



**NATIONAL ASIAN PACIFIC  
CENTER ON AGING**

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**PRESS RELEASE**

**FOR IMMEDIATE RELEASE:** October 17, 2013  
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**NAPCA Presents at American Public Health Association  
Annual Meeting & Exposition**

[Seattle, WA] - Alula Jimenez Torres, Healthy Aging program manager at the National Asian Pacific Center on Aging (NAPCA) will present a poster at the American Public Health Association (APHA) 141st Annual Meeting & Exposition. The Annual Meeting & Exposition will take place November 2-6, 2013 in Boston, MA.

The APHA Annual Meeting & Exposition draws over 13,000 public health professionals from around the world. This year's theme is Think Global Act Local: Best Practices Around the World. Ms. Torres will present on NAPCA's implementation and evaluation of the evidence-based Chronic Disease Self-Management Program (CDSMP) in Asian American and Pacific Islander older adult populations.

"We are pleased at the opportunity to present at APHA and promote best practices for helping AAPI older adults maintain good health," said Christine Takada, NAPCA President and CEO.

CDSMP was developed by Stanford University Patient Education and Research Center and has over 10 years of demonstrated effectiveness helping people with chronic disease better manage their conditions. NAPCA's evaluation found that with cultural adaptations, the program can be successfully implemented in AAPI communities and remain effective at improving participants' health. NAPCA developed a report with these findings, which can be found at <http://napca.org/chronic-disease-self-management-program>.

NAPCA is the leading advocacy and service organization committed to the dignity, well-being, and quality of life of Asian American and Pacific Islander elders as they age.

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