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What is
**Bicultural Active
Living Lifestyle**
(BALL)?

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Special Thanks to:

REACH
Racial and Ethnic Approaches to Community Health



Philosophy

BALL is a way of living, and embraces a sense of belonging under a broader cultural community while celebrating the cultural resiliency that integrates diverse cultures together.

It is the ability to find cross-cultural solutions for local/national/global challenges to strive for the collective and inclusive good, and finding the balance between individual health practices that infuse diverse cultural aspects for his/her well being.

Challenges

There is a need to establish relationships among critical, systemic thinking and cultural elements among policy, in addition to using a multicultural approach to promote the holistic health concept.

Very few can advocate for infusing cultural and natural practices to find a better way to treat and manage chronic disease. This can leave them at a disadvantage when trying to find a treatment plan that honors their cultural practices and beliefs.

Paradigm Shift

There is a need to shift from a deficient approach towards community of color, to an asset-based approach that recognizes the resiliency created from living bi- and multi-culturally.

It is important to create room for being true to oneself in maintaining his/her heritage, while integrating into the host culture. The idea of "bi" can be interpreted beyond just two cultures, while focusing on its verb meaning: combining, or an integrating effort.

Solutions

We need to develop strategies to ensure cultural stakeholders are represented and engaged in building a Healthy Community.

We need to support cultural interpretation of Healthy Living, along with the food/exercise/medical treatments from diverse communities as a recognized and supported holistic movement towards community well being.