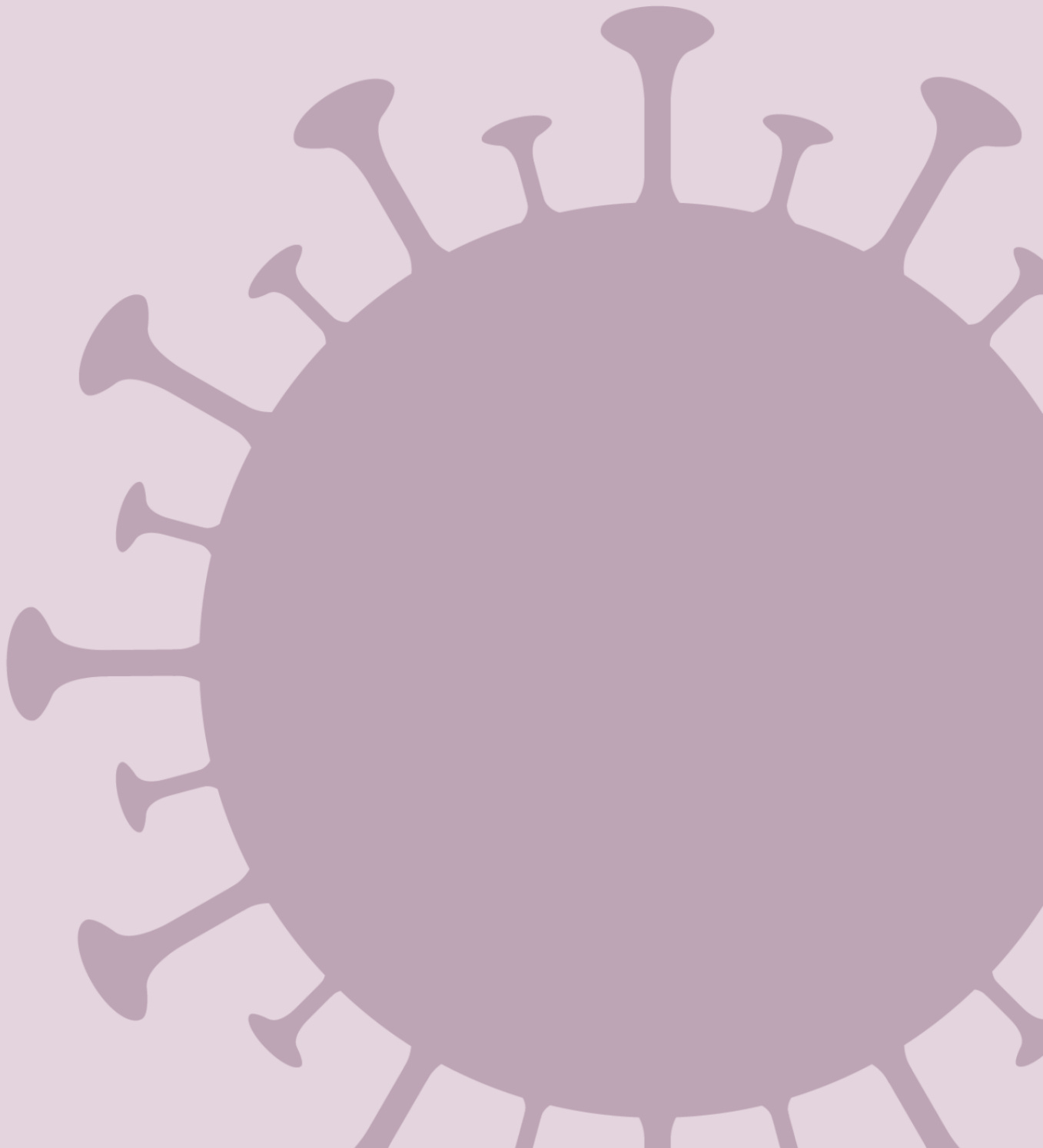


# COVID-19 & THE AAPI EXPERIENCE

2021 UCLA APAMSA REGION VII HEALTH CONFERENCE  
**JAN 30, 2021 | 8AM-12PM**

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# INTRODUCTION

Dear Conference Attendees,

Thank you so much for attending this year's APAMSA Regional conference! This year we are focusing on the landscape of COVID-19 with an emphasis on the pandemic's influence on healthcare for and perceptions of the AAPI community. Our goal today is to help expand your understanding of the novel social and medical challenges confronted by our AAPI physicians and patients in this era. We hope that you leave with a plan to make a positive impact, be it within your personal relationships, as a part of broader community engagement, within the academic research context, or in the practice of clinical care.

To this end, we have invited experts on this topic ranging from clinicians to community leaders to share their perspectives with us. Effectively understanding and supporting AAPI individuals, among other minority groups, navigate disparities during this new terrain of social distancing is multifactorial and we aim to stimulate productive discourse and examination through these presentations. We hope that the diverse viewpoints that you will hear today will give you a clearer picture of this as we continue the work of strengthening the multidisciplinary coalition dedicated to tackling these issues.

Sincerely,

<b>Directors</b>	Howard Pyo, Michael Le
<b>Marketing</b>	Christopher Yang, Howard Pyo, Michelle Ko
<b>Brochure</b>	Angela Pham, Chelsea Pan, Cindy Liu, Connie Ho, Michelle Shu
<b>Email Publicity</b>	Emily Nguyen, Jasmine Deng, Michael Le
<b>Eventbrite</b>	Jenny Huang, Lara Tang
<b>Website</b>	Eric Zhang, Evelyn Shen
<b>Zoom</b>	Bryan Vuong, Holly Huang, Johnny Xu
<b>Speaker Sourcing</b>	Angela Pham, Cindy Liu, Connie Ho, Eric Lin, Gloria Yu

# SCHEDULE

<b>8:00 AM</b>	<b>INTRODUCTION</b> <i>Dean's Welcome</i>
<b>8:10 AM</b>	<b>KEYNOTE: COVID-19 &amp; Nutritional Psychiatry</b> <i>Dr. Uma Naidoo, MD</i>
<b>9:00 AM</b>	<b>BREAK</b>
<b>9:10 AM</b>	<b>WORKSHOP #1</b> TRACK A: Increased Self-Reported Discrimination and Concern for Physical Assault Due to the COVID-19 Pandemic in Asian American Subgroups <i>Dr. Bryant Lin, MD</i> TRACK B: Asian Health Disparities <i>Dr. Elisa Choi, MD FACP FIDSA</i>
<b>10:00 AM</b>	<b>BREAK</b>
<b>10:10 AM</b>	<b>WORKSHOP #2</b> Track A: A Lifestyle Approach for Reversing Insulin Resistance and Lowering COVID-19 Disease Risk in the API Population <i>Dr. Ronesh Sinha, MD</i> Track B: Mission-Driven: The Pursuit of Passions and Making an Impact <i>Dr. Ho Chie Tsai, MD</i>
<b>11:00 AM</b>	<b>BREAK</b>
<b>11:10 AM</b>	<b>KEYNOTE: COVID-19 and Health Equity: Considerations for Asian and Pacific Islander Health Professionals</b> <i>Dr. Esther Choo, MD MPH</i>
<b>12:00 PM</b>	<b>CLOSING</b>

# KEYNOTE SPEAKERS



**Uma Naidoo, MD**

Michelin-starred chef David Bouley described Dr. Uma Naidoo as the world's first "triple threat" in the food as medicine space: She is a Harvard trained psychiatrist, Professional Chef graduating with her culinary schools' most coveted award, and she has trained in Nutrition. Her niche work is in Nutritional Psychiatry and she is regarded both nationally and internationally as a medical pioneer in this nascent field. Dr. Naidoo founded and directs the first hospital-based clinical service in Nutritional Psychiatry in the USA. She is the Director of Nutritional and Lifestyle Psychiatry at Massachusetts General Hospital (MGH) & Director of Nutritional Psychiatry at the Massachusetts General Hospital Academy while serving on the faculty at Harvard Medical School. Dr. Naidoo graduated from the Harvard-Longwood Psychiatry Residency Training Program in Boston during which she received several awards, some of which included a "Junior Investigator Award" (American Psychiatric Association); "Leadership Development for Physicians and Scientists" award (Harvard), as well as being the very first psychiatrist to be awarded the coveted "HMS Curtis Prout Scholar in Medical Education." She has recently piloted an elective Culinary Medicine & Nutrition class for first year Harvard medical students. She was asked by the American Psychiatric Association to write the first academic book in Nutritional Psychiatry. Dr. Uma Naidoo is the author of "This is Your Brain on Food" (Little, Brown, Spark).



**Esther Choo, MD, MPH**

Dr. Esther Choo is a Professor in the Center for Policy and Research in Emergency Medicine and the Director of Recruitment, Equity & Inclusion at Oregon Health & Science University. She is a practicing physician and NIH-funded investigator, with expertise in drug policy, injury, emergency health services, and health disparities. She is cofounder of Equity Quotient, a company that provides metrics of healthcare culture; a founding member of TIME'S UP Healthcare, which advocates for safety and equity in the workplace; and a board member of the TIME'S UP Foundation. She is a popular science communicator and health equity advocate, a columnist

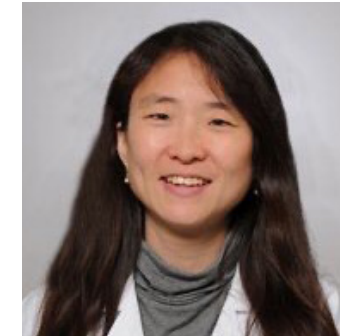
on healthcare inequities for The Lancet, and a CNN medical analyst. Her work in the pandemic has included helping found GetUsPPE.org, which matches frontline workers to PPE supply, and advising Jupe, which builds portable emergency housing units for disaster relief.

# WORKSHOP #1 SPEAKERS



**Bryant Lin, MD**

Dr. Bryant Lin is Clinical Associate Professor of Medicine (Primary Care and Population Health) at Stanford University. At Stanford, Dr. Lin serves as Co-Director and Co-Founder of the Center for Asian Health Research and Education (CARE), supporting research, education, and clinical care centered around Asian and Asian American health. He also serves as Training Director at the Stanford DECIDE Center, which focuses on improving patient outcomes through atrial fibrillation research. Dr. Lin also founded and served as Medical Director of the Stanford Consultative Medicine Clinic, a diagnostic clinic helping patients with complex symptoms who were unable to obtain a clear prior diagnosis. Dr. Lin is involved in the medical device development and digital health spaces, holding several patents and creating multiple medical start-ups. He received his MD from Tufts University and holds a Master's degree in electrical engineering from MIT.



**Elisa Choi, MD, FACP, FIDSA**

Dr. Elisa Choi is the current Governor of the Massachusetts Chapter of the American College of Physicians (ACP), and has recently been elected as the Chair-Elect of the ACP Board of Governors. Dr. Choi is the first woman, and only Asian American female, to serve as Governor in the history of the MA ACP Chapter, and is also the only Asian American woman to be elected to the ACP Board of Governors Chair-Elect leadership role. Dr. Choi is an Internal Medicine, Infectious Disease, HIV, and Hepatitis infection specialist. She has achieved Fellowship in the American College of Physicians and in the Infectious Disease Society of America (IDSA). Dr. Choi has a particular interest in healthcare disparities, and in providing culturally competent care of health issues affecting the pan-Asian and other communities of color. She has published articles, has written book chapters, and has been invited to lecture regionally, nationally, and internationally on various Infectious Disease, HIV, and healthcare and health policy topics. Dr. Choi has been on the faculty at Harvard Medical School for many years, and teaches and precepts medical students and resident physicians. She is the Chief of the Internal Medicine department in her practice. Dr. Choi has received the MA ACP Chapter's Leadership Award in 2014, and holds numerous national ACP leadership roles. She has extensive health care policy and advocacy experience including her involvement with ACP, IDSA, and AMA (American Medical Association). Dr. Choi has been an active and vocal advocate and supporter of the Massachusetts pan-Asian communities, through her volunteer efforts, her Board and governance roles for numerous community-based nonprofit organizations, and her recent tenure as a Commissioner, Vice Chair, and Chairperson of the Massachusetts Asian American Commission. She was recognized for her contributions to the pan-Asian community of the Commonwealth of MA with the "Unsung Hero Award" at the 2019 Asian Americans and Pacific Islanders Civil Rights Forum.

# WORKSHOP #2 SPEAKERS



## **Ronesh Sinha, MD**

Dr. Ronesh Sinha, an internal medicine physician in Silicon Valley for the Palo Alto Medical Foundation and author of *The South Asian Health Solution*, designs successful health education and wellness programs for major Silicon Valley companies. His groundbreaking work in reversing diabetes in culturally diverse populations has received global attention with front cover stories in *Fortune Magazine* and the *LA Times*, and earned him the Silicon Valley Business Journal's Excellence in Healthcare award. Dr. Sinha blogs actively on health at [culturalhealthsolutions.com](http://culturalhealthsolutions.com). He is passionate about developing innovative,

culturally tailored solutions to help diverse populations lead healthier lives.



## **Ho Chie Tsai, MD**

Dr. Ho Chie Tsai, MD is a board-certified pediatrician at the UCSF Benioff Children's Hospital, Oakland, which serves an ethnically diverse and mostly underprivileged patient population. He is more popularly known as the founder of [TaiwaneseAmerican.org](http://TaiwaneseAmerican.org), a non-profit organization and website whose mission is to connect and highlight the next generation of Taiwanese America. He has spent most of his life working to build organizations and networks that serve the Asian and Taiwanese American communities. A popular speaker among youth audiences, his personal mission is to inspire young people to discover their values

and passions so that they can make a positive impact in this world. He is currently the board president of the Taiwanese American Foundation and a past founder of Taiwanese American Professionals in San Francisco. He has been involved with the Intercollegiate Taiwanese American Students Association since its formation in the early 1990's and remains a frequent speaker for their regional conferences. While a medical student, he served as president of the University of Illinois at Chicago's APAMSA chapter. In 2012, Ho Chie Tsai was recognized with the Outstanding Asian American Alumni Award from his collegiate alma mater, the University of Illinois at Urbana-Champaign, for his influential community-organizing work, which ultimately led to the establishment of both an Asian American Studies Department and Cultural Center. He holds a Bachelor's degree in Electrical Engineering and a Master's degree in Biomedical Engineering.