



DID YOU KNOW THAT...

- ❖ The Asian and Pacific Islander (API) population is the fastest growing minority group in the United States, estimated to reach 33.4 million by the year 2050. (2000 U.S. Census Bureau)
- ❖ Nearly 4 million Asian Americans and 94,000 Pacific Islanders had limited English proficiency. (2000 U.S. Census Bureau)
- ❖ The uninsured rate for Asians decreased from 18.8 percent to 16.8 percent. (2004 U.S. Census Bureau)
- ❖ Cancer and cardiovascular disease (heart attack and stroke) are the top two leading causes of death within the API community. (Centers for Disease Control and Prevention, 2004)

**Join APHC and you will
make a difference in
combating these issues!**



**For more information, visit
our website at:**

www.studentgroups.ucla.edu/aphc

**or email us:
aphc@ucla.edu**



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*Funded by the Community Activities
Committee of the Program Activities Board*



Interested in Health?

Interested in Community Service?

Interested in Career Planning?



**THEN, BECOME
A PART OF
APHC!**

ABOUT APHC

Established in 1980, Asian Pacific Health Corps is a student-run volunteer organization devoted to educating and promoting health awareness in the Asian Pacific Islander (API) community by providing free health screenings throughout the greater Los Angeles area. These screenings include blood pressure, body mass index (BMI), and percent body fat. This year, APHC has expanded its services to include colorectal cancer and carbon monoxide screenings.

All of our members are trained and certified by the American Red Cross and a medical doctor in order to provide these screenings. Once trained, APHC volunteers make visits to health fairs, churches, community centers, and temples to provide health screenings and education. On average, APHC screens about 120 participants at each site within 4-6 hours. Each quarter, APHC goes out to at least seven health sites. Transportation is provided.

Hypertension, diabetes, and high cholesterol are the primary risk factors of cardiovascular disease (CVD), the leading cause of death in the U.S. However, early awareness and lifestyle changes can greatly reduce the risk of CVD. Thus in its 29th year, APHC continues its invaluable work in the community and hope that you will be a part of our team!



As an APHC member, you will...

- ❖ **Learn more about cardiovascular disease and cancer:** During trainings and general meetings, volunteers will be given lectures on hypertension, diabetes, cholesterol, and colorectal cancer.
- ❖ **Interact with participants:** At each site, trained volunteers will get the opportunity to educate and screen individuals.
- ❖ **Learn more about possible careers in the health field:** APHC will invite speakers from various health fields to talk about their occupations. Members may also participate in our medical, dental, and optometry student mentorship programs.
- ❖ **Experience new cultures:** Throughout the year, APHC screens participants from a variety of ethnic communities in Los Angeles.
- ❖ **Have leadership opportunities:** APHC members will have numerous opportunities throughout the year to serve on various administrative committees and planning committees for health fairs co/sponsored by APHC.
- ❖ **Get letters of recommendation:** APHC directors will take note of exceptionally dedicated volunteers and will make an effort to get to know all APHC members.
- ❖ **Get academic credits:** You may be qualified to receive credits for your

community service hours by enrolling in Civic Engagement (CE195s) with the Center for Community Learning.

- ❖ **Meet new people with similar goals and interests!** Every quarter, APHC will organize various social events to allow members get to know one another while having lots of fun!!!



If you are interested,

Please come to one of our bi-weekly meetings. All students and majors are welcome. We look forward to meeting you!

