

# Bicultural Healthy Living Framework



## Blog

[biculturalhealth.apacommnet.org](http://biculturalhealth.apacommnet.org)

## Instagram

[instagram.com/ama.ball](https://www.instagram.com/ama.ball)

## Facebook

[facebook.com/pages/  
Asian-Media-Access-BALL/  
468753976613060?sk=timeline](https://www.facebook.com/pages/Asian-Media-Access-BALL/468753976613060?sk=timeline)

## Website

<http://ballequity.apacommnet.org/>

BALL Initiative, c/o Asian Media Access  
2418 Plymouth Ave. N. | Minneapolis, MN 55411

Tel: 612-376-7715 | Fax: 612-376-7730  
BALL@amamedia.org

Special Thanks to:



# BICULTURAL ACTIVE LIVING LIFESTYLE

# ARE YOU BI-CULTURAL? BI-LINGUAL?

**A new term is gaining popularity: Bicultural Hispanics, Bicultural Somali, or Bicultural Hmong, etc., to represent a large part of the U.S. population.**

Based on the above Bicultural Healthy Living Framework, Multi Cultural Community Alliance (MCCA) has taken the leadership to promote Active Living among people of color, known as “**B**icultural **A**ctive **L**iving **L**ifestyle (BALL).”

**Join the movement; work to preserve cultural traditions and integration of new concepts for a Healthy Lifestyle that emphasizes the evolving nature of cultural diversity, and works to integrate diverse cultures holistically.**

- Typically they're U.S. born, and bilingual or English-preferred. They're under age 45 (average age of 27).
- They're active in both mainstream and their native culture circles.
- They have very different social attitudes than their immigrant parents.

**They all value – Biculturalism** - people who have mastered the rules and norms of their new culture without abandoning their own language, values, and social support systems. Many believe that most people around the world will develop a different form of bicultural identity, combining their local identity with an identity linked to the host culture or a global culture.

BALL Initiative will promote **Neighborhood Complete Street** concepts and **Cultural Exercises** integrating with the healthcare **Green Prescription Effort** to decrease the chronic disease rate among communities of color through:

- **An understanding that there is no dominate culture, all cultures are equally important, and should be proud of and practice with;**
- **A holistic, family/group centered approach fostering an awareness of local challenges, collective concerns and responsibilities;**
- **The encouragement of dialogue and respectful learning from diverse cultures about physical exercise, alternative medicine, and healthcare linkages;**
- **A recognition of cultural norms, agency policies and area transportation frameworks impacting the formation of a Healthy Community Design.**