



# APA Expo: "Put Yourself First"

## APA Health C.A.R.E at UCLA



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### APA Health C.A.R.E.

APA Health C.A.R.E. is an organization at UCLA that **provides free health screenings** to linguistically and culturally isolated Asian and Pacific Islander communities in Los Angeles. We are a **collaboration between medical, nursing, public health, and undergraduate students** who aim to improve access to health resources and education, referrals to community clinics, and long-term consistent care to our clients.

### What is the APA Expo?

#### OUR GOAL

To increase overall health and well-being in undergraduate students at UCLA (specifically Asian American students) by targeting physical activity, nutrition, and mental health

#### EVENT DESCRIPTION

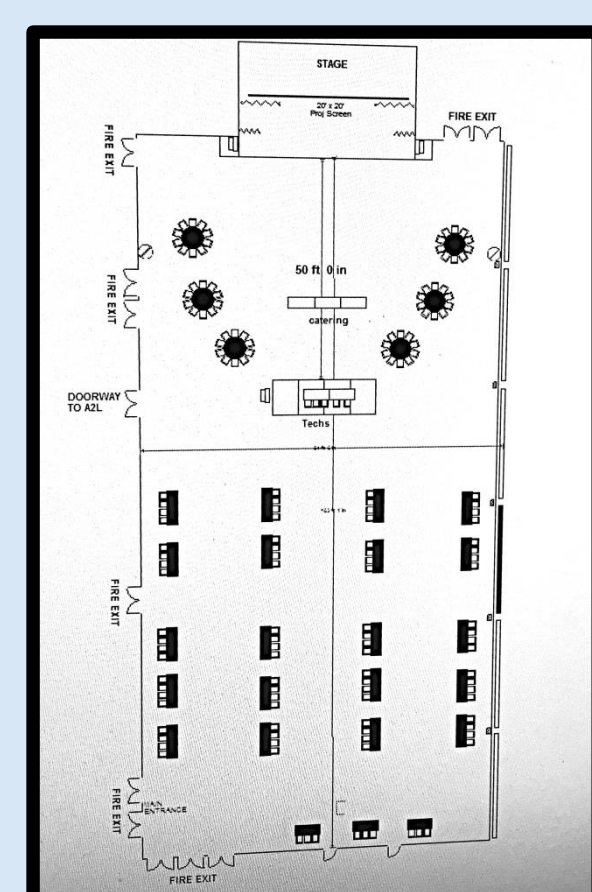
A single-day activities fair promoting health awareness (physical, mental, & nutritional) via educational booths, health presentations, a concert, and various performances. The entire APA Expo will emphasize overall health education and the establishment of long-term goals and/or programs that people will continue to be involved in after the event through collaborations with both UCLA student organizations as well as institutionalized organizations.

### Event Design

Friday, May 29, 2015  
Ackerman Grand Ballroom  
6:00 PM – 10:00 PM

Activities Fair: 6:00-8:00 PM  
Concert/Presentations: 8:00-10:00 PM

\*Tentative Event Floor Plan



### The Planning of the APA Expo

#### PLANNING MEETINGS

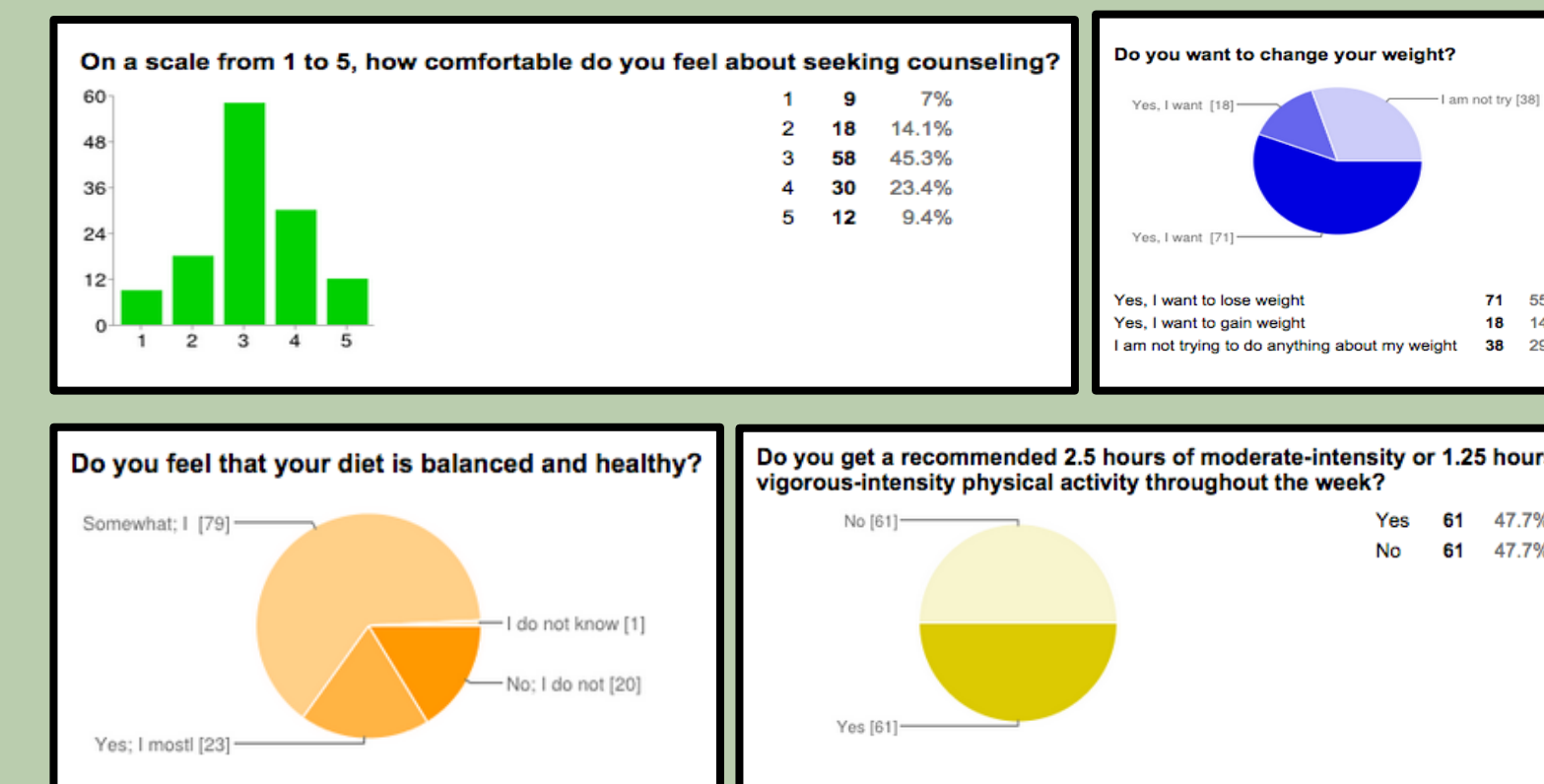
[Mondays 8-10 PM, Ackerman 3508]

Committee meetings provide students opportunities to work together in planning the events and related activities.



#### HEALTH SURVEY

To determine most important health issues affecting Asian American students. The APA Expo health outreach and presentations will focus on the results of this research survey.



#### Key Statistics from Survey Results:

- Total Number of Survey Participants: 127
- 87.5%** of respondents reported feeling stressed in the past 30 days
- Over 55%** of students reported that they want to lose weight
- Over 50%** of students do not feel completely comfortable seeking counseling
- Approximately half** of the respondents do not meet recommended guidelines for physical activity

#### FITTED WORKSHOP

[February 18, 2015]

APA Expo members participated in an educational training session with FITTED in order to learn more about physical activity.



#### FOCUS GROUP

[April 9, 2015]

In-depth interview with seven anonymous Asian American students. Purpose was to obtain qualitative data and specifics that affect our target population.

### Next Steps

Finalize community sponsorships and UCLA collaborations

Analyze research to further develop health presentations and activities

Publicize the APA Expo (fliers, promotional video, Facebook event)

PLANNING COMMITTEES | Health Education | Logistics & Finances | Outreach | Publicity

**Acknowledgements:** We would like to thank Jane and Terry Semel for their vision and support for the Healthy Campus Initiative, the HCI leadership, including Gene Block, Scott Waugh, and Wendelin Slusser, and our collaborators (Run River North, FITTED, UCLA Student Wellness Commission (SWC) Active Minds, and Bruin Run/Walk).