

# Summary Report on the AAPI Community Health Forum

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**Date: September 3rd, 2025**

## **Introduction**

The AAPI Community Health Forum was co-organized by the ABLE Community Development Foundation, Contra Costa Health Office of Community Partnership and Health Equity, Community Health for Asian Americans, Family Bridge, Contra Costa AAPI Coalition, Healthy Contra Costa, and Khmu National Federation.

## **Key Takeaways**

- There were 83 people in attendance, the majority being Asian seniors from West County. Breakdown of attendees included: 35 ethnic Khmu, 17 Mien, 13 Lao, 1 Burmese, 7 Thai, 2 Koreans, 2 Chinese, 4 county health officials, and 2 elected officials.
- Presentations were delivered by the Southeast Asian Community Behavioral Health Program and Community Health for Asian Americans, focusing on behavioral and community health in the AAPI population of Contra Costa County. Dr. Irene Lo, Interim Chief Executive Officer for Contra Costa Health Plan presented on CCHP's mission, role in the community, and shared specific ways that Contra Costa Health is supporting AAPI communities.
- Seven focus group discussions were held, centered on health and social issues affecting AAPI children, youth, adults, and seniors.

## **Focus Group Findings**

### **1. Senior Health and Wellness**

Many AAPI seniors experience isolation, confinement at home, and social disconnection. Fears of anti-Asian violence further contribute to their seclusion. The community strongly voiced the need for an AAPI Senior Health and Wellness Center to serve as:

- A safe gathering space

- A communal dining and social connection venue
- A resource and information access hub

These services are especially critical for limited English-speaking seniors whose physical and mental health are most at risk.

## **2. Intergenerational Conflict and Family Violence**

A widening gap between AAPI youth and older generations has led to misunderstandings, family violence, and elder abuse. Due to cultural stigma and language barriers, these incidents often go unreported. The community urgently needs:

- A bilingual/bicultural domestic violence education and prevention program
- Outreach efforts targeting limited English-speaking families
- Safe spaces and culturally competent support services

## **Recommendations and Next Steps**

Based on the discussions and input from community members, the following next steps are recommended:

### **1. Establish an AAPI Senior Health and Wellness Center.**

Fund and develop a culturally appropriate center in West Contra Costa that provides regular meals, social engagement, language-accessible information, and wraparound support services for AAPI seniors.

### **2. Launch a Community-Based Domestic Violence Prevention Program.**

Develop and deploy a prevention and education campaign that is bilingual and tailored to the AAPI community's cultural context. Include training for service providers and collaborate with trusted local organizations to increase safety and reduce stigma.

### **3. Continue Convening AAPI Health Forums Annually.**

Institutionalize the AAPI Health Forum as an annual event for listening, learning, and collaboratively setting health equity priorities.

**Event Photos**









