

# PATIENT LEADERSHIP COUNCIL 2016 RETROSPECTIVE



Asian Health Services (AHS) has always valued the importance of patient and community engagement, and continually strives to make this a top priority. In 2005, AHS established the Patient Leadership Councils (PLCs) in different languages to train patients as volunteer peer health advocates who can then train on and support their communities with key health and advocacy issues. Over a decade later, our 7 PLC groups (Cantonese, Khmer, Korean, Mandarin, Tagalog, Vietnamese, and Young Adult) have grown and flourished to over 100 members. We are proud to share some of our highlights from 2016.



## CIVIC ENGAGEMENT: VOTER REGISTRATION AND EDUCATION

2016 was an important year for civic engagement and the PLCs were very active in all of the efforts from registering fellow patients in our clinics, in businesses, churches, and community centers to encouraging their communities to be heard by voting. Over 2000 new voters were registered through AHS since 2014. PLCs were active in the California Healthy Nail Salon Collaborative, city and local government meetings, ballot parties to educate themselves and others on initiatives, media campaigns, and phone banking.



## HEALTHY LIVING INSIDE AND OUT

Being volunteer peer health advocates means that PLCs have to live and get educated on healthy lifestyles and wellness. This year, PLCs were educated on important health issues like social impacts on fitness and eating, tobacco and cancer prevention, mental health, and safe disposal of sharps. PLCs also educated community members on the Affordable Care Act enrollment, tobacco cessation, physical activity, and healthy eating. Plus, PLCs also participated in the Oakland Running Festival with Team AHSome and danced with each other at the PLC Picnic in summer.



## EMPOWERING A HEALTHIER AHS AND CHINATOWN

Being a PLC member strengthens AHS and Chinatown. As they have done in prior years, PLC members helped to disseminate the annual patient satisfaction survey to patients in September. By having PLCs collect the surveys, it helps assure patients of the confidential nature of their responses and minimizes biased responses. PLCs also were trained on Advance Directive so they can make informed decisions about their healthcare and also can inform others of their options. In further service, PLCs helped with Chinatown clean-ups, wrapped 600 Christmas gifts for AHS pediatrics patients, and tabled at health fairs.



## CELEBRATING ANOTHER YEAR OF PATIENT LEADERSHIP

We sincerely thank all of our patient leaders that have volunteered to improve their communities.

