Enhance Asian Community on Health Celebrates 10 Years!

Q&A with President & Executive Director Sara Tan

Earlier this month, Enhance Asian Community on Health (EACH) celebrated its 10th anniversary!

EACH is an organization dedicated to elevating the health and well-being of families and individuals within the Asian community and beyond in Quincy and Greater Boston. They focus on providing access to vital health care information and social services, ensuring that everyone they reach is empowered with the knowledge and resources necessary for their well-being.

Read a Q&A with Sara Tan, EACH's President & Executive Director on the significance of this milestone.



EACH Executive Director Sara Tan delivers remarks at 10th anniversary event on October 4.

What makes EACH unique?

EACH's approach to health and wellness is uniquely designed to address the specific needs of the Asian community, removing language and cultural barriers that often restrict access to vital health resources. With the support of federal and state agencies, community-based organizations, higher institutions, and private foundations, EACH has developed a comprehensive suite of programs that includes diabetes prevention, mental health workshops, wellness education, health insurance counseling, and community health advocacy — positioning EACH as a one-stop resource for holistic wellness in the community.

Our Arts and Culture program, integrated into our Evidence-Based Wellness initiatives, uses the performing arts as a therapeutic tool — HEaling through ARTS, or HEARTS — to foster health, build self-confidence, and alleviate isolation. Through HEARTS, community members find an enriching space for cultural expression and connection, which enhances mental well-being and strengthens community bonds. EACH's dedication to culturally relevant, accessible, and empowering health programs allows us to meet community members where they are, offering unique and transformative pathways to wellness.

Thinking back to where the Greater Boston community was 10 years ago, how would you say EACH has impacted the community?

Ten years ago, there were few, if any, community-based organizations in Greater Boston specializing in culturally tailored, evidence-based wellness programs for the Asian community, especially for those whose first language is not English. At that time, programs like the Diabetes Prevention Program (DPP) and Diabetes Self-Management Education (DSME) rarely included instructors fluent in Asian languages or attuned to cultural nuances. In response, EACH transformed the healthcare landscape by bridging these gaps with customized programs in diabetes prevention, mental health, and holistic wellness.

Our partnership with DPH, particularly from the Division of Health Protection and Promotion, has been instrumental. Through this collaboration, we achieved CDC Full Plus Recognition for the National Diabetes Prevention Program (NDPP), underscoring our commitment to culturally adapted health initiatives. This partnership has empowered more Asian community members impacted by chronic conditions, such as type 2 diabetes, to make healthy lifestyle choices while increasing the number of Asian community-based organizations participating in Diabetes programs.

As the Asian population in Massachusetts has grown — through international immigration and migration from other states — EACH has adapted to meet evolving community needs. Today, EACH stands as a trusted leader in preventive health, empowering thousands with the knowledge and support to make informed health decisions and fostering a healthier and more inclusive community.

How has EACH grown in the last 10 years?

Since its founding, EACH has transformed from a small organization with a few core programs into a trusted health resource, offering a broad spectrum of services. Our growth strategy is built on partnerships with organizations that share our mission, allowing us to amplify our impact by “standing on the shoulders of giants.” With steadfast support from partners such as the Massachusetts Department of Public Health, we’ve expanded our offerings to include chronic disease prevention, mental health programs, health insurance counseling, and culturally enriching arts initiatives, creating a holistic approach to wellness that serves the unique needs of our community.

Our commitment to accessible, culturally adapted care is underscored by our CDC Full Plus Recognition for the National Diabetes Prevention Program (NDPP), which reflects our dedication to diabetes prevention and overall wellness. Embracing new IT technology has enabled us to offer in-person and real-time online services, reaching individuals regardless of location. Additionally, EACH has evolved from receiving wellness training to providing wellness coach training within the community, empowering individuals to lead healthier lives. Innovative programs like HEARTS (HEaling through ARTS) blend health education with cultural expression, promoting mental well-being and community cohesion. EACH’s growth has been driven by a commitment to meet the evolving needs of our community, with every step forward expanding our capacity to make a positive, lasting impact on community health.

Any final remarks?

EACH’s 10th anniversary is a significant milestone, highlighting a decade of partnership, resilience, and service to the community. This achievement is possible thanks to the many supporters, including the Division of Health Protection and Promotion at the Massachusetts Department of Public Health, whose guidance and partnership have been invaluable. We are deeply grateful for the support of our community, which has been instrumental in our journey to break down barriers to health and build a healthier, more inclusive future.

As we look ahead, we’re excited to continue evolving to meet our community’s needs, expand our outreach, and make a positive impact for years to come. Here’s to a future filled with growth, service, and health for all.

Learn more about EACH.

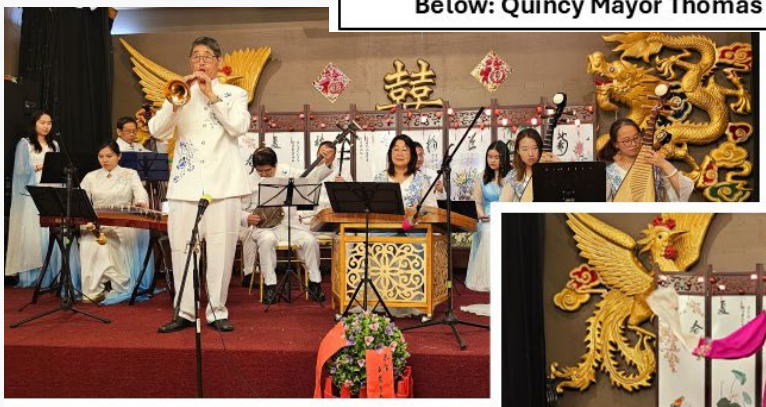
Anniversary Event

EACH celebrated its 10th anniversary at China Pearl in Quincy on October 4th, bringing together community leaders, supporters, and partners. The evening included inspiring speeches, cultural performances, and shared moments reflecting their dedication to community health.





Top: Over 150 Guests Celebrate EACH's 10th Anniversary
Below: Quincy Mayor Thomas P. Koch Addresses Attendees







Marking a Decade of Service with a Special Performance by the EACH Dance Troupe



