



# 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 health and disease for every Asian ethnic group. Then, imagine if we could combine this knowledge 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). Over the past five years, CARE has made significant headway in increasing research, education, and community-building in Asian American, Native Hawaiian, and Pacific Islander (AANHPI) health, and in educating patients, providers, and the community on health disparities within the AANHPI community.

The center's location in the San Francisco Bay Area, where nearly one in three people is of Asian descent, provides an ideal microcosm of the diverse Asian subpopulations that exist across the globe. More than 100 Stanford Medicine faculty members are conducting novel investigations into many aspects of Asian health. The center coalesces this work, providing a precision health framework in which to enable research breakthroughs, share information, support robust collaborations, and synergize efforts.

In partnership with Silicon Valley innovators as well as colleagues throughout the university—including from engineering, biodesign, economics, Asian American studies, and the humanities—the center develops tools and approaches that improve health not only for Stanford patients, but for patients everywhere. While CARE is poised to propel Stanford Medicine to become a world leader in Asian health research and education on a global scale, much remains to be done to ensure the highest level of culturally tailored, quality, precision health care for AANHPI patients.

## Precision Health Platform

Our mission is to improve the health of Asians and Asian Americans, Native Hawaiians, and Pacific Islanders everywhere by focusing on three strategic pillars—Research, Education, and Community.



▲ Stanford CARE Precision Health Platform

### RESEARCH | Discovering Breakthroughs and Innovations in Precision Asian Health

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 Medicine faculty, has found that these ethnic groups have widely divergent risk profiles for different illnesses. Yet much medical research and care lumps patients of Asian descent into one broad category. 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; East Asian women who have never smoked have a higher rate of lung cancer; and Filipinos are disproportionately affected by diabetes. Similarly, various ethnic groups 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 has distinguished itself as a nexus for cutting-edge discoveries in all aspects of Asian health—from laboratory research to clinical trials, epidemiologic studies, and the development of culturally appropriate ways to deliver interventions. CARE provides seed grants to Stanford Medicine faculty members to pursue bold investigations and gather the preliminary data needed to compete for federal grants and other funding sources.

Additionally, CARE publishes the *Journal of Asian Health*, which contributes to the understanding of the social and medical determinants of health in Asians, both here in the United States and globally. The journal also provides physicians with high-quality, peer-reviewed content that informs improvements in clinical practice and decision-making worldwide.

## **EDUCATION | Sharing Innovations**

CARE educates scholars at all levels who are passionate about improving Asian health, starting with a virtual, year-long research program for undergraduate and graduate students. This scholar program incorporates training in data science, machine learning, and artificial intelligence with opportunities to work in teams with faculty mentors on projects related to Asian health. Courses on Asian health research, cross-cultural health challenges, and other topics are included in the medical school curriculum and offered during the academic year. The center also invites visiting scholars and post-doctoral fellows from around the world to collaborate with our faculty on research and education efforts.

In addition, CARE provides continuing education courses, symposia, and conferences for physicians on the latest scientific discoveries in Asian health.

## **COMMUNITY | Improving the Health of Asians Everywhere**

CARE brings the community into the conversation about Asian health through a variety of programming aimed at educating the public. The center engages our local, national, and international communities through in-person and on-demand health talks, events, and social media platforms. For people who live locally, the center also organizes health fairs that provide medical screenings, mini-lectures, and cultural performances.

## **Health Policy: Driving Precision Asian Health at a Population Level**

The center seeks to improve the care of Asian American and Asian patients globally. Building on its research discoveries, the center strives to shape policies that affect millions of patients at one time. As a result of evidence-based research, the center's faculty advocate for patient-care guidelines tailored to Asian subpopulations at highest risk for specific diseases at federal and state levels.



## **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 more than half the world's population. The Stanford Center for Asian Health Research and Education is uniquely positioned to meet this challenge. We have the research expertise, entrepreneurial spirit, and community partnerships to bring precision health to Asian Americans and Asians everywhere. We invite you to partner with us in this exciting endeavor.

## Center for Asian Health Research and Education Leadership



**Latha Palaniappan, MD, MS**, co-founder and co-director, is an internist and clinical researcher focused on addressing the knowledge gaps that exist about the health of various Asian subgroups. She has 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 a professor of medicine (cardiovascular medicine), 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**, co-founder and co-director, is a clinical professor of medicine (primary care and population health) focused on internal and consultative medicine, preventive health, and chronic care management. He holds advanced degrees in electrical engineering, computer science, and medicine, and completed fellowships in biodesign and cardiology. Dr. Lin is the founding director of the Consultative Medicine Clinic and director of medical humanities and arts at the Stanford Center for Biomedical Ethics.



**Joo Ha Hwang, MD, PhD**, director of strategy, specializes in early detection of gastrointestinal malignancies, including esophageal, gastric (stomach), pancreatic, bile duct, and colon cancers. His research group uses both epidemiologic and translational approaches to understand risk factors for gastric cancer and develops biomarkers to improve early diagnosis. Dr. Hwang also serves as the chair of the Asian American Stomach Cancer Disparity Task Force and participates in research related to novel treatment of pancreatic cancer with focused ultrasound.

## 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.

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### CONTACT US

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