

Immigrants health-related web site content analysis

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Summary

Koreans are fast-growing Asian immigrant groups. Immigration experienced a stressful adjustment process in new norms, languages, and social conditions. Immigrants, generally have limited access to health facilities because of most immigrants come from places with differing health beliefs and health care systems. Web sites on the Internet are excellent resources for the public consumers to gain health care knowledge. This study aimed to provide information about the utilization of websites on Korean immigrant health. Data collected by the search engine associated with the health of immigrants looking for a website to 7 were analyzed. For analysis of the possible translations of Korean accessible to kids and Koreans have a high prevalence of disease-specific information and advice about the corner had been established. . However, immigration and culture shock caused by stress, stress management and mental health-related websites, such as depression were low.

Key words:

Immigrants, Health, Web site

1. Introduction

As a consequence of globalization, work-induced mobility and economic migration have increased over the last decades and become common phenomena. Globalization in their view refers to cross-border exchanges and to transnational movements of people, goods and ideas across the earth [1].

The immigration process entails many changes in the lives of those who emigrate including establishing oneself in a new country. Immigrants have been identified as a vulnerable population, but there is heterogeneity in the degree to which they are vulnerable to inadequate health care [2].

Immigrant experiences of economic strain, unemployment or underemployment, acculturation stress, language barriers, and lack of familiarity. It may all take all leave them in worse health with proportionately higher service use.

Migrants, especially those without documents, generally have limited access to health facilities and resources in their new countries. They live in transnational communities with parallel identities and run high health risks [3]. According to the population survey conducted by the U.S. Census Bureau in 2000 [4].; there are 28.4 million immigrants living in the United States.

Immigrant women, women refugees and women of diverse ethnic backgrounds form an increasingly large percentage of the Canadian "mosaic": up to 38% of Canadian women are neither French nor British in origin [5].

Korean Americans are one of the most recent and fastest growing Asian immigrant group in the United States[6] [7]. The Internet has quickly become one of the most consulted sources of information about diseases and medical treatment. The availability of the health information through the Internet website is rapidly increasing.

The Internet survey for the general public was general public ranked disease(81.8%), self diagnosis(79.2%), general health(79.1%), emergency(78.7%), highly and most health professionals needed education(90.5%), academic(88.5%), disease(88.4%) [8].

An estimated 43% of Internet users go on-line to gather health care information and obtain answers to health care questions from more than 34,000 health-related websites. The Internet has moved beyond distributing static text-based facts and become a communication medium that allows users to interact with information [9].

Using the Internet, increasing numbers of health care providers and consumers gain free access to an expanding volume of information that previously was inaccessible. Tools such as Internet directories, indexes, and search engines assist health care providers and consumers in their search for health information [10].

The Internet can also be a valuable source of information for consumers [11] [12] [13]. For patients and their relatives or close friends, particularly in cases of newly diagnosed life-threatening diseases, electronic mailing lists, online support groups, and Web sites devoted to their particular disease can provide valuable information and emotional support [14] [15] [16]. This study is required to identify effective contents of website on health to promote the health and quality of life in Korean Immigrants.

2. METHODS

We completed a comprehensive analysis 7 websites related to Korean Immigrants health. Reseach objectives were accomplished by conducting a search engine. The main areas of the review included immigration, Korean immigrants, health, website in well-being.



KAN-WIN provides bilingual and bicultural comprehensive services to women and children affected by domestic violence. All programs are bilingual, confidential, and are provided free of charge. 24 hour Crisis Hotline 1-877-KANWIN1 / 773-583-0880 Crisis intervention, information, emergency shelter placement, referrals, as well as on-line counseling available.

Transitional Housing Program

Housing support for women and their children determined to leave a violent home environment. The program includes life and job skills development, parenting skill training, and comprehensive case management.

Support Group for Survivors and Their Children

Monthly meetings with the purpose of enabling women to share experiences and gain self-awareness, confidence, and strength in a non-judgmental, safe environment. Resources and information are provided at each session.

Legal and Social Service Advocacy

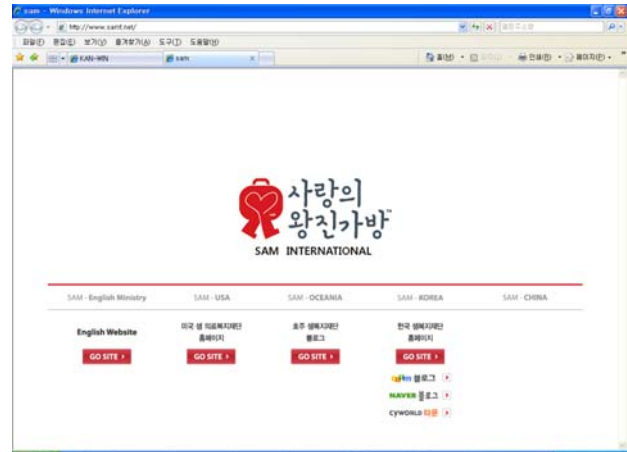
Assistance with legal rights and options under the Illinois Domestic Violence Act and the Violence Against Women's Act. Assistance to access affordable health care and public benefits.

Children's Program

Advocacy and support to ensure the well-being of children witnesses of domestic violence, while including assistance with childcare, special events, field trips, and mentoring

program with emphasis on the bond between the mother and child.

KAN-WIN seeks to educate and outreach to the Korean Americans and the wider community about violence in relation to power dynamics and as an accepted form of social behavior. In challenging societal and cultural norms, we seek to provide information about alternatives to violence towards long-term prevention and the creation of a community-wide response



SAM, International (Spiritual Awakening Mission) is a 501 (C) 3, NGO, medical mission and relief organization which aims to provide medical care as well as humanitarian aid to the world's poorest and forgotten people throughout impoverished and desolate areas. SAM is able to quickly mobilize doctors, medical teams, medicines, medical supplies, equipment and medical survival kits in order to assist disaster relief efforts in devastated regions.

What We Do

Provision of Free Medical Services and Medicines

SAM, International runs three charity hospitals in Northeast China, the 100 bed Dan Dong-CMWM Hospital, the Shen Yang Love Hospital, and the Dan Dong City Hospital. Additionally, we run three smaller outreach clinics stretching along border regions between North Korea / China and North Korea / Russia. Through these facilities, our medical professionals are able to offer free medical care and distribute appropriate medicines to the local villagers in these impoverished and rural areas, many of these people never having seen a physician before.

Provision of Humanitarian Assistance

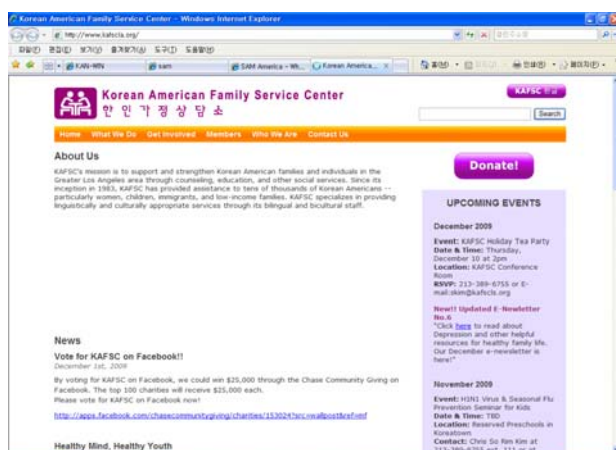
SAM, International is able to quickly access and mobilize a wealth of diverse resources in response to devastating humanitarian crises. For the last 20-30 years, the North Korean people have suffered from a lack of the most basic

human necessities such as food and clothing. Prolonged starvation and extreme malnutrition coupled with the lack of heat in most homes - as winter temperatures can plummet to twenty degrees below zero - make survival a formidable proposition.

Prevention and Treatment of Diseases

Through our partnerships with reputable pharmaceutical corporations here in the United States and South Korea, coupled with our medical teams of doctors, nurses and dentists, SAM, International is able to help treat diseases such as typhoid, diphtheria and cholera in poverty stricken regions of the world.

Prevention of common maladies from augmenting into catastrophic conditions or diseases allows these poor and needy communities an opportunity to overcome cycles of poverty and impoverishment. In 2006 alone, more than 40 medical mission teams were sent to the border regions of Northeast Asia. These medical teams consisted of medical professionals from the United States, South Korea, Australia, England and Germany as well as other nations around the world.



Counseling Programs

KAFSC has been providing free and low-cost counseling services in English and Korean for over 25 years. Our bilingual, master's level counselors specialize in domestic violence, marital problems, parenting issues, child abuse, alcoholism, chemical dependency, cultural adjustment issues, and anger management.

Individual, Couples, and Family Counseling

KAFSC offers private, confidential clinical counseling sessions for individuals, couples and families with one of its Master's level counselors. We have a diverse group of counselors who are 1st, 1.5, and 2nd generation, and both male and female. All our counselors are bilingual in

Korean and English. Private counseling sessions are completely confidential.

Domestic Violence Batterer's Program

KAFSC has permission from the Los Angeles County Probation Department to provide a mandatory 52-week domestic violence batterer's treatment program in Korean. Through these classes, batterers learn to deal with their anger and emotions in a constructive manner, gain genuine support from peers dealing with the same problem, and get a more accurate sense of self and safety.

24-Hour Toll-Free Domestic Violence Hotline: (888) 979-3800

KAFSC offers counseling and supportive services for the victims/survivors of family violence as well as a 24-hour, toll-free hotline for domestic violence victims in crisis. Counselors can provide counseling, safety information, and referral services to assist victims and their families in a crisis situation.



Teen or Adult Anger Management

KAFSC offers anger management classes in Korean and English for both adults and teens. This class is open to both self-referred and court-ordered clients. Anger Management classes teach clients how to deal with their emotions in a healthy manner, effective communication, self-awareness, and stress management.

Alcoholics Anonymous

KAFSC has AA classes for those struggling with alcohol dependency. AA is a fellowship of men and women who share their experience and strengthen each other in order to address their problems with alcohol. A Healthy Youth Program Healthy Youth Program

KAFSC offers free counseling services at schools, churches, community centers, and at our offices to Korean American Middle School students (grades 6th, 7th, and 8th) and their families. HYP also provides a cultural adjustment curriculum for new immigrant students who are struggling in their new environment.



KAFSC offers a broad range of programs and services for women, men, children and youth, without charge. Our counselors are bilingual and possess a master’s degree in social work, counseling or therapy. All cases are kept strictly confidential, and we retain the right to their privacy except as required by law.

Adult Program	Youth Program	Children Program
24-hour Crisis Hotline 718-460-3800	Youth Community Project Team(YCPT)	Hodori Program
Individual & Family Counseling	Teen Support Group	Unni-Hyung Mentoring Program
Legal and Social Service Advocacy	Unni-Hyung Mentoring Program	
Women’s Support Group(WISH)		
Sexual Assault Intervention		
Economic Empowerment		

Public Health Education for various health related issues.
 Senior Mental Health Services
 Tobacco Prevention & Cessation Program
 HIV/AIDS Awareness Program
 HIV/AIDS Hotline (1-888-987-4561)
 Case Management Services for HIV positive patients
 KAMMSA Clinic with Mobile Med
 KCSC provides health education and seminars, affordable healthcare services with other agencies, and advocate health care issues to promote physical and mental health of Asian immigrants.
 Public Health Education for various health related issues.
 Senior Mental Health Services

Case Management Services for HIV positive patients
 KAMMSA Clinic with Mobile Med
 Following services are available at KCSC Annual Health Fair at no or low cost for the communities in Greater Washington Area.
 Blood Pressure and Glucose /Flu Shot /Cholesterol, PSA /Body Fat
 Lung Function Screening /Osteoporosis Screening /Breast Cancer Screening /Urinalysis
 Consultation with various specialists
 Domestic Violence Prevention and Victim Assistance Services
 KCSC offers a range of linguistically competent and culturally sensitive services to victims of domestic violence by providing direct services and collaborating with other service providers to develop and create solutions to stop domestic violence in the Asian American society.
 Victim Assistance/Counseling
 Domestic Violence Prevention Workshop
 Free Legal Clinic with bilingual staff attorney at Asian Pacific American Legal Resources Center (APALRC)
 Family and Youth Services
 KCSC provides various family and youth services to empower Asian families through education, counseling and workshops.
 Happy+ Family Camp
 Individual/Family Counseling
 Parenting Education
 Life After Divorce Program
 Youth Summer Enrichment Program
 Youth Volunteer and Leadership Program





Background:

The Asian American Health Initiative (AAHI) was established and funded in Fiscal Year 2005 to help eliminate health disparities that exist between Asian Americans and their non-Asian counterparts. It is part of the Montgomery County Department of Health and Human Services—Office of Minority and Multicultural Health. The AAHI's purpose is to develop appropriate health programs that meet the needs of a diverse group of Asian Americans living in the County.

Goals:

To conduct an in-depth data collection, analysis and reporting of health status for the different ethnic groups in the Asian American Community.

To expand and improve the existing health services available to Asian Americans.

To ensure the availability of quality health care directed to the specific needs of the different ethnic groups in the community.

To provide outreach programs to inform and educate the different ethnic groups about the accessibility and the availability of health care services.

To ensure that all ethnic groups in the Asian American Community have their fair share of health care by eliminating barriers.

Programs

Health Needs Assessment/Asian American Cancer Program/Hepatitis B Program/Health Promoters Program Osteoporosis Education and Screening Program/Patient Navigator's Project/Other Programs

Diabetes Awareness

To provide diabetes prevention information to the Asian American community, reduce the number of Asian Americans with risk factors for diabetes, and raise awareness about the growing risk of type 2 diabetes in the Asian American population

Tobacco Control

According to the American Lung Association, there are close to 342,000 Americans die of lung disease every year. Lung disease is America's number three killer, responsible for one in seven deaths. Lung disease is not only a killer, most lung disease is chronic. More than 35 million Americans are now living with chronic disease. There are significant variations in smoking rates among Asian Americans. Southeast Asians (e.g., Vietnamese, Cambodian, and Laotian) and Chinese men tend to have much higher rates of smoking than other Asian Americans. In fact, in 2004, 11.2 percent Asian American high school and 2.2 Asian American middle school students were reported to smoking cigarettes. These high smoking statistics can be partially attributed to tobacco companies developing specific promotion strategies to target the Asian population. Asian smokers are a key market since smoking prevalence in most Asian countries is considerably higher than in the US.

Mental Health

Mental health problems in the Asian American community are disturbingly high, yet its services are inadequate. For example, Asian women aged 65 years and over have the highest suicide rate in the country compared with any other population in that age group. Also, Asian American adolescent girls are reported to have the highest rates of depressive symptoms compared to other ethnic girls. In addition, many Southeast Asian refugees are at risk of Post-Traumatic Stress Disorder (PTSD) associated with trauma experienced before and after immigration to the United States. Unfortunately, in conjunction with the usual cultural and economic barriers to health care, there is a strong stigma associated with mental health, which inhibit many Asian Americans from accessing appropriate services.



KCWA (Korean Canadian Women's Association) Family and Social Services is a non-profit organization

established in 1985 by a group of women who were concerned with women and family issues. KCWA's mission is to "empower Korean Canadian families and other vulnerable members of the community-at-large to live free from violence, poverty and inequity through the provision of culturally sensitive and linguistically appropriate services for the purpose of enhancing the well-being of immigrant families and promoting their successful integration into Canadian society."

Health service

Breast Cancer Awareness Project

- With the financial support of the Canadian Breast Cancer Foundation
- Partnered with the Joy Luck Project - Breast Health: Making the best choices video in Korean
- Provided Breast Health Workshops
- Breast Health - For Early Detection and Prevention
- Breast cancer Diagnosis and Treatment Guide for Korean Immigrant Women
- Stories of Korean Immigrant Breast Cancer Survivors
- Introduction to the Ontario Breast Screening Program

Cervical Cancer Seminar

- Partnered with the Toronto Public Health
- Introduction to Pap test

Health Information

- Depression/•West Nile Virus /•Flu Information
- /•Immunization Information /•Parenting Information

3. RESULT

To summarize, we find that each website content related to Korean immigrants health.

The contents and program included physical health care and prevention program, counseling, crisis intervention, domestic violence prevention and mental health service.

Website content can be translated into Korean so good accessibility. Immigrants with information about Korea-related diseases and prevention education and counseling could be used online or offline.

However, immigrants in the process of cultural adaptation that can happen, such as stress, depression and lack of mental health was the number of websites.

2 of 7 on the website is vulnerable layer of counseling programs for depression in the elderly could be found.

The study of immigrants and physical health as well as increasing number of websites related to mental health

and crisis intervention, and related to programs has been developed to suit the sentiments of Koreans are hoping.

4. DISCUSSION

The population of Korean Americans, one of the fastest growing ethnic groups in the United States, rose by 54% between 1990 and 2000. In the latter year, the Korean American community numbered 1,230,000 [17].

Cross-border immigration is a time of transition and demands adjustment by the individual immigrant as well as the country of settlement. Due to high acculturative demands and increased vulnerability, immigrant workers need to be recognized as a specific target group for health promotion and health services.

Acculturation, the process of adapting to a new cultural environment, has been identified as a key factor in the adjustment of immigrants [18]. It is a stressful period, during which time personal and interpersonal problems often arise in the process of attempting to resolve or minimize cultural differences between themselves and the host culture. Many immigrants face a stressful adjustment process due to major changes in lifestyle including new norms, languages, and social conditions [19] [20]. This stress is termed acculturative stress [18].

The combination of the rapid changes and the disorganization of the psychosocial milieu, family and social systems appears to increase immigrants' susceptibility to depression and other disorders [21] [22] [23].

There is an immediate need to provide culturally and linguistically appropriate health information for immigrant populations.

Recent research has argued that, although they are usually treated as problems of the individual, there are important social dimensions to the mental health issues of immigrant and refugee women. This raises the need for more research into accessibility of mental health services, particularly for refugee women who have experienced premigratory trauma.

Reducing social isolation through initiatives such as immigrant women's centres, networking and mentoring, language, employment and re-training programs has been identified as an important mental health policy issue. The impact of legislation, policies and programs on immigrant and refugee women's vulnerability to family violence also needs further examination.

As Janzen and Kinnon noted, research on the health of immigrant women has focused largely on mental and emotional well-being - a trend that continues. [24] [25].

A recent study of immigrant women in the Maritimes argues that immigrant women's isolation is often constructed as a psychological problem when in fact it is a sociological one [26].

Nowadays the growing number of adults living to an old age and depression in the elderly has become important issues in public health. Older adults tend to think of stressful situations as more out of control, utilize passive coping, and use less social network than younger adults do [27]. Elderly Korean immigrants to the United States are doubly burdened in the adjustment process because of their late entry and old age. Elderly immigrants are acknowledged as a high-risk group in terms of psychological health [28]. Korean immigrants who have depression rarely seek the treatment they [29] [30]. Kim [31] reported that Korean culture regards psychological disorders as disgrace and socially frightening.

This article will discuss issues related to health information for immigrants in the context of developing health education/health programs for these underserved populations.

The greatest challenge facing both researchers and policy-makers is the effective and timely exchange of information and include updates on various programs for minorities. Also policy must be enforced for the allocation of resources for health promotion and disease prevention, and for improving accessibility and the capacity in health and social services to meet the physical and mental health needs of immigrants.

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Immigrants health-related web site

Web-site	Contents
Korean American Women In Need http://www.kanwin.org	24 hour Crisis Hotline 1-877-KANWIN1/ 773-583-0880 Transitional Housing Program Support Group for Survivors and Their Children Legal and Social Service Advocacy Children's Program Job Skill Development Program
SAM INTERNATIONAL http://www.samf.net	Provision of Free Medical Services and Medicines Provision of Humanitarian Assistance Prevention and Treatment of Diseases
Korean American Family Service Center http://www.kafscla.org	Counseling program Child care food program Social Service Education and outreach
Korean American Family Service Center New York http://www.kafsc.org	On-line counseling (Useful Links)
The Korean Community Service Center (KCSC) www.kcscgw.org	Public Health Education for various helath related issues Senior Mental Health Services Tobacco Prevention & Cessation Program HIV/AIDS Awareness Program HIV/AIDS Hotline (1-888-987-4561) Case Management Services for HIV postive patients
Asian American Health Initiative (AAHI) http://www.aahiinfo.org	Health Needs Assessment Asian American Cancer Program Hepatitis B Program Health Promoters Program Osteoporosis Education and Screening Program Patient Navigator's Project
KCWA Family and Social Services Newsletter http://www.kcwa.net	Family Service - Domestic violence Statistics - Citizenship / Immigration status issues - Children witnessing violence - Safety planning Health Service - Breast Cancer Awareness Project - Cervical Cancer Seminar - Health Information Depression West Nile Virus Flu Information Immunization Information Parenting Information



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