

# The Optimist

Newsletter of Indian American Cancer Network (IACAN)

Volume 8, August 2011

## Update on Health Needs Assessment of Asian Indians in Houston.

Asian Indians are now the second largest Asian American group in Harris County and yet, little is known about the health status of this rapidly growing population. The Indian American Cancer Network (IACAN) in partnership with researchers from M.D. Anderson Cancer Center has launched a health needs assessment of the Asian Indian community in the Greater Houston area. The study will be done in two phases.

The first step of Phase I of the study was initiated on July 24, 2011. Individuals from the Asian Indian community were invited to participate in focus groups at which information about their health beliefs, practices, and perceptions about health and cancer was collected.

The second step of Phase I will begin soon. Key community members will be interviewed to get their opinions about major health issues of Asian Indians.

All of this data will be used to tailor a health survey instrument that will be administered to at least 400 Asian Indians in the Greater Houston area as part of the Phase II of the study. The findings from the health needs assessment will provide documentation about barriers that Asian Indians may be facing in accessing health and cancer screening. The results will help us in designing programs that will teach the community about how to obtain and maintain optimal health.

We thank those individuals who participated in the focus groups.

### Upcoming Event:

This is a free event. Everyone is invited.

**Title: "Early Detection and Treatment Options for Prostate Cancer.... A Common Cancer among Indian Men"**

Date: Sunday, September 11, 2011

Time: 3-5 PM

Venue: India House

Speakers:

Pulin Pandya, M.D.  
Urologist

Ganesh Palapattu, M.D., F.A.C.S.  
Chief of Urologic Oncology  
The Methodist Hospital  
Texas Medical Center



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