

# Asian American Native Hawaiian Pacific Islander Health & Wellness Resource Week at UCSF

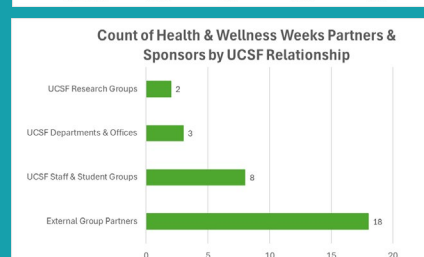
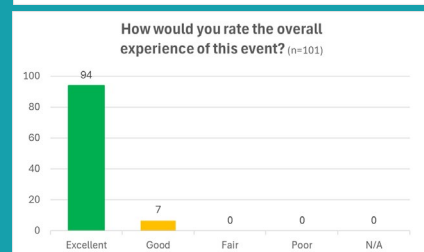
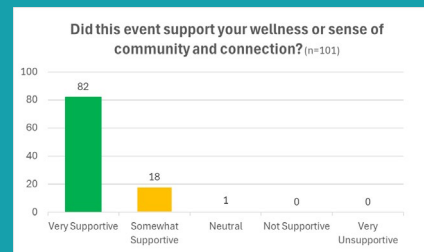
2025

Asian Pacific American Systemwide Alliance & AANHPI Collective

## Overview

From April 28<sup>th</sup>-May 9<sup>th</sup>, 2025, the Asian American Native Hawaiian Pacific Islander Collective (AANHPI Collective) produced the inaugural Health & Wellness Resource Weeks at UCSF. Health & Wellness Week featured AANHPI whole-person wellness practices of the Asian diaspora. Programming included meditation and singing bowls, reiki, yoga, and spiritual traditions for emotional wellness; Kapwa/interconnectedness, community building, and community partnerships for social wellness; traditional Chinese and Filipino medicine, Ayurveda, herbalism, tai chi/qi gong, acupressure for physical wellness. In all, 30+ health and wellness events were brought to life through the combined efforts of the AANHPI Collective and community partners.

## Data Snapshot



## Resources

<https://apasa.ucsf.edu>

<https://tiny.ucsf.edu/aanhpi25>



UCSF

Human  
Resources  
Wellness



## Project Details

The inaugural UCSF AANHPI Health & Wellness Resource Weeks welcomed the entire UCSF community to explore and experience traditional and contemporary AANHPI whole-person wellness practices over two weeks, starting April 28<sup>th</sup> and ending May 9<sup>th</sup>. In all, 35 distinct health and wellness events were held virtually and/or in-person across the UCSF campuses at Benioff Children's Hospital – Oakland, Mission Bay, Mt. Zion, Parnassus, and ZSFG.

Health & Wellness Weeks was made possible by the AANHPI Collective, whose members came together to bring Health & Wellness Weeks to life. The collective includes the Asian Pacific American Systemwide Alliance (APASA); Asian American Native Hawaiian Pacific Islander Coalition (AANHPIIC); Asian American Research Center on Health (ARCH); Asian Pacific American Medical Students Association (APAMSA); ASPIRE Asian American Cohort Study; Filipino American Medical Student Association (FAMSA); Financial and Administrative Services (FAS); Office of Diversity and Outreach (ODO); Osher Center for Integrative Health; Muslim Student Association (MSA); Vietnamese Student Association (VSA); United Filipinx Association (UFA); the ZSFG Staff Development Committee; and many more contributors.

We publicized Health & Wellness Weeks through a dedicated webpage on the APASA website ([tiny.ucsf.edu/aanhpi25](https://tiny.ucsf.edu/aanhpi25)), as well as APASA and partner organization newsletters, Microsoft Teams, the UCSF Calendar of Events, and through personal outreach.

Our post event evaluations were overwhelmingly favorable: 93% of respondents rated their experience as "Excellent", 81% rated event wellness or sense of community and connection as "Very Supportive"; and 92% of respondents learned something new!

Participants also shared the following feedback: "This event was simply **lovely**. One of the only things I've done which lowered my Chronic Pain instead of increasing it." "I left **inspired** and I felt a **sense of community** with all my other boxes on screen." "[I]nspired me to keep up with **family traditions** and make tonic soups for **my family**!" "It was **wonderful** to be at a venue that was so **warm** and **welcoming**... I can't wait for the next one." "I **loved meeting other people** from many campuses." "It **inspired me** to think about how to **connect with my body** and **my mind deeply**."

## Project Challenges

Our UCSF AANHPI community is large and diverse. Where we proposed a single week of events, our enthusiasm to bring a diverse array of wellness practices and traditions to the UCSF community drove us to expand into two weeks. We identified an early need to organize project planning and to ensure transparency with all stakeholders. Our early planning, collaborative leadership approach, and open communication provided flexibility to incorporate a second week of events and more wellness opportunities.

There are still more health and wellness perspectives that we would love to share and feature. We hope our model for outreach, inclusivity, and collaboration provides opportunities for yet more voices to be heard and traditions to be honored, enriching our UCSF community.

## Lessons Learned

Draw from the deep expertise and wisdom spread among UCSF staff, faculty, students, and affiliates to assemble a collaborative and energizing team! We sought to partner with UCSF registered campus organizations early to ensure programming that reflects the breadth of experiences and backgrounds of the AANHPI community at UCSF. Start outreach early, utilize available technology to ease the burden, uplift all perspectives and voices, maintain a project schedule, and regularly monitor and double check your budget!