Center for Asian Health Research and Education
Improving the Health of Asians and Asian Americans
Imagine if we could discover the genetic, environmental, economic, and social factors that contribute to disease and health for every Asian ethnic group. Then, imagine if we could combine these with a deep understanding of each individual to bring precision health to every patient.

That is the vision of the Stanford Center for Asian Health Research and Education (CARE), founded in 2018 and co-directed by Latha Palaniappan, MD, MS, and Bryant Lin, MD, MEng. The center is located in the San Francisco Bay Area, where one in three people is of Asian descent. This provides an ideal microcosm of the world where all the diverse Asian subpopulations are represented. We can uniquely perform research at Stanford that will advance our understanding of Asians everywhere. More than 100 Stanford faculty members are conducting novel investigations of many aspects of Asian health. The center coalesces this work, providing a forum in which to share information, support robust collaborations, and synergize efforts.

In partnership with Silicon Valley innovators as well as colleagues throughout the university—including engineering, Biodesign, economics, Asian American Studies, and the humanities—the center develops tools and approaches that improve health not only for Stanford patients, but globally. The center is poised to transform the care of Asians everywhere, and will propel Stanford to become a world leader in Asian health research and education.
Research: Discovering Causes of Health and Disease

The term “Asian” encompasses many different groups, including people with roots in China, Japan, Korea, Vietnam, India, the Philippines, and many other countries. 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. 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.

The center is optimally positioned to delve into the underlying contributors to such differences, and to pioneer more tailored approaches to care. It provides seed grants so Stanford faculty members can pursue bold investigations and gather preliminary data, which will make their projects competitive for funding from federal and other funding sources.

Education: Sharing Innovations

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 developing 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 organizes health fairs that provide health screenings, mini-lectures, and cultural performances.

Clinical Care: Transforming Lives

The center seeks to improve the care of Asian and Asian American patients globally. Building on its research discoveries, the center strives to shape policies that affect millions of patients. For example, the center’s faculty can effectively use state-of-the-art evidence to advocate for guidelines tailored toward identifying ethnic groups at highest risk for a specific disease. Eventually, the center could also publish journals and reference guides for physicians and patients, that would provide high-quality, peer-reviewed content to help advance clinical practice and decision-making worldwide.

The Opportunity

Health research and education specific to those of Asian descent 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. The Stanford Center for Asian Health Research and Education is uniquely positioned to meet this challenge, and has the research expertise, entrepreneurial spirit, and community partnerships to bring precision health to Asians and Asian Americans everywhere. We invite you to partner with us in this exciting endeavor.
**Center for Asian Health Research and Education Co-Directors**

Latha Palaniappan, MD, MS, is an internist and clinical researcher focused on addressing knowledge gaps of health in Asian subgroups. She earned her medical degree from the University of Michigan, her master’s degree in epidemiology from Stanford, and completed her internal medicine residency at Kaiser Permanente Foundation Hospital in San Francisco. Dr. Palaniappan led efforts to collect patient information about race, ethnicity, and language to support health disparities research, and co-founded PRANA, a South Asian wellness program. She is professor of medicine, primary care, and population health; scientific director of precision genomics and pharmacogenomics in primary care; faculty director of the Stanford Precision Health Biobank; and a senior fellow at the Stanford Center for Innovation in Global Health.

Bryant Lin, MD, MEng, is a clinician-educator who focuses on internal and consultative medicine, preventive health, and chronic care management. He earned his master’s degree in electrical engineering and computer science from the Massachusetts Institute of Technology and his medical degree from Tufts School of Medicine, where he completed his internal medicine residency. He also completed fellowships in Biodesign and cardiology from Stanford; co-founded Arrinex, a medical device company; and consults on digital health and medical device development. Dr. Lin is clinical associate professor of medicine, primary care, and population health; training director of the Joe and Linda Chlapaty DECIDE Center; and medical director of the Consultative Medicine Clinic.

**Join Us**

Reaching our goals will only be possible through partnerships with visionary donors. We invite you to join other like-minded philanthropists in improving the health of Asian groups here and across the globe.

**Contact Us**

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