

Questions from potential participants or collaborators	CHW/Recruiter response
What is Project AsPIRE?	<ul style="list-style-type: none"> ▪ <i>Project AsPIRE is a health initiative administered by the NYU Center for the Study of Asian American Health and Kalusugan Coalition. This project connects community members to the healthcare system, provides education and support in living a healthier lifestyle, and documents the health needs of the community so we can advocate for additional resources to improve their health.</i> ▪ <i>We received funding to develop a Community Health Worker program to address heart health among Filipinos in NY and NJ and see how effective it is in helping community members become healthier. Kalusugan Coalition is the lead community partner on this initiative.</i> ▪ <i>Part of our success is our linkages with key stakeholders like business owners and community leaders who have allowed our project to provide health screenings for their members/employees.</i>
Who is Kalusugan Coalition? What does the organization (KC) do?	<ul style="list-style-type: none"> ▪ <i>Kalusugan Coalition (KC) is a non-profit organization dedicated to serving the health needs of the Filipino community. KC is made up of concerned individuals and organizations working together to improve the health of Filipinos in NYC & NJ.</i> ▪ <i>We link together individuals & organizations (such as churches, community organizations, businesses, health providers) in NYC/NJ interested in addressing Filipino health. We also conduct health screenings and education activities, develop resources and trainings, and sponsor forums to inform the community about Filipino health. We also do advocacy work to change policies that affect the health of Filipino and other immigrant communities.</i>
What is entailed if I join the study?	<p><i>We are collecting data to see if a community health worker and health education sessions will help you control and reduce your blood pressure. To collect that data:</i></p> <ul style="list-style-type: none"> ▪ <i>You will be screened to see if this study is right for you. Questions will be asked about your ethnicity, language, age, and past and current medical history. Your blood pressure will also be measured. If the results of the screening show that you are eligible to participate in the study you will be followed up by a Community Health Worker.</i> ▪ <i>At your first session the Community Health Worker will interview you to identify your risk factors for heart disease, and take measurement of your blood pressure.</i> ▪ <i>For the study, you will be assigned to one of two study groups by a computer. (That is, assigned by chance as if by flipping a coin.) [Can show flow chart]</i>

	<p><i>a. Standard case management (intensive arm): You will</i></p> <ul style="list-style-type: none"> ➤ <i>attend 4 monthly educational workshops</i> ➤ <i>receive at least 2 follow up calls per month</i> ➤ <i>have monthly visits by a Community Health Worker for the first 4 months. These follow up calls and visits intend to provide ways of improving heart health, and to invite you to the health educational workshops, coordinate doctor visits and other services, remind you of upcoming health appointments, and help you monitor your blood pressure.</i> ➤ <i>You will be asked to complete an interview during the 4th month and 8th month mark in order to see if these sessions/visits/calls help you recognize your symptoms and help you lower and control your blood pressure. The information we gather from these follow up interviews will help us determine what components were most effective. Your blood pressure, blood sugar, cholesterol, weight and waist measure will also be measured at month 4, and month 8 measure any change in your results.</i> <p><i>OR</i></p> <p><i>b. Less intensive arm (control):</i></p> <ul style="list-style-type: none"> ➤ <i>You will receive an orientation session and educational materials from the CHW to help you be informed about heart disease and hypertension.</i> ➤ <i>The CHW will also give you educational materials to help you with your diet.</i> ➤ <i>After 4 months, the CHW will ask you to respond to a 4 month interview survey, as well as on the 8th mark.</i> ➤ <i>During the 4th, 8th interview survey, the CHW will again measure your blood pressure, glucose, cholesterol, your weight and your waist and hip circumference.</i>
How much does it cost me to participate?	<ul style="list-style-type: none"> ▪ <i>You or your insurance company will be charged or held responsible for the costs of your routine care (the care you would have received if you were not in this study).</i>
How long does this program take?	<ul style="list-style-type: none"> ▪ <i>From start to end, the study will take 8 months.</i> ▪ <i>If you are assigned to group A, most of the activities in which you are asked to participate will take place within a 4 month period during which you receive:</i> <ul style="list-style-type: none"> ○ <i>4 educational sessions (2 hours each)</i> ○ <i>4 monthly 60 minute follow up visits by a community health</i>

	<p>worker</p> <ul style="list-style-type: none"> ○ follow up phone calls twice a month <ul style="list-style-type: none"> ▪ If you are assigned to group B, you will receive one 2 hour educational session. ▪ You will also be interviewed for 30-45 minutes at your first intake session to understand your risk factors for heart disease. ▪ <i>At month 4 and 8 we will interview you again in order to see if the information/resources provided to you during the 4 months helped you recognize your symptoms and help you lower and control your blood pressure. Your blood pressure, blood sugar, cholesterol, weight and waist measure will also be measured at these times so you can see how your results changed.</i> ▪ <i>The information we gather from these follow up interviews will help us determine what was most effective in helping you get healthier.</i>
Eh, bahala na ["Happen what may/Leave it to God" –fatalistic attitude concerning their health]	<ul style="list-style-type: none"> ▪ <i>Do keep in mind that by having the knowledge about your heart and hypertension, you have the power to manage your health, be more productive in life and know more resources for yourself and those around you/your family/community.</i> ▪ <i>Also hypertension and heart disease can be prevented and treated. Unfortunately, those who delay too long before seeking care increase their chance of having a heart attack or stroke.</i> ▪ <i>The greatest benefits are gained when people get early screenings and intervention.</i>
<p>Are you a doctor? Nurse?</p> <p>Do you [CHW] have training or are you certified?</p>	<ul style="list-style-type: none"> ▪ <i>I'm not a doctor or nurse, but a community health worker, similar to the barangay health workers back home in the Philippines.</i> ▪ <i>We were trained to provide information about heart health and hypertension and to perform screenings. We can also ensure culturally appropriate service to you and the community.</i>
I don't have the time.	<ul style="list-style-type: none"> ▪ <i>We have different opportunities in our program that may work with your schedule. The CHW also have one-to-one visits and phone calls at a schedule that works best for you.</i>
<p>Can I think it over? (whether to participate in study)</p> <p>-give them CHW contact info for them to call if they change their mind (build in script how to continue encouraging them); cannot obtain contact</p>	<p><i>Of course you can. Your participation is completely voluntary. Here is my business card so you can call me. I will contact you this week to check in with you again. And just so you know, if we find that this type of program can help you and others improve your health, we can expand it to help the larger Filipino community within and beyond NY/NJ. That's the impact of your contribution when you participate in this study. Not only are you taking charge of your health, but also making an impact sa iyong kapwah.</i></p>

information prior to consent.	
What does your project offer to the community?	<ul style="list-style-type: none"> ▪ <i>Our project offers free health screenings to the Filipino community of New York and New Jersey where they can get their blood pressure, blood sugar and cholesterol checked.</i> ▪ <i>For those Filipinos with high blood pressure – they are eligible to participate in our study which connects them with a community health worker who links them to the healthcare system, coaches them on how to live a healthy lifestyle so they can manage and reduce their blood pressure.</i>
Why are you focusing on Filipinos?	<ul style="list-style-type: none"> ▪ <i>1 out of 3 Filipinos dies of heart disease. We're finding that 3 out of every 5 Filipinos we screen in the community have high blood pressure.</i> ▪ <i>Hypertension is preventable and treatable, but many people in our community have financial barriers when it comes to health insurance and purchasing medication, and for these reasons they will only visit the doctor when they are really sick.</i> ▪ <i>Lack of knowledge: they are not aware of the health services that are available to them; or they have misconceptions about how to properly take their medication. Many because of their legal status are also afraid to seek health services due to fear of being reported – but they aren't aware that they are eligible for services regardless of immigration status.</i> ▪ <i>Diet: On top of that, a lot of foods that are specific to the Filipino culture are high in salt and cholesterol</i> ▪ <i>Hypertension may also be attributed to the stress and anxiety many Filipinos experience due to immigration, adjusting to a new environment, working multiple jobs to support their families back home, sometimes facing discrimination.</i> ▪ <i>Despite our high rates –little has been researched or implemented to address these high rates, especially in the Northeast.</i>
Oh, I like that/that's good. How can I get involved?	<ul style="list-style-type: none"> ▪ <i>[for participants:] To be a participant –I just need to set up our next appointment to check your blood pressure again within the next 2 months to confirm if you are hypertensive. If we find this program is still right for you, then we can enroll you at that time. In the mean time, I can provide you resources to see a doctor if you do not already have one. Here is a referral directory of clinics and private doctors who speak Tagalog if that's what you prefer.</i> ▪ <i>[For collaborators:] Help us outreach to your constituents/clients/congregation to invite to participate in the study</i> ▪ <i>[For collaborators:] Become a screening site where we can screen Filipinos for hypertension and invite them to participate in the study</i> ▪ <i>[For collaborators:] Volunteer for our health screenings to help administer surveys</i> ▪ <i>[For collaborators:] Connect us to other potential partners</i>

	<ul style="list-style-type: none">▪ <i>[For clinicians:] refer to our study any of your patients who are having challenges in managing their hypertension; also serve as a referral resource for us to send participants as new patients</i>▪ <i>[For clinicians (i.e. nurses, med students)]: volunteer for screenings to take clinical measurements and provide health education/consultation</i>
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