

IMPACT REPORT

Oct 2025-Sep 2026

A comprehensive evaluation of our activities, impact, and strategic achievements

SIKHS IN CLINICAL RESEARCH

www.sikhsinclinicalresearch.org

EXECUTIVE SUMMARY



Clinical research is the foundation of medical progress, yet many underrepresented communities remain disconnected from the research ecosystem. From October 2025 through September 2026, Sikhs in Clinical Research (SICR) continued its efforts to increase awareness and engagement around healthcare and clinical research within the Sikh community across the United States.

During this reporting period, SICR organized 11 community events while expanding its presence at healthcare and clinical research conferences. SICR participated in major industry events through presentations, exhibitor booths, and networking opportunities. These engagements provided opportunities to share culturally relevant educational resources, highlight the importance of representation in clinical research, and build connections with healthcare and industry professionals.

Milestone Summary

(2023 – 2026)

8,000+

1,000+
(Oct 2025 – Sep 2026)
Community members engaged

9,000+

1,500+
(Oct 2025 – Sep 2026)
Pamphlets distributed

50+

Events organized

2000+

Newsletter sign-ups



Community Health & Research Awareness

Insights From SICR Community Outreach

From October 2025 through September 2026, SICR conducted 11 community health and research outreach events across Illinois, Iowa, Indiana, and Wisconsin. Through community engagement and pre- and post-engagement surveys, SICR gathered information on health concerns, healthcare access, preventive screening practices, and clinical research awareness.



11 Community Outreach Events

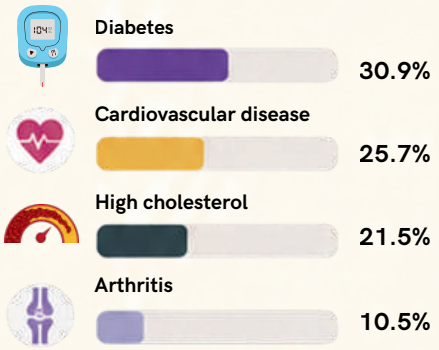
Illinois • Iowa • Indiana • Wisconsin



Survey Results

Health Conditions Reported

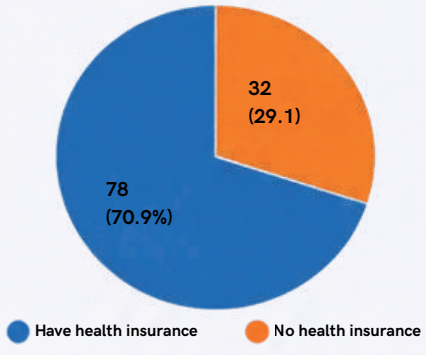
Among the 191 participants who completed feedback surveys, diabetes was the most frequently reported chronic condition (30.9%), followed by cardiovascular disease (25.7%), high cholesterol (21.5%) and arthritis (10.5%).



Health Insurance Coverage

Of the 110 participants who provided additional information about healthcare access, 70.9% reported having health insurance, while 29.1% reported being uninsured.

Health insurance coverage among participants (n = 110)



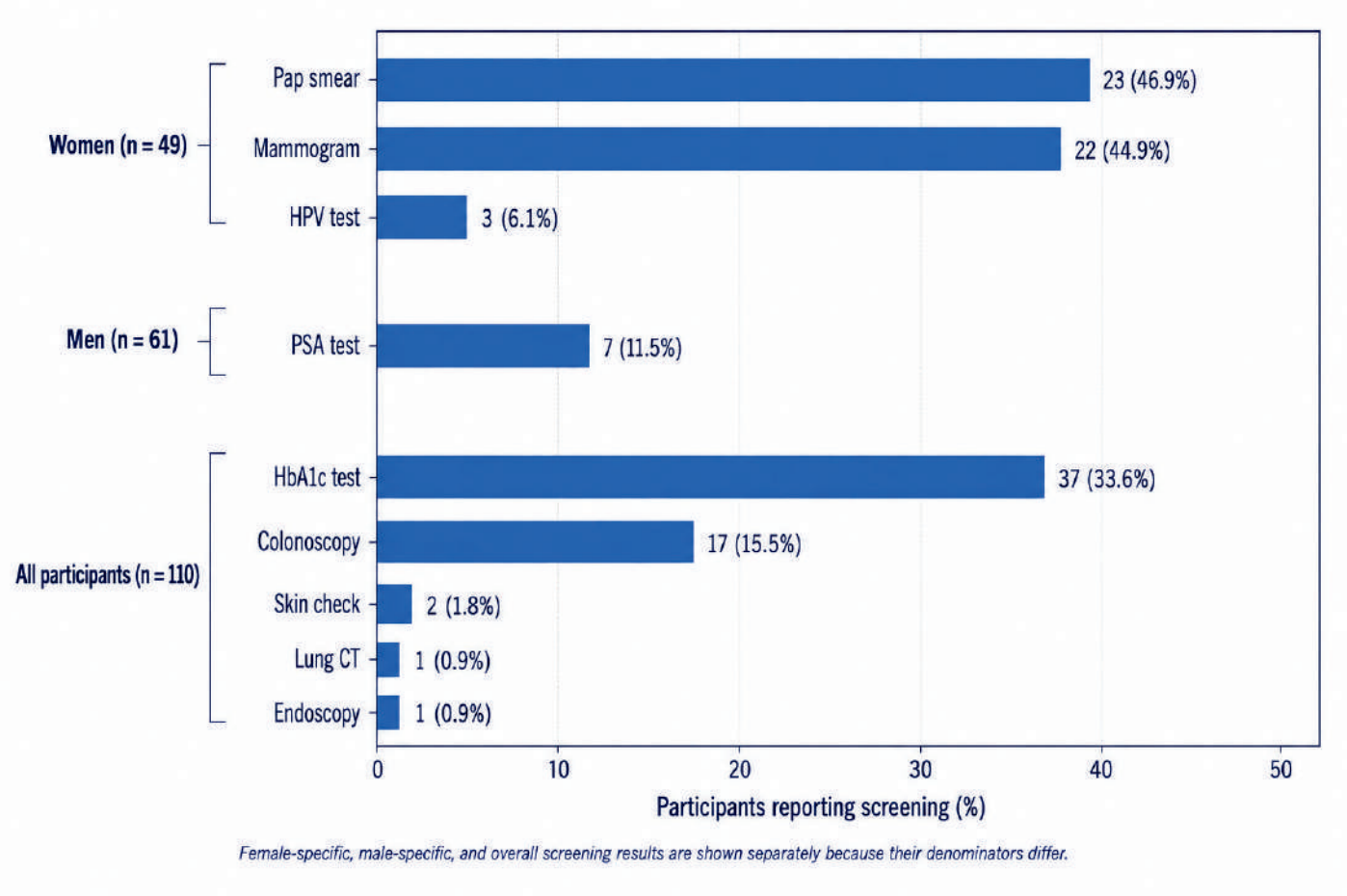
SICR provided participants with information about the Illinois Breast and Cervical Cancer Program and a list of American Cancer Society locations where individuals may be able to receive mammograms based on their county or area, even without health insurance. Greater awareness and additional community partnerships are needed to help uninsured individuals overcome financial or logistical barriers to recommended screenings.

Understanding Health Needs & Building Awareness

Preventive Screenings

Among the 110 participants, SICR collected information on reported preventive screening practices.

Preventive Screening Reported Among Participants

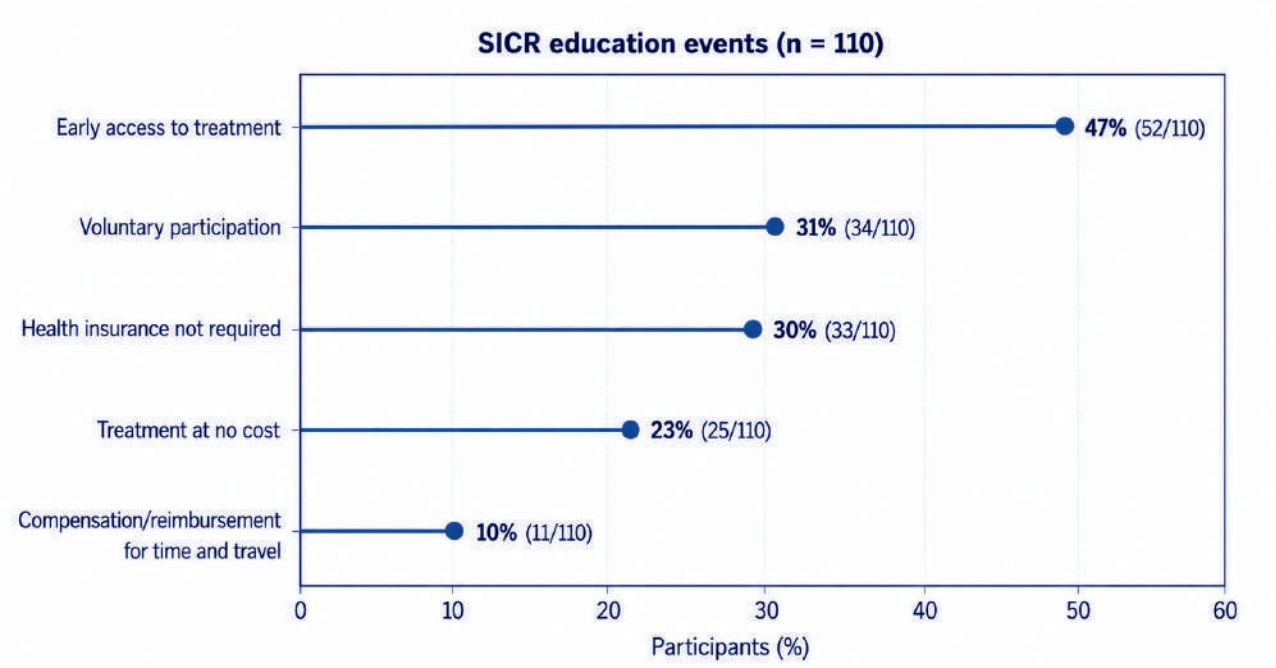


Community-based strategies, including education, screening reminders, language support, and transportation assistance, may help reduce these barriers and improve access to recommended screenings.

Clinical Research Education

Participants reported learning about several aspects of clinical research through our events. When asked what they considered the best thing they learned, the most common response was that clinical research may provide opportunities for early access to investigational treatments or interventions, selected by 52 of 110 participants (47%)

Best Thing Participants Learned About Clinical Research



SICR uses ClinicalTrials.gov to help individuals identify clinical trials in their area based on their condition and ZIP code.

Typically, SICR conducts follow-up calls after community events to check in with community members, provide additional educational resources, and answer general questions. Community members may also contact SICR if they have additional questions or would like additional educational resources.

Overall, the SICR's community outreach highlighted ongoing gaps in chronic disease awareness, preventive screening, insurance coverage, and health and research literacy. Continued community and industry partnerships are needed to expand access to trusted, culturally relevant education, connect individuals with available resources, and increase awareness of clinical research.

Conferences & Professional Engagement

ASCO Annual Meeting

Jun 2026 | Chicago, IL

SICR Founder, Ekta Grewal, had the opportunity to attend ASCO, connecting with professionals dedicated to advancing oncology. The event provided opportunities for valuable conversations, learning, and networking, with a shared commitment to improving patient outcomes.

Will County Health Department Listening Session

May 2026 | Will, IL

SICR attended the Will County Health Department Listening Session and had the opportunity to highlight the need for language support and culturally competent care for the Sikh community. A key takeaway from the conversation was that education and awareness are essential.

Clinical Research Professionals Conference: Voices of Clinical Research

Apr 2026 | Madison, WI

SICR attended the University of Wisconsin-Madison Collaborative Clinical Research Professionals Conference, “Voices of Clinical Research.” The conference brought together patients and researchers for open conversations around clinical trials.

ACRP Chicago Networking Event

Mar 2026 | Chicago, IL

SICR attended the ACRP – Association of Clinical Research Professionals networking evening in Chicago, providing an opportunity to connect with individuals who share a passion for research.

Breakthrough T1D Summit

Feb 2026 | Rosemont, IL

SICR attended the Breakthrough T1D Summit in Rosemont, IL, providing an opportunity to connect with industry leaders and associations and learn about advances in Type 1 Diabetes.

IASLC/ASCO North America Conference on Lung Cancer

Dec 2025 | Chicago, IL

SICR attended the IASLC/ASCO 2025 North America Conference on Lung Cancer (NACLC 2025) in Chicago. The event provided an opportunity to network, learn, and connect with others committed to advancing clinical research and improving patient outcomes.

State of Diabetes: Chicago

Nov 2025 | Chicago, IL

SICR attended the American Diabetes Association’s 2025 State of Diabetes: Chicago event, bringing together healthcare professionals, patients, and industry stakeholders to discuss diabetes and obesity management and emerging therapies.

American College of Rheumatology (ACR) Convergence

Oct 2025 | Chicago, IL

SICR Founder, Ekta Grewal, had the opportunity to attend ACR Convergence 2025 in Chicago, where healthcare professionals, patient advocacy groups, industry leaders, and other stakeholders gathered to showcase innovations shaping the future of patient care.

International Myeloma Foundation (IMF) Event

Oct 2025 | Chicago, IL

SICR had the opportunity to attend the two-day International Myeloma Foundation event at the Chicago Marriott. It was a deeply insightful gathering that brought together patients, families, researchers, and advocates to share knowledge, ask questions, and learn about the future of multiple myeloma care.

Presentations

Speaking Opportunities

Stroke Awareness and Support: A Conversation for AACHPI Families | Bayer

Jul 2026 | Speaker & Panel

SICR founder, Ekta Grewal, participated in Bayer's Stroke Awareness webinar as a panellist and speaker, sharing perspectives on the Sikh community, stroke risk factors, cultural barriers to preventive care, and the importance of building trust through education, awareness and culturally competent care.

Community Engaged Research Conference | Northwestern University

Jul 2026 | Poster Presentation

SICR founder, Ekta Grewal, presented the Sikhs in Clinical Research poster at Northwestern Medicine's Center for Community Health Annual Community-Engaged Research Conference.

Breaking the Silence Around Pain | American Society for Pain Management Nursing (ASPMN)

Jun 2026 | Speaker

SICR founder, Ekta Grewal presented at the American Society for Pain Management Nursing (ASPMN) educational event on breaking the silence around pain, discussing cultural beliefs and perceptions that may prevent communities from talking openly about pain. The session offered 1.0 contact hour for RNs, LPNs, and LMHT relicensure through the Kansas State Board of Nursing, provider number L0279-0412.

Type 2 Diabetes Burden in the U.S. Sikh Community | Endocrine Society (ENDO)

Jun 2026 | Poster Presentation

SICR founder Ekta Grewal presented a poster at the Endocrine Society, providing an opportunity to connect with professionals dedicated to advancing the field of endocrinology.

Building Trust Through Patient Engagement: Education, Advocacy & Outcomes | 7th ACE EXPO LTD Clinical Trials Summit

May 2026 | Speaker

SICR founder Ekta Grewal had the opportunity to serve as a keynote speaker at the 7th ACE EXPO LTD Clinical Trials Summit. She presented case studies and patient voices and discussed the importance of patient-centered care.

Sikhs in Clinical Research | Will County Health Department

May 2026 | Speaker

SICR founder, Ekta Grewal, presented on Sikhs in Clinical Research (SICR)'s work at the Will County Health Department and Community Health Center meeting.

UCLA Bhagat Puran Singh Health Initiative Inter-Collegiate Sikh Conference

Jan 2026 | Speaker

SICR founder, Ekta Grewal, presented on clinical research, clinical trial processes, career pathways, representation, health equity, and free clinical research training resources. The session also highlighted SICR's mission, community engagement, survey findings, and opportunities for students to get involved.

Gene People Symposium

Jan 2026 Speaker

SICR founder, Ekta Grewal, served as a keynote speaker at the 2026 Gene People Symposium: Generating the Evidence, where she shared SICR's work, its need and impact, and lived-experience reflections from the community.

Volunteer Activities

- Senior Community Health Session (Chicago) | May 2026 - SICR Founder, Ekta Grewal, had the opportunity to meet with seniors and give an introductory talk on clinical research, representation, and health screenings, while sharing SICR's work and future plans. The session received very good feedback, and SICR was invited to return.
- Hope Center (Chicago) | Dec 2025 - As the year came to an end, SICR had the opportunity to serve at the Hope Center in our neighborhood. SICR contributed to and volunteered by packing holiday gifts that were distributed to around 250 families.
- Cradles to Crayons | Nov 2025 - SICR had the opportunity to visit Cradles to Crayons in Chicago and contribute clothing, essentials, and school supplies for children. Our team of ambassadors, along with our Founder, also volunteered by sorting donated clothing, providing an opportunity to give back to the community.
- Community Health Free Clinic | All In Chicago | Nov 2025 - SICR attended the Community Health Free Clinic Open House.
- Making Strides Against Breast Cancer Walk | American Cancer Society | Oct 2025 - October marks National Breast Cancer Awareness Month; SICR proudly volunteered at the American Cancer Society's Making Strides Against Breast Cancer Walk in Illinois in November 2025. The team welcomed participants, distributed tokens of support, and helped create a spirit of unity and awareness around breast cancer.

Clinical Trials Day

May 2025 - Sikhs in Clinical Research (SICR) celebrated Clinical Trials Day with our ambassadors, recognizing their support for our mission of community engagement, patient advocacy, and health equity. We thanked our ambassadors for believing in our work, being part of our community, and helping create spaces where we can learn from one another.



Sikh Awareness Month in Illinois –

Culturally Competent Care for Sikh Patients

In recognition of Sikh Awareness Month in Illinois (April 2026), SICR hosted a one-hour cultural competency webinar to help healthcare professionals better understand the Sikh faith and provide respectful, compassionate, patient-centered care to Sikh patients.

The one-hour session focused on Sikh beliefs & values, cultural and religious practices that may influence healthcare decisions, effective communication with Sikh patients and families, and the importance of building trust & respecting individual cultural and individual preferences. The goal was to provide knowledge that attendees could apply in their daily clinical practice.



Webinar at a Glance

97	64	34
Pre-Webinar Survey Registered	**Attended**	**Post-Webinar Survey Responses**

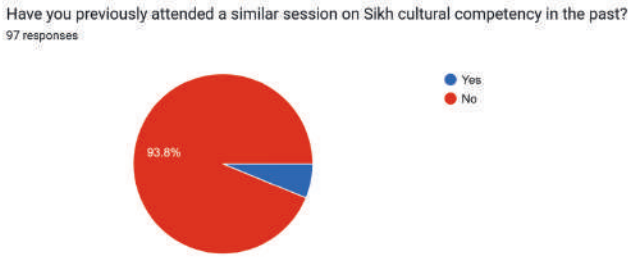
Participants represented multiple states, with Illinois accounting for 33% of respondents.

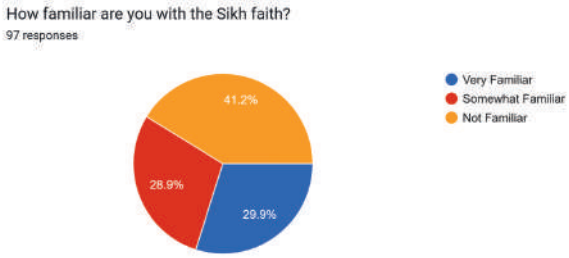
Participant Feedback

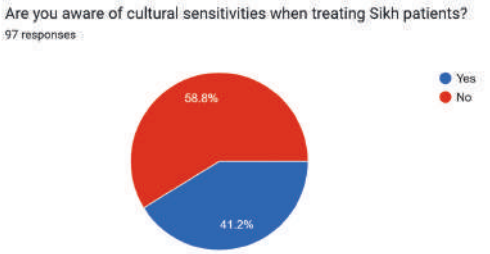
Participants asked thoughtful questions, with several expressing interest in longer or additional educational sessions. Some institutions also requested a continued webinar series. In response to this interest, SICR subsequently organized a follow-up session scheduled for November 2026 as a continuation of the educational series.

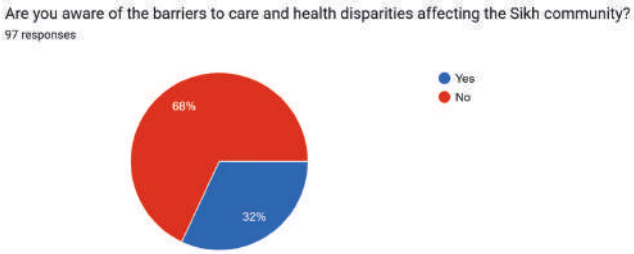
From Awareness to Understanding

The pre-webinar survey provided a snapshot of attendees' existing familiarity with the Sikh faith, cultural sensitivities, and health disparities affecting the Sikh community. Among the 97 respondents, 93.8% reported that they had not previously attended a similar session on Sikh cultural competency. Additionally, 41.2% reported that they were not familiar with the Sikh faith, 58.8% were not aware of cultural sensitivities when treating Sikh patients, and 68% were not aware of barriers to care and health disparities affecting the Sikh community.

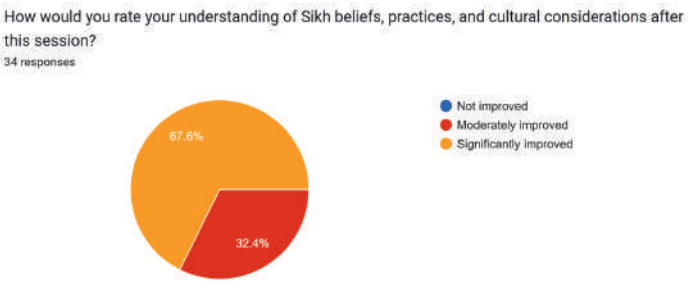


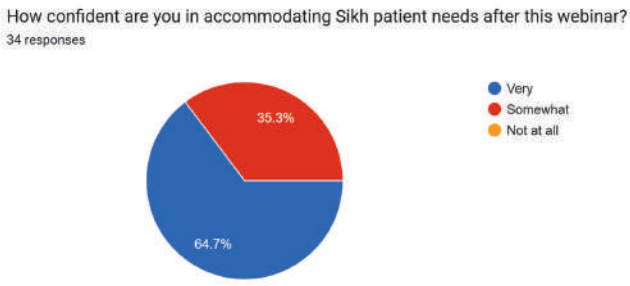


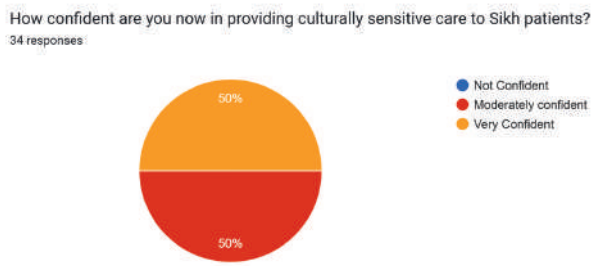


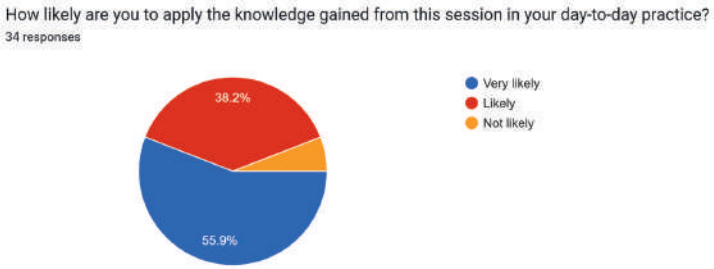


Of the 97 people who registered, 64 attended the session. The post-webinar survey included 34 respondents and examined participants' understanding, confidence, and intention to apply what they learned.
Regarding their understanding of Sikh beliefs, practices, and cultural considerations, 67.6% reported significant improvement. For accommodating the needs of Sikh patients, 64.7% reported feeling very confident.
When asked about providing culturally sensitive care to Sikh patients, 50% reported feeling very confident after the session. In addition, 55.9% reported being very likely to apply the knowledge gained in their day-to-day practice.
Together, these responses demonstrate increased understanding and confidence, as well as a strong intention to apply the knowledge gained in clinical practice when caring for Sikh patients.









These findings reinforce the value of cultural competency education in building trust, strengthening communication between healthcare professionals and patients, and supporting more culturally responsive care. Continued education and additional sessions can help healthcare professionals further develop the knowledge and confidence needed to provide respectful, patient-centered care to Sikh patients and families.

Media Recognition & Publications

SICR's work received increased recognition through articles, interviews, newsletters, and organizational features published by various organizations. These publications highlighted SICR's efforts in community engagement, patient advocacy, culturally competent care, health equity, and increasing awareness of clinical research within the Sikh community.

- Why This Work Matters: Community Engagement Through the Lens of Sikhs in Clinical Research | Clinical Trials Institute, University of Wisconsin–Medicine | Apr 2026 | **Link**
- Sikhs in Clinical Research Highlights Community Engagement Efforts to Improve Health and Research Literacy | EIN Presswire | Apr 2026 | **Link**
- Disparities in Clinical Trial Awareness in the Sikh Community | PharmaVoice | Apr 2026 | **Link**
- Sikhs in Clinical Research Drives Health and Research Awareness Across the U.S. Sikh Community | EIN Presswire | Mar 2026 | **Link**
- What the Community Is Telling Us: Cancer Perceptions, Awareness Gaps, and Why Listening Matters | OncoDaily | Feb 2026 | **Link**
- The FDA Calls for Culturally-Informed Research, But What Do We Understand About the Sikh Community? | Clinical Leader | Feb 2026 | **Link**
- Patient Advocacy, Health Equity, and Community Engagement in Clinical Research: An Interview with Ekta Grewal | SikhNet | Jan 2026 | **Link**
- Patient Advocacy, Health Equity, and Community Engagement in Clinical Research: An Interview with Ekta Grewal | BioSpace | Jan 2026 | **Link**

PATIENT-FOCUSED PERSPECTIVE SERIES

SICR expanded its outreach by launching the Patient-Focused Perspective Series, which features patient stories and health journeys through blogs, interviews, and conversations with patients to share lived experiences related to health, healthcare, and clinical research. These discussions aim to raise awareness, foster understanding, and amplify community voices within the healthcare and research industry.

Featured Patient Stories

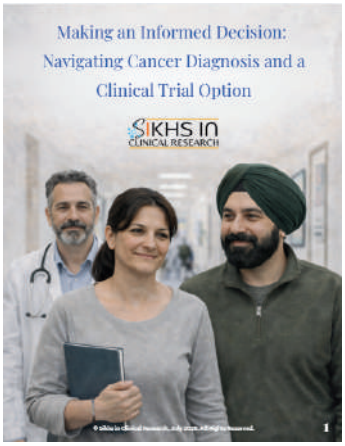
- A Sikh Family's Journey Through Multiple Myeloma
- A Survivor's Journey Through Cancer and Resilience
- Listening to Your Body: A Mother and Pharmacist Reflects on Her Thyroid Diagnosis
- When Pain Becomes Part of Life: Breaking the Silence Around Chronic Pain
- Still Hoping for a Pain-Free Day: One Woman's Journey with Chronic Pain
- Carrying Pain Quietly While Carrying Others
- A Sikh Family's Journey Through Advanced Lung Cancer

RESOURCES

SICR developed and distributed disease awareness pamphlets, as well as culturally and linguistically appropriate materials, supporting accessible, community-centered health education and informed engagement in clinical research.

Making an Informed Decision: Navigating Cancer Diagnosis and a Clinical Trial Option

Sikhs in Clinical Research developed a new resource, 'Navigating Cancer Diagnosis,' which takes you through the mind of a person diagnosed with breast cancer. It brings out the fears, questions, and uncertainty that can come with a diagnosis and walks through learning about treatment options, including clinical trials. It addresses real-world questions: cost, insurance, expectations, time commitments, and how support groups and talking with other patients can help, as well as how asking questions and family involvement can help. The best part of the story is that at the end, we don't know whether the person decided to participate in a clinical trial or not. But the decision she made was an informed decision to move forward with her treatment.



Blogs

Written by SICR Founder and ambassadors, these blogs highlight disease awareness while emphasizing the importance of Sikh community representation in clinical research:

- Stroke Prevention Begins with Community Awareness and Equity in Care | Sikhs in Clinical Research | Author : Ekta Grewal (Founder & Director of SICR) | Jun 2026
- Stroke in the Sikh Community: Why Awareness Matters | Sikhs in Clinical Research | Author : Ekta Grewal (Founder & Director of SICR) | Jun 2026
- Representation in Action: Enrolled 50+ Sikh Patients in Cancer Clinical Trials | Author : Amandeep Singh (Lead Consultant)| Jun 2026
- From the Frontlines of Cardiac Care: What I See Every Day and Why It Matters | Author : Navneet Kaur (Registered Nurse) | Apr 2026
- Health Disparities in the U.S. Sikh Community: Why Culturally Competent Care Matters | Sikhs in Clinical Research | Author : Ekta Grewal (Founder & Director of SICR) | Mar 2026
- Building Awareness in Clinical Research: Community Engagement Data & Outcomes | Sikhs in Clinical Research | Author : Ekta Grewal (Founder & Director of SICR) | Dec 2025

GUEST SPEAKER SERIES



Learning. Sharing. Building Opportunities.

To date, SICR has hosted over 35+ guest speakers, including clinical research professionals, academic researchers, healthcare workers and patient advocates. These sessions provide firsthand insight into clinical research careers, ethics, participation, and innovation.

35+
Guest Speakers

7
Guest Speakers
(Oct 2025 – Sep 2026)

Diverse Perspectives
Clinical researchers, academics, healthcare workers & patient advocates

Recent Sessions

Oct 2025 – Sep 2026

During this period, SICR hosted 7 guest speakers through webinars covering patient safety, pharmacovigilance, global drug development, clinical research careers, and research experiences in eye care. These sessions provided opportunities to learn from experienced professionals and explore current trends, career pathways, and industry practices.



Key Topics Covered

- **Clinical Research Careers**
- **Ethics & Participant Rights**
- **Emerging Trends**
- **Innovation in Healthcare**
- **Patient Perspectives & Advocacy**

Our Guest Speaker Series continues to connect with experts, inspire learning, and create opportunities for open dialogue on the future of clinical research.

Mission

To reduce health disparities by raising disease awareness, promoting health screenings, improving health and research literacy, and building trust by meeting people where they are and providing essential information to help them make informed health decisions.

FOR MORE INFORMATION

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