



New Mexico Asian Family Center

Fiscal Year 2014

Description of the Program

The mission of New Mexico Asian Family Center (NMAFC) is to provide culturally sensitive programs and services creating a Pan-Asian community that advocates for and supports itself. The vision of NMAFC is to live in a world where inclusiveness is valued and equal opportunity and justice exist for all.

With support from New Mexico's Tobacco Use Prevention and Control (TUPAC) program, New Mexico Asian Family Center worked during 2013-14 to support New Mexico's Asian community in preventing tobacco use, helping people quit, and eliminating exposure to secondhand smoke. With separate TUPAC funding, NMAFC also supported the statewide Asian Tobacco Control Network ("Mosaic Voices") during this fiscal year.

NMAFC provides other services to New Mexico's Asian Community, in multiple Asian languages including:

- Case Management and Advocacy
- Counseling
- Family and Youth Programming

SERVICES TO HELP ADULTS QUIT TOBACCO

New Mexico Asian Family Center provided support to help clients quit their addiction to tobacco, including identifying people who use tobacco, brief interventions including advice to quit, and referral to services. The California Asian Language Quit Line is one important resource for services which provides immediate access to live tobacco cessation services in Chinese (Cantonese and Mandarin), Korean and Vietnamese languages. The New Mexico *Quit Now* telephone services also have interpretation available for other languages not covered by the Asian Language Quit Line.

How much did we do?

- Staff provided tobacco interventions as part of routine outreach. This includes "Rice and Resources" where staff give assistance on a variety of topics in drop-in settings that are hosted at Asian community markets.
- Clinic flyers were maintained in Vietnamese, Chinese and Japanese to promote cessation services.

How well did we do it?

- California's Asian Language Quit Line (ALQ) reported that 5 callers from New Mexico received services between July 2012-June 2014 (in Vietnamese and Mandarin). The ALQ delivers an evidence-based service, with nicotine replacement.

Is anyone better off?

- People who need additional support or case management have called NMAFC, including for tobacco intervention and prevention programs like the youth Tae Kwon Do program and cessation services.

What did we learn?

- NMAFC will continue referring clients to the ALQ, when appropriate. This Quit Line is expected to remain in service for the next few years, and offers easy-access resources for clients. Although the number of people served has been small, having this culturally-specific resource available also supports other important community work, including community-based outreach of the Mosaic Voices Network.



YOUTH TAE KWON DO PROGRAM

NMAFC worked with a local instructor to provide free Tae Kwon Do classes for children in the Asian community, linking culture and health to tobacco-free lifestyles. These classes meet weekly, and tobacco prevention activities are included on a monthly basis.

How much did we do?

- Classes were held at Quang Minh Vietnamese Temple from December 2013-June 2014. Between 16-18 individual youth ranging from ages 6-12 years participated on a regular basis. Activities engaged youth to be comfortable talking about tobacco with trusted role models, and to communicate tobacco free values to family and friends (some of whom have parents who smoke).

How well did we do it?

- Classes were moved to a local Vietnamese temple in December, during regularly scheduled youth group activity time, to make them more available to youth.
- Class content was adjusted to meet the needs of a new teacher and new student groups, who were relatively younger than past students, and also the shorter timeframe of the classes in the new setting.
- The instructor has great rapport with youth, and youth identify him as a trusted person they look to for help or would look to if someone pressured them to use tobacco.

Is anyone better off?

- Pre- and post-program surveys given to the youth participants showed improvement in youth feeling comfortable talking with an adult about tobacco issues (from an average score of 2.9 to 4.4, on a scale of 1-5). Positive adult role models can be a protective factor in preventing youth initiation.

What did we learn?

- We successfully incorporated tobacco discussions into Tae Kwon Do (a culturally tailored activity) and linked the positive aspects of the activity with being tobacco free.
- Moving the class to the centrally-located Temple reduced time and transportation barriers and allowed more youth to participate.
- Having youth demonstrate their Tae Kwon Do skills at public events (the Festival of Asian Cultures) was again a positive experience for everyone; we will repeat this.



Continuing Efforts in 2014-2015

NMAFC will continue to support Asian communities with youth Tae Kwon Do programs and by linking adults who want to quit tobacco with resources to help them. Evolving efforts include:

- Using the Tae Kwon Do program to promote awareness of NMAFC and the Mosaic Voices Network of Asian Families for Tobacco Control, shifting the location and times of the program to community settings to make it more available for families;
- Continuing focus of cessation activities on promotion of and referral to existing resources such as the *Quit Now* quit line and California's Asian Language Quit Line, as well as and providing live language interpretation or interpretation linkage for *Quit Now*.

This report was prepared jointly by New Mexico Asian Family Center and the TUPAC evaluation team, including external evaluation support from Program Design & Evaluation Services, Multnomah County/Oregon Public Health Division and the University of Wyoming Survey and Analysis Center.

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