

Healthy Future | AYLUS Pearland

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The Healthy Future Track began in 2016 when AYLUS Pearland volunteers partnered with Medical Bridges, an organization dedicated to improving global healthcare conditions. In 2017, 3,000 white cotton shirts were donated to the William Beaumont Army Medical Center and its

connected VA center through Hike for Mental Health.

Starting in 2022, AYLUS Pearland collaborated with the Light and Salt Association (LSA) to promote healthy living and health equity. Through LSA's summer internship program, volunteers received training in areas such as healthy living education, nutrition, cancer prevention, and health equity advocacy. Volunteers also learned practical skills like CPR and conducted hepatitis B and C testing. This training enabled them to participate in health fairs within the Asian community, spreading awareness and providing vital health services.

In 2023, AYLUS Pearland expanded its efforts by partnering with Hummingbird Community Outreach (HCO) to co-host the Healthy Living Fest at Ed White Elementary School, where over 90% of students come from low-income families. At the fest, volunteers engaged K-6 students in interactive lessons on nutrition and emotional health, along with physical activities and games to encourage healthy habits. LSA also provided essential training and assisted the broader community with benefits enrollment, ensuring access to healthcare resources.

The Healthy Future Track not only focuses on improving community health but also equips volunteers with valuable knowledge and skills that contribute to personal and community well-being.

Feature Story

Health Fairs

Since April 2023, five health fairs have been held at Ed White Elementary School, an HISD school where over 90% of students come from low-income families. These events have focused on promoting healthy living through interactive educational activities, including lessons on nutrition, emotional health, and engaging exercise games for children. These fairs have reached approximately 900 participants, primarily from minority communities.

All-of-us Research Program

AYLUS Pearland also actively supports precision medicine research, particularly focusing on reducing disparities in AANHPI (Asian American, Native Hawaiian, and Pacific Islander) participation. To address this, HCO promotes the congress funded NIH "All of Us" research program within AANHPI communities, encouraging their involvement to enhance diversity in research data. This initiative emphasizes the significance of inclusivity in health studies through public education. HCO led eight student organizations across five states (Texas, New York, New Jersey, North Carolina, Ohio), organizing one-on-one and group sessions that educated 1000 individuals in AANHPI communities about the "All of Us" program. This effort mobilized 250 youth volunteers who contributed 780 service hours from July 2023 to July 2024. In recognition of their efforts, the Light & Salt Association (LSA) donated \$6,000 to support these youth organizations.

Healthcare Advocate

AYLUS Pearland collaborates with the Light & Salt Association to support individuals who face barriers to healthcare access, including language obstacles and economic challenges. This collaboration offers access to free services such as benefits applications, health screenings, and mammogram registrations at health fairs. Through these initiatives, HCO empowers individuals to take control of their health and advocates for equity in healthcare access. Since August

2023, HCO has promoted these services at approximately 90 events.

WHAT WE DO

Enriching the Lives of Seniors

Supporting City Events

Preserving the Environment

Preserving Culture and Tradition

Supporting Education

Enriching the Lives of Seniors

Each year, AYLUS Pearland volunteers visit nursing homes and senior centers in the Greater Houston area, especially during the summer and holiday seasons. Volunteers bring talent shows and holiday gifts, spending time with the seniors and brightening their days through personal interactions.

AYLUS Pearland actively supports Keep Pearland Beautiful, helping to plant hundreds of trees in local parks, clean up ponds, maintain community gardens, and pick up trash in city parks.

These efforts contribute to keeping Pearland green and beautiful.

Preserving the Environment

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