Edward stated that CCACC will be receiving $70,000 for their mental health project and proposed that CCACC work with AAHI to address the issue in the community.

- Nerita advised that, those in the Asian community with mental health issues should be encouraged to register and vote, as it may make them involved in their community and reduce social isolation and loneliness.

**Advocacy Updates and Next Steps (Sam Mukherjee)**

- Sam thanked Meng and Michael for working hard on the advocacy efforts.

- Sam stated that the Steering Committees for the three minority health initiatives, Asian American Health Initiative, African American Health Program (AAHP), and Latino Health Initiative (LHI), worked together and strategized very well this advocacy season. Sam stated that the groups met with 8 of the 9 County Council members and garnered a lot of support.

- Currently, the advocacy initiative has 5 votes out of 7 possible votes. The amount requested is $250,000 and the recommendation from the Council appears positive. The final answer is expected on Thursday, May 19, 2016.

- The next step is planning. Sam stated that because it is the election year, the SC should determine how much budget is desired for next year and plan to attain the maximum amount allotted.

- During the advocacy, it became evident that some County Council members were not familiar with AAHI’s work. Sam suggested that this year, the three initiatives should plan to reach out to council members in advance and let them know about their initiatives’ work so that they know what they are voting for.

- Meng stated the challenge of developing a strong, sustainable program for the Asian communities.

- Michael indicated that working with other minority groups was unprecedented. Michael further stated that together the three minority groups represent the
majority of Montgomery County’s population, which can be leveraged to ensure appropriate political consideration in terms of resource allocation.

- Sam stated that to reduce the disparity in resource/budget allocation by the county and get the same level of attention as other minority initiatives, AAHI’s programs need to be expanded to serve more of the Asian population.
- Nerita emphasized the need for Asian Americans to come together and present a unified need to the policy makers.
- Betty mentioned that AAHI did well showcasing the needs of the Asian American communities over the past 10 years and has a very good track record of addressing a diverse community. However, AAHI has not done enough for the South Asian communities. Betty suggested further outreach and inclusion of South Asian communities within AAHI’s programming.

Updates from Boards, Committees, and Commissions (BCC)

Healthy Montgomery (Nguyen Nguyen)

- Nguyen sent a draft report of the Healthy Montgomery (HM) Community Health Needs Assessment (CHNA) to the SC members two weeks ago. Feedback is needed from the SC to discuss and finalize recommendations for the HM meeting in June.
- Nguyen attended the previous HM Steering Committee meeting in April where members discussed priority setting around the role and function of HM.

**ACTION ITEM:** SC members will review the report and provide comments or suggestions to Nguyen by Sunday, May 29, 2016 for a HM meeting in June.

- Edward commented on the need for AAHI to raise its voice within HM to ensure Asian American health issues and disparities are addressed.
- Sam reported that LHI and AAHP are also not satisfied with HM. He suggested three initiatives to come together to discuss needs and strategies, such as the need for primary data collection as opposed to secondary.
- Meng and Nguyen pointed out that the HM CHNA report includes health needs in general, but does not include the needs of ethnic minorities. Meng pointed out that he would suggest HM to add ethnic disparities as a separate section in the report.
- Edward suggested to AAHI SC get together with the AAHP and LHI SC and come up with some common recommendations. Sam and Meng agreed with Edward.

**ACTION ITEM:** Nguyen will work with Sam and Michael to strategize how to present AAHI’s feedback to HM.
County Executive (CE) Asian American Advisory Committee (Sam)

- On Sunday, May 22, 2016 from 12PM to 4PM, Ike Leggett’s office will host a resource fair at the Executive Building for all community based organizations (CBO) and faith based organizations (FBO). Emails will be sent to SC members and all are asked to circulate.

ACTION ITEM: Sam will send an email about the resource fair on Sunday, May 22, 2016 at the Executive Building. Sam also requested SC members to circulate the email.

Governor's Commission on South Asian American Affairs (Sovan Tun)

- Sovan Tun reported that on Wednesday, May 11, 2016, there will be the Asian American Heritage month celebration event in Annapolis. All members were invited to register online to attend the event. The registration is now closed.
- The next upcoming Commission meeting will be on Tuesday, May 17, 2016.

ACTION ITEM: Sovan will invite the Asian American Commissioner to the Asian American Advisory Committee’s resource fair in celebration of Asian American Heritage month.

Leadership Institute for Equity and the Elimination of Disparities (LIEED) (Meng & Sam)

- LIEED meets quarterly and has not met since the last AAHI SC Meeting; thus, there are no meeting activities to report since the last meeting.

Other Business

- Perry will be on leave from June 13 to July 11. The AAHI staff has a communication plan in place and should be able to contact AAHI as normal.
- The AAHI SC July meeting is canceled.
- The AAHI SC will likely hold a retreat in the fall. The date for the retreat is to be determined.

Adjourn

- MK Lee adjourns the meeting at 8:21PM.

ACTION: Meeting adjourned at 8:21PM.
Next Meeting: July meeting canceled; will likely resume in September 2016.
What is Zika virus disease (Zika)?
- Disease spread primarily through the bite of an Aedes species mosquito infected with Zika virus.
- Many people infected with Zika virus won’t have symptoms or will only have mild symptoms.

Where has Zika virus been found?
- Before 2015, Zika outbreaks occurred in Africa, Southeast Asia, and the Pacific Islands.
- Currently outbreaks are occurring in many countries and territories.

How is Zika transmitted?
- Zika can be transmitted through:
  - Mosquito bites
  - From a pregnant woman to her fetus
  - Sexual contact
  - Blood transfusion
What are the symptoms?
- The most common symptoms of Zika are:
  - Fever
  - Rash
  - Joint pain
  - Conjunctivitis (red eyes)

What are the symptoms?
- Other symptoms include:
  - Muscle pain
  - Headache

How does Zika virus affect people?
- Anyone who lives in or travels to an area with Zika and has not already been infected with Zika virus can get it.
- Many people infected with Zika virus won't have symptoms or will only have mild symptoms.

How does Zika affect pregnant women?
- Zika virus can pass from a pregnant woman to her fetus during pregnancy or around the time of birth.
How does Zika affect pregnant women?

- Zika infection in pregnancy is a cause of microcephaly and other severe fetal brain defects.
  - Microcephaly: birth defect in which a baby’s head is smaller than expected when compared to babies of the same sex and age.
  - Previous infection will not affect future pregnancies.

- Other problems have been detected in pregnant women as well as infants infected with Zika virus before birth.
- Scientists are studying the full range of other potential health problems that Zika virus infection during pregnancy may cause.
- No reports of infants getting Zika through breastfeeding.

Does Zika cause Guillain-Barré Syndrome (GBS)?

- GBS is very rarely triggered by Zika, as only a small proportion of infections, much as it is with other infections.
- GBS is an uncommon disorder of the nervous system in which a person’s own immune system damages the nerve cells, causing muscle weakness, and sometimes, paralysis.

- The Brazilian Ministry of Health (MSH) is reporting an increased number of people affected with GBS.
- CDC is investigating the link between Zika and GBS.
How is Zika diagnosed?

- Diagnosis of Zika is based on a person’s recent travel history, symptoms, and results of blood tests.
- A blood test is the only way to confirm a Zika infection.

How is Zika diagnosed?

- Symptoms of Zika are similar to other illnesses spread through mosquito bites, like dengue and chikungunya.

How is Zika diagnosed?

- Your doctor or other healthcare provider may order blood tests to look for several types of infections.

How is Zika treated?

- There is no specific medicine or vaccine for Zika virus.
How is Zika treated?
- Treat symptoms
  - Rest
  - Drink fluids to prevent dehydration
  - Take acetaminophen (Tylenol®) to reduce fever and pain

How is Zika treated?
- Protect yourself from mosquito bites. During the first week of illness, Zika virus can be found in blood for about a week. If a mosquito bites the person, it becomes infected and can pass the infection to others.

Preventing Mosquito Bites

Zika is primarily transmitted through mosquito bites. Protect yourself.
STEP 1: Keep mosquitoes outside
- Keep mosquitoes out of your home or hotel.
  - Stay in places with air conditioning and with window/door screens.
  - Do not leave doors propped open.

STEP 1: Keep mosquitoes outside
- Keep mosquitoes out of your home or hotel.
  - Once a week, empty and scrub, turn over, clean, or throw out containers that hold water.
  - Mosquito eggs lay near water.
  - Tightly cover water storage containers (bottles, cisterns, rain barrels) so that mosquitoes cannot get into water to lay eggs.
  - If you have a sprinkler, repair cracks or gaps.
**STEP 2: Create a barrier between you and mosquitoes**

- Treat clothing and gear
  - Use permethrin to treat clothing and gear or buy permethrin-treated clothing and gear. Read product information to find out how long the protection will last.

**STEP 2: Create a barrier between you and mosquitoes**

- Treat clothing and gear
  - If treating items yourself, always follow the product instructions.

**STEP 3: Wear insect repellent**

- Use Environmental Protection Agency (EPA)-registered insect repellents.
  - Use a repellent with DEET, picaridin, IR3535, or oil of lemon eucalyptus or para-methane-diol
**STEP 3: Wear insect repellent**
- Always follow the product label instructions.
- Do not spray repellent on the skin under clothing.
- If also using sunscreen, apply sunscreen before applying insect repellent.

**STEP 4: Protect your family**

**For babies and children**
- Do not use insect repellents on babies younger than 2 months old.
- Do not use products containing oil of lemon eucalyptus or para-menthane-diol on children younger than 3 years old.

**For babies and children**
- Cover crib, stroller, and baby carrier with mosquito netting.

**For babies and children**
- Do not apply onto hands, eyes, mouth, and cut or irritated skin.
- Adults: Spray onto your hands and then apply to a child’s face.
**STEP 5  Protect your partner**
- Zika virus can be spread by a man infected with Zika to his partner.
- In known cases of sexual transmission, the man had Zika symptoms. From these cases, we know the virus can be spread when the man has symptoms, before symptoms start, and after symptoms end.
- The virus can stay in semen longer than in blood.

**STEP 5  Protect your partner**
- We do not know how long the virus can stay in the semen of men who have had Zika, or how long the virus can be spread through sex.
- We do not know if sexual transmission of Zika virus poses a different risk of birth defects than mosquito-borne transmission.

**STEP 6  Do your homework before traveling**
- Not having sex is the only way to be sure that someone does not get locally transmitted Zika virus.
- Men with a pregnant partner who live in or traveled to an area with Zika.
  - Use a condom every time you have sex or do not have sex during the pregnancy.
  - This includes vaginal, anal, or oral (mouth-to-parts) sex.
- If you are pregnant, do not travel to areas with Zika. If you must travel, talk to your doctor or other healthcare provider before your trip.
- If you are trying to get pregnant, talk to your doctor or other healthcare provider before you travel.
### What is CDC doing?
- Activated Emergency Operations Center (EOC) to level 3
- Providing on-the-ground support in affected areas
- Educating healthcare providers and the public about Zika
- Posting travel notices and other travel-related guidance
- Providing laboratories with diagnostic tools
- Creating and distributing Zika prevention kits for affected U.S. territories
- Conducting a study to evaluate the persistence of Zika virus in semen and urine among male residents of the United States

### What is CDC doing?
- Working with partners to:
  - Monitor and report cases
  - Conduct research to learn more about the potential link between Zika and Guillain-Barré syndrome
  - Create action plans for state and local health officials to improve Zika preparedness
  - Publish and disseminate guidelines informing testing and treatment of people with suspected or confirmed Zika
  - Publish and disentangle conclusions on the causal association between Zika and microcephaly

### Do your homework before traveling
- If you choose to travel:
  - Strictly follow steps to prevent mosquito bites to protect yourself and your family.
  - Even if you do not feel sick, travelers returning to the United States from an area with Zika should take steps to prevent mosquito bites for 2 weeks so they do not spread Zika to uninfected mosquitoes.

See the latest travel notices at: