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## Designing a patient empowerment program for Chinese immigrants

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**S**tatement of the Problem: Research has shown that unfamiliarity with the health care systems and communication patterns in the United States results in health disparities among immigrants and interventions to address them must be culturally appropriate. Using a community-based participatory research method, we worked with local Chinese community health organizations and identified the need to help new immigrants learn about the U.S. health care and delivery systems and master effective communication skills with their health care providers. Therefore, we developed culturally specific and appropriate training materials for Chinese immigrants. In this published article, we described the development of these training materials using the community-based participatory research method, the four main topics of training, and lessons learned from this process. Although Chinese immigrants constituted the target population of this training program, the general approach to creating health training materials is applicable to other underrepresented ethnic immigrant communities. Further implementation and evaluation of the training materials is needed to assess the efficacy of the program.

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