

INVEST IN HEALTHY ASIAN AMERICAN COMMUNITIES IN OHIO

Empowering Communities for Health Opportunity, Equity and Sustainability (ECHOES) - a joint project by the Asian Pacific Partners for Empowerment, Advocacy and Leadership (APPEAL) and Asian Services for Action (ASIA), Inc.

ECHOES: MAKING HEALTHY CHOICES THE EASIER CHOICES

Empowering Communities for Health Opportunity, Equity and Sustainability (ECHOES) is a national network initiative funded by the Affordable Care Act, under the Community Transformation Grant (CTG) Program. The goals of ECHOES is to make healthier choices the easier choices in Asian American, Native Hawaiian and Pacific Islander (AA & NHPI) communities.

CANCER & CARDIOVASCULAR DISEASE IS OUR ISSUE

- **Cancer.** In Ohio, more AAs and NHPIs die of cancer than any other cause. Lung cancer is the leading cause of death for our communities.
- **Cardiovascular disease (CVD)** is the second leading cause of death amongst AAs and NHPIs in the U.S.
- **At least 80%** of cases of premature heart disease, stroke, and type 2 diabetes can be prevented through healthy diet, regular physical activity, and avoidance of tobacco products.

PLACE MATTERS

Health is determined by forces beyond individual choice.

- People who live near fast-food restaurants and convenience stores, instead of **grocery stores and fresh produce vendors**, have higher rates of diabetes and obesity;
- People who live in **walkable neighborhoods or near parks** are more likely to have higher levels of physical activity;
- Yet, lower income neighborhoods that are commonly populated by communities of color often have fewer grocery stores, more fast food restaurants and convenience stores, and less access to safe spaces for physical activity.



This is part of the APPEAL ECHOES project. For more information about ECHOES, visit APPEAL's website at www.appealforcommunities.org.

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ASIA's Healthy Asian Pacific Islander (HAPI) Fresh Farmer's Market provides farm training to enhance job opportunities for Asian immigrants and refugees in Cuyahoga County.



ASIA's annual food drive distributed 1400 lbs of produce, including organic produce from HAPI, helping 92 families in Northeast Ohio.