

**RURAL  
LIVE  
ING  
VITIES**

Check out the BALL

**Blog**

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

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**Instagram**

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

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Special thanks to:

**REACH**  
Racial and Ethnic Approaches to Community Health



**BICULT  
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## Vision

We envision a healthy and creative society that appreciates and transcends cultural beliefs and modern practices.

## Mission

We seek to create a Healthy Living Lifestyle that values our own cultures and knowledge, while integrating the perspectives of others.

## Food & Diet

- Preparing balanced and culturally integrated meals in every home
- Designing a cultural diet food pyramid
- Farming with diverse ethnic crops
- Supporting urban gardens and balancing farming practices with conservation approach
- Offering high quality, nutritional, and culturally diverse school meals to students

## Physical Activity

- Promoting Cultural Exercises, such as: Asian Dances, Black Hip Hop Dance, etc.
- Providing Open Street, Diverse Sports and League Opportunities
- Encouraging Complete Street Design (i.e. better sidewalks for walking) beyond mobile transportation
- Designing diverse public transportation options
- Supporting community access to parks and schools through Joint Use Agreements

## Family & Community Life

- Supporting cultural empowerment and resiliency
- Supporting intergenerational households
- Improving cultural/linguistic appropriate communication systems
- Increasing number of bicultural trained medical staff
- Encouraging healthcare access with bicultural approaches