

## **NANAY holds Immunization and Tobacco Workshop**

MIAMI, Florida - August 16, 2003—

Twelve registered nurses from the Silliman Association of South Florida met with 24 elders during a workshop on immunization and tobacco, that was held at the NANAY Center on Saturday, August 16.



The purpose of the workshop was to increase service providers' and elders' awareness on the need for immunization among Asian Pacific Americans. Their lively discussion included topics on pneumococcal infections, influenza, hepatitis, measles, rubella, rubeola and other common illnesses that could be prevented through vaccination. Children younger than 5 and adults age 65 and older have a high risk of catching Pneumonia. Flu shots are especially recommended for people with long-standing illnesses, although anyone who wants to avoid getting the flu can get the vaccine. The incidence and dangers of tobacco use among Asians were also discussed in the second part of the workshop. It was noted that smoking rates among Asian American youth increase seven-fold from seventh to 12th grade, and that teens make up 90% of all new smokers. While Asian American teens had the lowest smoking rates in middle school compared to African Americans, Hispanics and Whites, their smoking rates were second only to Whites by senior year.