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If you would like additional information, or to have your name removed from our mailing list please contact us by telephone at (734) 615-1404 or by e-mail at pmch@med.umich.edu

- The Program for Multicultural Health staff includes specialists in:
- Diet/Nutrition
 - Physical Activity
 - Cultural Competency
 - Community Health Education
 - Nursing
 - Social Work
 - Public Health

PMCH studies cultural health beliefs & practices as a way to improve healthcare

Health issues such as life expectancy and infant deaths have improved for many Americans, but most racial and ethnic groups continue to have higher rates of preventable diseases than the general population.

Understanding the cultural health beliefs, practices, and healthcare experiences of a specific cultural group is critical in designing effective programs to improve health.

The Program for Multicultural Health (PMCH) received a grant earlier this year to research some of these issues.

Individuals were

recruited from four different cultural groups: Asian-Indian, Russian Jewish, Latino (men only), and Chinese to participate in the research study.

The study involved conducting four focus groups, one for each cultural group. The purpose of this study was to gain information on cultural health beliefs and practices, and experiences with health care providers. The study purpose also included obtaining information on solutions to improve the health for each cultural group.

Data from the study is being reviewed and health promotion



activities are being developed to address some of the needs identified by study participants.

The PMCH will utilize the research study results to educate others and in the future develop culturally appropriate programs to improve the overall health status among these four culturally distinct groups.

For more information about this research study, please contact the PMCH office.

Asian Pacific American Heritage Month

May is Asian Pacific American Heritage Month, a time to celebrate the achievements and contributions of Asian American men and women. Asian/Pacific American Heritage Month was enacted by law on

October 28, 1992.

Many people think Asian Pacific Americans are one single group, but they are really made up of more than 24 ethnic groups, that speak different languages and have their own rich

history. Some of these ethnic groups include the Chinese, Japanese, Korean, Taiwanese, Hawaiian, Vietnamese, Cambodian, Indian, Malaysian, Pakistani, and Filipino people.

<http://www.girlpower.gov/girlarea/05may/asianmonth.htm>

Herb-crusted Chicken Breasts

A healthier version of a traditional Middle-eastern recipe

Serves 6; 1 breast per serving

Vegetable oil spray

6 boneless, skinless chicken breasts (about 4 ounces each), all visible fat removed

1 tablespoon lemon juice

1 teaspoon dried rosemary, crushed

1 teaspoon dried oregano, crumbled

1 teaspoon dried sage, crumbled

1/4 teaspoon cracked black pepper

Lightly spray roasting pan or casserole dish with vegetable oil spray. Rinse chicken and pat dry with paper towels. Arrange chicken in pan.

Combine remaining ingredients except pepper and rub well on each breast. Sprinkle with pepper. Refrigerate, uncovered, for at least 1 hour. For even more flavor, marinate the chicken overnight.

Preheat oven to 3500 F.

Bake the chicken, uncovered, for 35 to 40 minutes, or until juices run clear when breasts are pierced with a knife. Serve with any pan juices.

Calories: 134

Protein: 25 g

Carbohydrates: 0 g

Total Fat: 3 g

Saturated Fat: 1 g

Polyunsaturated Fat: 1 g

Monounsaturated Fat: 1 g

Cholesterol: 62 mg

Sodium: 57 mg

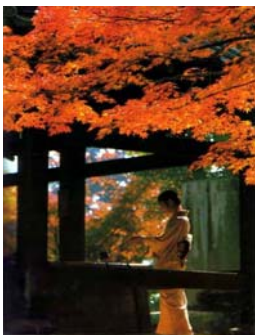
Source: the American Heart Association Around The World Cookbook, (Copyright 1996 by the American Heart Association). Published by Times Books, a division of Random House, Inc



For even more flavor, marinate the chicken overnight.

**A healthier version
of a traditional
Middle-eastern
recipe**

Traditional Japanese Childbirth Customs



Her family will care for her for a month after she gives birth

- Customarily, after the fifth month of pregnancy, a Japanese woman will wear a cotton abdomen band called an "Iwata-obi." This is given to her by her family for protection, good luck and an easy birth.
- A month before birth, she will leave her husband and return to her parents' home to give birth.
- Her family will then care for her for one month and she will return to her husband with the child.

Source: Traditional Japanese Childbirth Customs. <http://www.hawcc.hawaii.edu/nursing/tradjapan2.htm>

Circle Round - Gather Round

By: Wasantha Young
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The story behind circle dances evolves as art form based in folk traditions. Characterized by a greater sense of community and an understanding of our relationship to nature, circle dances connect us to early generations and transport us to a time when people still lived in villages and great forests.

Many circle dances speak to seasons and days on the agricultural calendar, particularly the solstices and equinoxes. Many of the dances tell stories of cycles of nature and our relationship to the earth; others tell stories of gender, age and relationships. Still others celebrate the goddesses and gods of those people who believe that every hill, stream and mountain is inhabited by a spirit.

Circle Dances from around the world

There are hundreds of circle dances which date back to antiquity. Here are a few that have crossed time into the present day.

Ramvong is a national dance of the Khmer people in Cambodia. Both Khmers and other ethnic groups like Phnong, Krung, Tompuon and Prou people have performed this circular dance style since ancient times.

Chorea is a circle dance accompanied by singing known to ancient Greece. It is a popular dance performed during celebration such as weddings and rites of passage.

Hora is a Romanian, Israeli, and Moldovan traditional circle dance which gathers all people present in a big closed circle. The circle usually moves clockwise. Hora is popular during wedding celebrations, popular festivals, and it's an essential part of the social entertainment in rural areas.

Khorovod (Russian) is an art form of Eastern Slavs, a combination of a circle dance and chorus singing, similar to Chorea of ancient Greece.

Merengue, originating in the Dominican Republic, originally was not danced by individual couples as it is performed today, but was in the form of a circle dance.

Nations of **Native Americans** dance in circles during Pow Wows, revering specific animals, just before and during harvest, and other traditional spiritual celebrations.

The **Garba** dance is a traditional circle dance of the Gujarati. The Gujarati state is an area on the west coast of India. Generally, **Garba** is performed during the nine days and nine nights of Navaratri in mid October. Navaratri is the worship of the three divine goddesses, Saraswati (Goddess of learning and speech),

Lakshmi (Goddess of wealth and prosperity), and Durga (Goddess of strength and courage). **Guozhuang** is Tibetan for the circle dance performed to celebrate battle victories, harvests, weddings and births. There are three kinds of Guozhuang circle dance: Temple, Pastoral, and Farm.

Batuque is an Afro-Brazilian jam session. In the Batuque the dancers form a circle around one performer. This solo dancer chooses his successor for the exhibition spot while shouting the word "sama" (dance).

Today, during family gatherings and social dances, people often experience the open or closed circles of dance. People have experienced joyous times in circles – holding hands, clapping, singing or shouting. Dancing has been a form of survival, in keeping fit, releasing stress, releasing joy, and supporting community.



Garba

Let this Spring and Summer bring you together in celebration. Circle round - Gather round, for your health.



Hora

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Did you know?



Asian-American women have the highest life expectancy of any ethnic or racial group in the U.S.

Asian American women have one of the highest life expectancies in the United States.

- Japanese women living in Hawaii had a life expectancy of 84.5 years
- Chinese women living in Hawaii had a life expectancy of 86.1 years
- Asian women living in California had a life expectancy of 84 years.

- The combined life expectancy for all races (women) for the same time period was 79.4 years.

Some research on life expectancy indicated the following:

- Immigrants who come to the United States, in general, live an average of three years longer than people born here.
- Immigrants are likely the most physically active, vigorous citizens in their homelands.

- Lifestyle is a powerful factor. Obesity is far more prevalent among American-born residents than immigrants.

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