Center for Asian Health Promotion and Equity (CAHPE)

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Utilizing community engagement strategies to decrease CVD risk among Asian Indian immigrants- Project CHAI (Cardiometabolic Health among Asian Indian Immigrants)

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Background

- Asian Indian (AI) immigrants suffer disproportionately from overweight and abdominal obesity.
- The risk of excess weight increases with time in the US, raising the risk for cardiovascular disease (CVD).
- Despite the need to reduce CVD risk, few published interventions have addressed this population & none address immigrant AIs.

Objective

Purpose: Utilize community engagement strategies to co-design and pilot test a multicomponent intervention using community health workers (CHWs) to address CVD risk among AI immigrants

Methods / Pilot Design

- First- generation AI immigrants, aged 18-65 years were recruited (n = 35) using purposive sampling.
- Trained CHWs facilitated two brainstorming sessions, addressing the focus prompt, "As an Asian Indian immigrant, what do you think are the most important actions to prevent and manage cardiovascular disease?"
- Data was entered into the Group Wisdom software (Concept Systems Inc, Ithaca, NY). A cluster map was made to identify community-defined priorities for preventive interventions.

Findings

Brainstorming session

Fifty-five statements were generated in the brainstorming sessions, sorted into seven clusters.
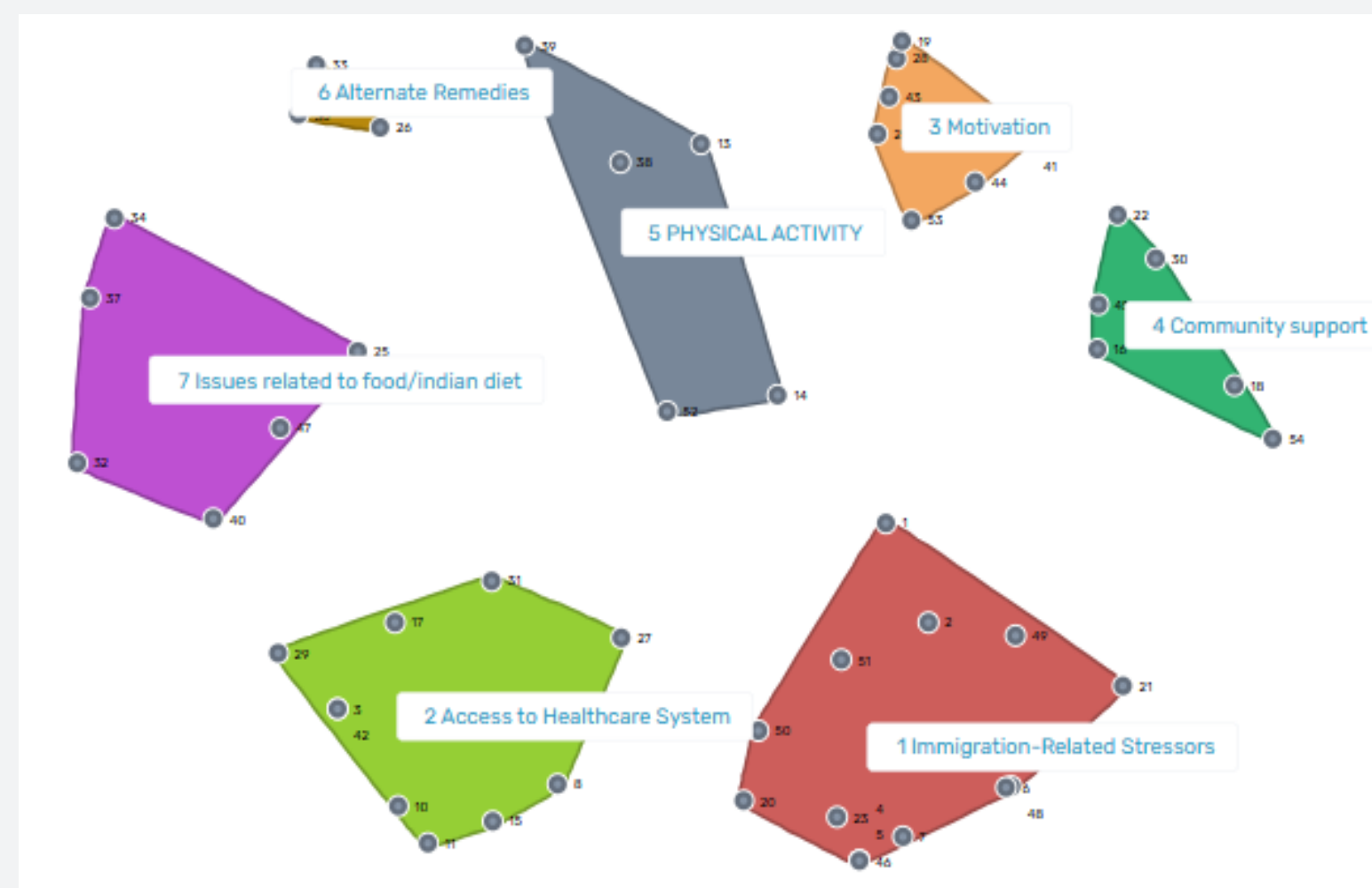
Community cluster map generated by Asian Indian immigrants (n = 35) as part of a group concept mapping project in Edison, New Jersey.
Stress value = .2817, 19 iterations

Conclusions

- Participants identified four areas for intervention planning: 1)stress management as a pre-requisite to adopting a healthier diet/more active lifestyle; 2) cardiac literacy" and knowledge of genetic risks; 3) a dyadic intervention framework that included their spouse and 4) a need for social support and community engagement.

- GCM was a useful device to facilitate the community engagement process in Project CHAI to incorporate "community wisdom" in intervention designs.

Discussion

- Participants reported a variety of factors they felt contribute to high rates of CVD in their community. Their suggestions went well beyond the standard suggestions to "eat less and exercise more" and included biological, behavioral, and social determinants of health.

- Results suggest that high levels of stress in multiple areas are contributing to CVD among AI immigrants.

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