

2021
2022

HIGH SCHOOL ADVISORY BOARD

HIGH SCHOOL
CHAPTER MANUAL

TEAM HBV

2021
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what is

Hepatitis B

Hepatitis B is the most prevalent serious liver infection and the leading cause of primary liver cancer death worldwide.

Caused by the hepatitis B virus (HBV), viral hepatitis B can lead to both acute and chronic disease. Acute HBV infections are frequently associated with mild, even unnoticeable, symptoms. However, those who fail to clear the infection will develop a lifelong, chronic hepatitis B infection, greatly increasing their risk of premature death from liver failure, cirrhosis (scarring of the liver), and liver cancer.

Worldwide, it is estimated that 1 in 30 people (257 million in 2015) are living with a chronic HBV infection.

Fortunately, hepatitis B is a vaccine-preventable disease, with a safe and effective vaccine available since 1982. Moreover, effective drug therapies exist to manage chronic hepatitis B infections.

WHAT IS HEP B

TRANSMISSION

Birth: Transmission from a chronically infected mother to her child during the birthing process. This is the most common means of transmission.

Blood: Transmission through direct contact with infected blood. Commonly blood transmission occurs during the reusing of syringes, sharing of needles, and wound-to-wound contact.

Sex: Transmission via unprotected sex with an individual infected with HBV.

HBV is **NOT** transmitted through. . .

- sharing of food or water
- sharing eating utensils
- or drinking glasses
- tears, sweat, urine, or stool
- coughing or sneezing
- hugging or kissing
- breastfeeding
- mosquitoes

SILENT KILLER

Every 32 seconds, one person dies from hepatitis B, despite the fact that it is preventable and treatable. This accounts for roughly 700,000 to 1 million deaths each year.

The danger of hepatitis B lies in its lack of symptoms, hence silent killer. Even blood tests for liver enzymes may appear normal in infected individuals. It is estimated that as many as 2 out of 3 chronically infected people are unaware of their diagnosis. By the time symptoms, including abdominal pain and/or abdominal distention appear, it is often too late for treatment to be effective.

As such, it is vital to get screened for chronic hepatitis B. To read more about hepatitis B screening and testing, please refer to: <https://stan.md/3CqR3qg>

HEALTH DISPARITY

The burden of Hepatitis B is greatest in Asia, with China alone having an estimated 93 million people chronically infected. Prevalence is also high in Western, Central, and Southern Africa.

In the United States, the health disparity persists. **1 in 12 Asian American adults is chronically infected with hepatitis B**, compared to 1 in 1000 non-Hispanic Whites. This makes HBV and liver cancer the greatest health disparities between Asian and white Americans.

HISTORY

ASIAN LIVER CENTER

The Asian Liver Center (ALC) at Stanford University

1996

The ALC is the first nonprofit in the United States to address the prevalence of hepatitis B and liver cancer in Asians. The center brings awareness to hepatitis B through outreach, education, and research.

The Jade Ribbon Campaign (JRC)

2001

The JRC was launched by the ALC and is a universal campaign that anyone can use as a platform for action towards eradicating hepatitis B.

Team HBV

2006

The ALC is actively engaged in and encourages youth to participate in the fight to eliminate Hepatitis B. Team HBV is the youth outreach arm of the ALC and comprises both collegiate and high school chapters. Individuals involved in their school's Team HBV club aim to increase awareness and provide ethnic-sensitive health information to the API community to reduce this major health disparity.

STEPS FOR

STARTING YOUR OWN CHAPTER

1 Understand Why The Fight Against HBV is Important

- There remains a **high prevalence of hepatitis B**, despite preventative and treatment options.
- Hepatitis B is a **silent killer**; most patients have no symptoms until it is too late in liver disease progression.
- There are still many misconceptions regarding hepatitis B due to misinformation.

2 Register Your Chapter

- Find and choose officers who are also passionate about the cause
- Gain club approval by your school (this is different for every school, so follow the guidelines outlined by your school's ASB)
- Contact the co-chairs at chair.hsboard@teamhbv.org

3 Publicize Your Chapter

- Participate in your school's **club fair** using the start-up kits linked in the resources section of the handbook
- Create social media accounts for your club

4 Make a Difference

- Plan **local awareness projects** such as painting art murals
- Hold **educational workshops** to inform students about hepatitis B
- Work to **fundraise** through restaurant partnerships, bake sales, etc...
- Participate in **interchapter events**

START-UP KITS

Included are useful materials for new chapters, including infographics, templates, the Team HBV merchandise order form, and much more.

Virtual:

tinyurl.com/teamhbvvirtualkit

Physical Materials:

teamhbv.org/materials-order-form/

Branding Materials:

tinyurl.com/teamhbvbranding

PLANNING RELATED

Included are suggestions for events you can put on through your chapter and/or in partnership with other chapters and the Advisory Board. Additionally, a timeline is included if you would like some guidance in running your chapter early on.

Event Ideas:

tinyurl.com/teamhbveventideas

Suggested Timeline:

teamhbv.org/materials-order-form/

RESOURCES

OTHER RESOURCES

Included are other useful resources for starting and running a chapter.

Volunteer Certificate:

tinyurl.com/teamhbvcertificate

Club Constitution:

tinyurl.com/teamhbvconstitution

TEAM HBV WEBSITE

| <http://teamhbv.org/>

For additional resources and assistance in running your Team HBV Chapter, feel free to reach out to:

**chair.hsboard
@teamhbv.org**

Chapter Policies & Rules

ACTIVE STATUS

All Team HBV chapters must fill out the **active chapter request** form at the beginning of the academic year and the annual end report at the end of the academic year. Both forms will be sent out by the board.

OUTREACH EVENTS

Team HBV chapters must hold a **MINIMUM OF TWO** community outreach events, such as fundraisers or educational workshops, during an academic year; this does not include the club fair. The record and outcome of these events will be submitted via the yearly end report form.

BOARD REPRESENTATIVE

Each chapter will be **assigned a board representative based on their geographic location** as nearby chapters will be grouped together. Chapter presidents will be expected to keep in contact with their board representative through Discord which will be announced at the beginning of the academic year.



INTERCHAPTER EVENTS

Team HBV chapters **must also participate in the interchapter events** that they plan with their board representative and nearby chapters.

COMMUNICATION

All officers of Team HBV chapters must respond to any form of communication from the HSB within 48 hours of its initiation.

MEMBERSHIP FEES

Membership fees are not required, however can be used to provide initial funding for the chapter (unless school rules forbid mandatory membership fees).

VOLUNTEER HOURS

Member volunteer hours are to be recorded by the Team HBV chapter and certificates can be issued at the end of every academic year to recognize hours for members who request one. A certificate template is attached in the manual.

MEETINGS

Meetings are to be held on a weekly or biweekly basis to facilitate the development and execution of outreach event ideas.

OC OUTREACH COMMITTEES

What are Outreach Committees (OCs)?

A key facet of Team HBV is our Outreach Committees. Team HBV Outreach Committees are small student-run teams Team HBV students, highly dedicated and passionate towards Team HBV and the #JoinJade Movement. These students collaborate on unique outreach events, whether writing in Team HBV's Newsletter as clinical and scientific journalists or traveling across the world to promote hepatitis B awareness internationally.

2021-2022

Outreach Committees

International Awareness

Newsletter

Chapter Engagement

Social Media

In terms of logistics, Outreach Committees meet virtually, but it is up to all Outreach Committee members to figure out what system works best for them. Over the year, you will be working intensively with your fellow Outreach Committee members, generally, around 10 students, to plan, organize, and execute your various outreach events. All in all, Outreach Committees are an incredible opportunity for those seeking to further their journey with Team HBV and get deeply involved in the #JoinJade Movement!

How to Apply?

Application open in early October. Outreach Committee applications will be sent out via email by the Team HBV High School Advisory Board to Team HBV Chapter presidents, and interested individuals. For more information please do not hesitate to reach out to: chair.hsboard@teamhbv.org

INTERNATIONAL AWAWARENESS

Lead by: Megan Parada
[events.hsboard@teamhbv.org]

Focused on **planning, organizing, and executing an international outreach event**. Outreach Committee members will decide upon locations and goals for the awareness trip. In past years, the **International Outreach Committee has traveled to Beijing and Hong Kong**, where members held outreach events and worked to establish international Team HBV chapters. If promoting hepatitis B awareness on a global scale is of interest to you, please consider joining the International Awareness Outreach Committee.

*Additional Application Necessary

NEWSLETTER

Lead by: Marvin Wu
[outreach.hsboard@teamhbv.org]

Focused on **publishing the issues of the Team HBV High School Newsletter**. Within the outreach committee, members participate in a variety of responsibilities, from graphic design to reporting. Working on the newsletter will expose members to **current events in the scientific and clinical HBV community** and be up-to-date with all Team HBV initiatives. Each issue of the Team HBV High School Newsletter will be distributed online and to Team HBV chapters. If spreading awareness through journalism interests you, please consider joining the Newsletter Outreach Committee.

SOCIAL MEDIA

Lead by: Angela Lee
[webmedia.hsboard@teamhbv.org]

Focus on spearheading all **social media campaigns and promotions of Team HBV at the high school level**. Members of the Social Media Outreach Committee will experiment and develop new methods of content creation and user engagement. This draws upon **graphic design, communication, and digital marketing skills**. Additionally, members will be responsible for promoting Team HBV events and initiatives. If you are interested in boosting hepatitis B awareness through social media efforts, please consider joining the Social Media Outreach Committee

*Additional Application Necessary

CHAPTER ENGAGEMENT

Lead by: Aaron Tran
[resources.hsboard@teamhbv.org]

Focused on **brainstorming and implementing challenges, events, and activities for all Team HBV high school chapters**. The Chapter Engagement Outreach Committee works directly with high school chapters and students, for both **school-specific activities, as well as interchapter events**. Whether carried out virtually or in-person, events organized by the Outreach Committee will promote connection and engagement between students and the communities which they serve. If boosting unity among high school chapters and maximizing Team HBV's outreach efforts sounds like something you would like to be a part of, please consider joining the Chapter Engagement Outreach Committee.

| CONTACT

Co-Chairs:

chair.hsboard@teamhbv.org

Interchapter and Events:

events.hsboard@teamhbv.org

Resource Manager:

resources.hsboard@teamhbv.org

Outreach Advisor:

outreach.hsboard@teamhbv.org

Web and Media Manager:

webmedia.hsboard@teamhbv.org

Instagram:

@teamhbv.hs

Discord:

<https://discord.gg/TASaRJ5jqk>

TEAM HBV