



Native Hawaiian & Pacific Islanders and Asian Americans *Are there differences?*

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HESC 470





Objectives

1. **Provide data on AA & NHPI diversity**
2. Distinguish groups geographically and culturally
 - a. Asian Americans
 - b. NHPI
3. Present brief history of NHPI
4. Outline population changes in US
5. Discuss obesity trends between groups
6. Provide data on health disparities
7. Activity



Hafa

*Bula (Ni sa bula
vi naka)*

Yokwe yuk

Aloha

Alii

Malo

som pas

sa-bai-dee

chao

Ia ora na

'outou

Malo e lelei

Hello



Selamat pagi

Selamat sore

Selamat siang

Selamat malam

Selamat tidur





Diversity in AA and NHPI

- ~30 distinct Asian ethnic and cultural groups¹
- 60% of Asians in U.S. are foreign born in 2009²
- ~50 distinct Native Hawaiian and Pacific Islander ethnic and cultural groups¹
- 12% of NHPIs in U.S. are foreign born in 2009²
- >2,000 distinct Asian and Pacific languages and dialects³
- >100 Asian or Pacific Island languages/dialects commonly spoken in the U.S.⁴

¹U.S. Census: *The Native Hawaiian and Other Pacific Islander Population: 2000, Census 2000 Brief, issued December 2001; Asian & Pacific Islander American Health Forum, 2000.* ²U.S. Census 2009 Estimates. ³Boeree CG: *The Language Families of the World*, <http://webspaceship.edu/cgboer/languagefamilies.html>. ⁴AAPCHO: *Asian Americans, Native Hawaiians and other Pacific Islanders (AA and NHPIs)*, <http://www.aapcho.org/site/aapcho/section.php?id=10950>.

Cultural, Diet and other Differences

Asian American

- Geographically distinct
- 1,000's of different languages
- Diet – very varied from India to China to Japan, and Southeast Asia
- Cultural differences – family structure and hierarchy
- The role of the child and their duties to family
- Religion – Eastern religions: Hinduism, Taoism, Buddhism,

NHPI

- Geographically distinct
- Variation in languages, but not as varied as Asians
- Diet – traditional Hawaiian diet is very distinct from the Asian diet
- Culturally distinct in that NHPI are very social and children are central to the community
- Story-telling is an important tradition
- Religion: Traditional religion of worshiping the land and gods, and also christianity

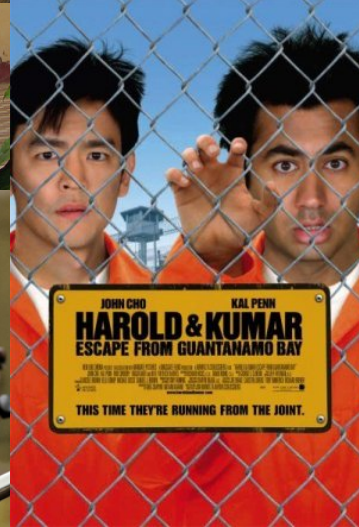


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Asian Americans





ASIANS

Persons “having origins in any of the original peoples of the Far East, Southeast Asia, or the Indian subcontinent”.¹

FAR EAST (“ASIA”)	SOUTHEAST ASIA		INDIAN SUBCONTINENT (“South Asians”)
Iwo-Jiman Japanese Korean Chinese Mongolia Taiwanese <i>Tibetan</i> ^{2,3}	<i>Burmese</i> ² Bornean Cambodian Hmong Indochinese Indonesian Javanese Laotian	Malayan Mien Mongolian <i>Nepali</i> ² Filipino / Pilipino Singaporean Thai Vietnamese	Asian Indian Bangladeshi Bhutanese Maldives <i>Nepali</i> ² Pakistani Sri Lankan <i>Afghanistani</i> ² <i>Burmese/Myanmar</i> ² <i>Tibetan</i> ^{2,3}

¹U.S. Census definition. ²These groups are sometimes included in a broader definition of South Asian or South-east Asian; although they are not always identified as being of “Asian origin”. ³Although the People’s Republic of China claims sovereignty over the Tibetan people, Tibet maintains its independence as a government-in-exile. Officially, the U.S. government considers Tibet to be part of China. However, Tibet’s exiled spiritual leader, the Dalai Lama, has many supporters in the U.S. and the Congress, and Tibet’s political status remains controversial in the U.S.

Asian American Network for Cancer Awareness, Research & Education, 2000, <http://aancart.org/whoareasianamericans.html>; Leadership Education for Asian Pacifics, Inc. (LEAP), 2000; South Asian Public Health Association (SAPHA), 2002; U.S. Census, 2000 and 2004; U.S. Department of State: Background Notes: Taiwan, U.S. Relations, Oct 2009, <http://www.state.gov/r/pa/ei/bgn/35855.htm#relations>.



Southeast Asia:

- Cambodia
- Laos
- Thailand
- Vietnam
- Thailand



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Native Hawaiians





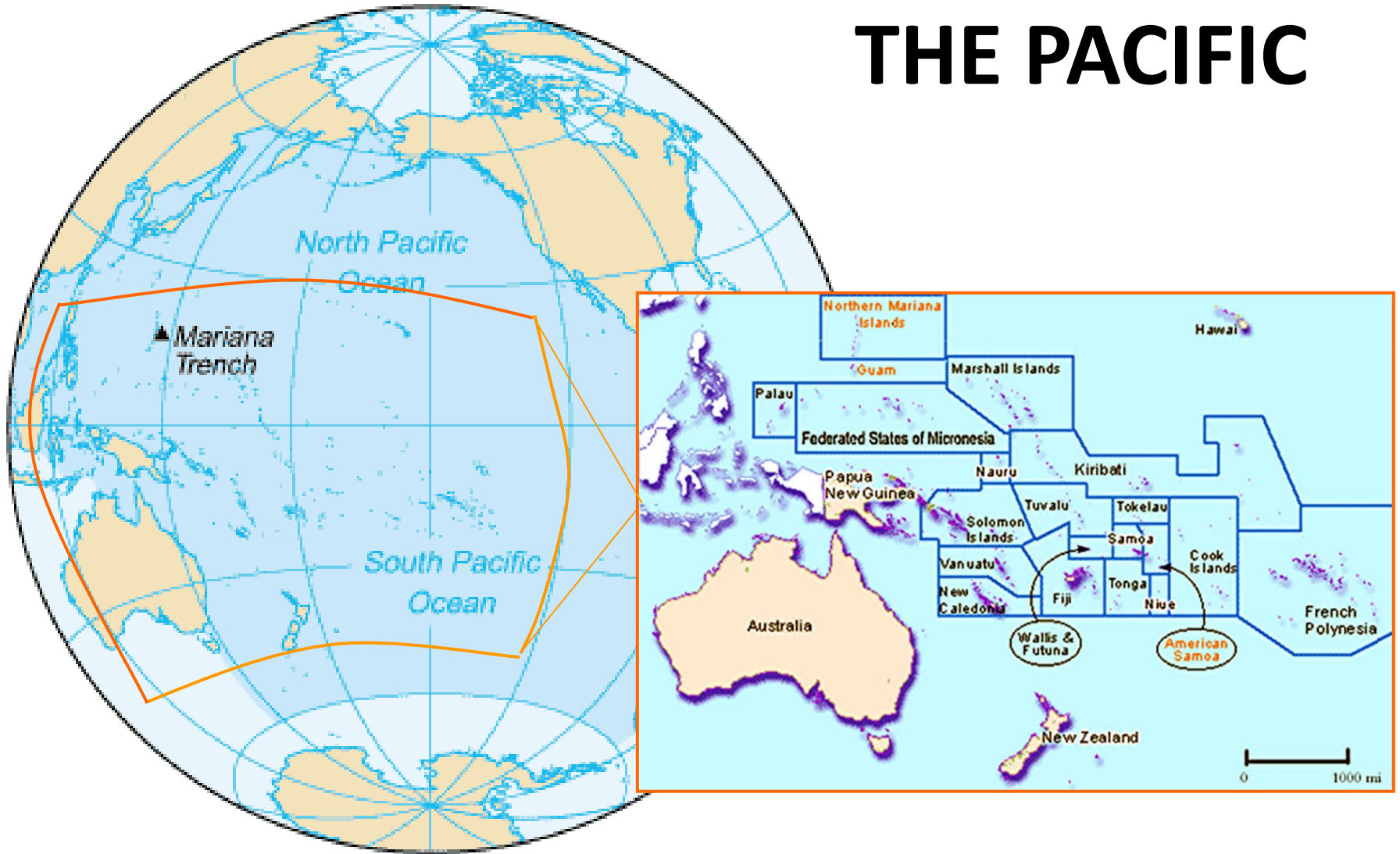
NATIVE HAWAIIANS and PACIFIC ISLANDERS

Persons “having origins in any of the original peoples of Hawai`i, Guam, Samoa, or other Pacific Islands”

POLYNESIAN	MICRONESIAN		MELANESIAN
Cook Islander French Polynesian Maori Native Hawaiian Niuean Samoan Tongan Tahitian Tokelauan	Bikini Islander Carolinian Chamorro/Guamanian Chuukese/Trukese Enewetak Islander I-Kiribati Kosraean Kwajalein Islander Northern Mariana Islander	Marshall Islander Marshallese Palauan Pohnpeian / (Ponapean) Saipanese Tinian Islander Yapese	Fijian Nauruan New Caledonian Ni-Vanuatu / Vanuatu Islander Papuan Papua New Guinean Solomon Islander Tuvaluan

U.S. Census: The Native Hawaiian and Other Pacific Islander Population: 2000, Census 2000 Brief, issued December 2001; Asian & Pacific Islander American Health Forum, 2000

THE PACIFIC



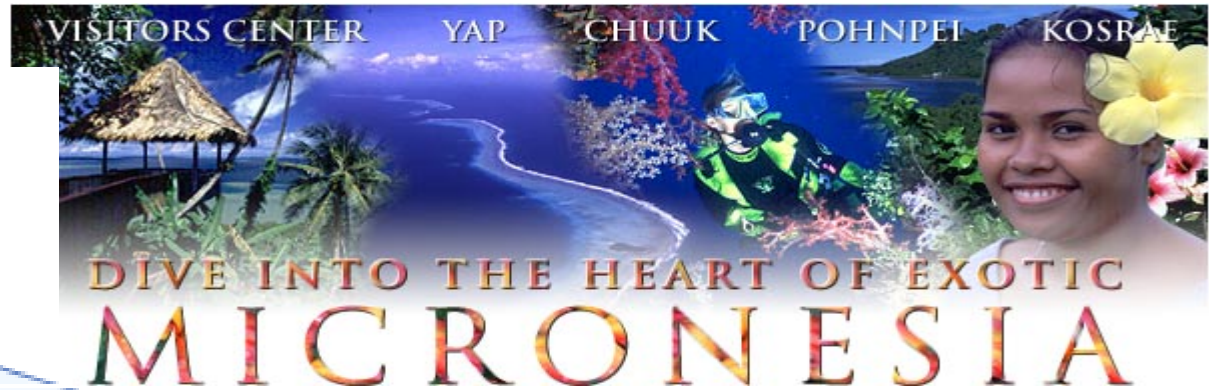
Polynesian:

Native Hawaiian, Samoan
Tongan, Tahitian, Tokelauan,
Polynesian not specified.

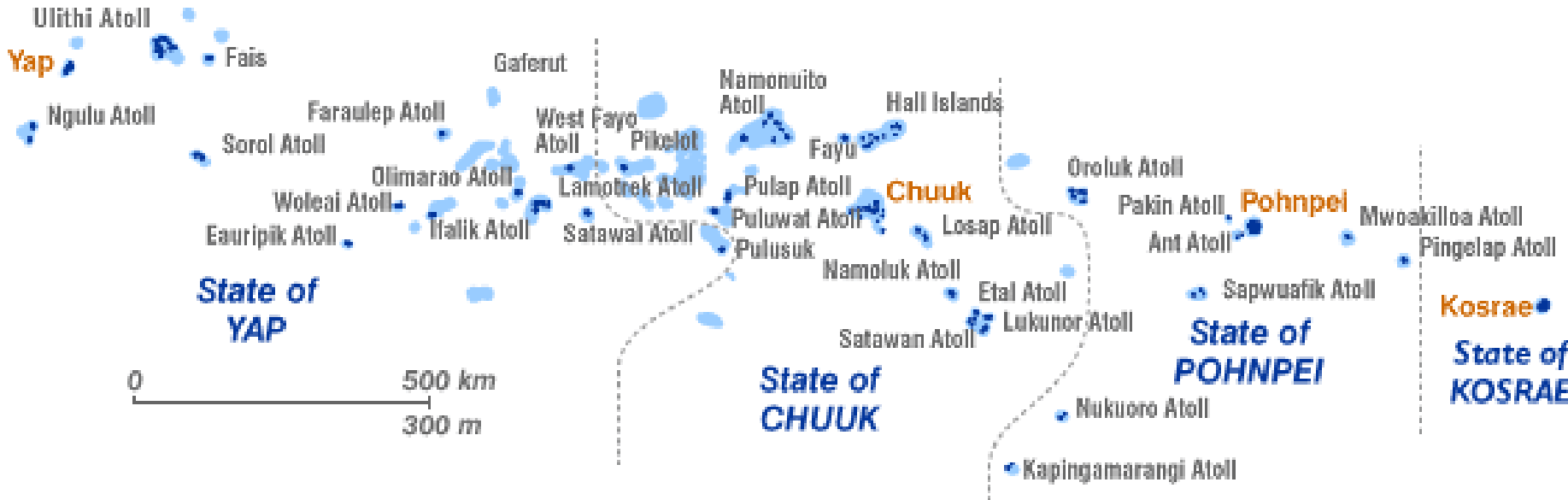


Micronesian:

Guamanian or Chamorro, Mariana Islander, Saipanese, Palauan, Carolinian, Kosraean, Pohnpeian, Chuukese, Yapese, Marshallese, I-Kiribati, Micronesian not-specified.

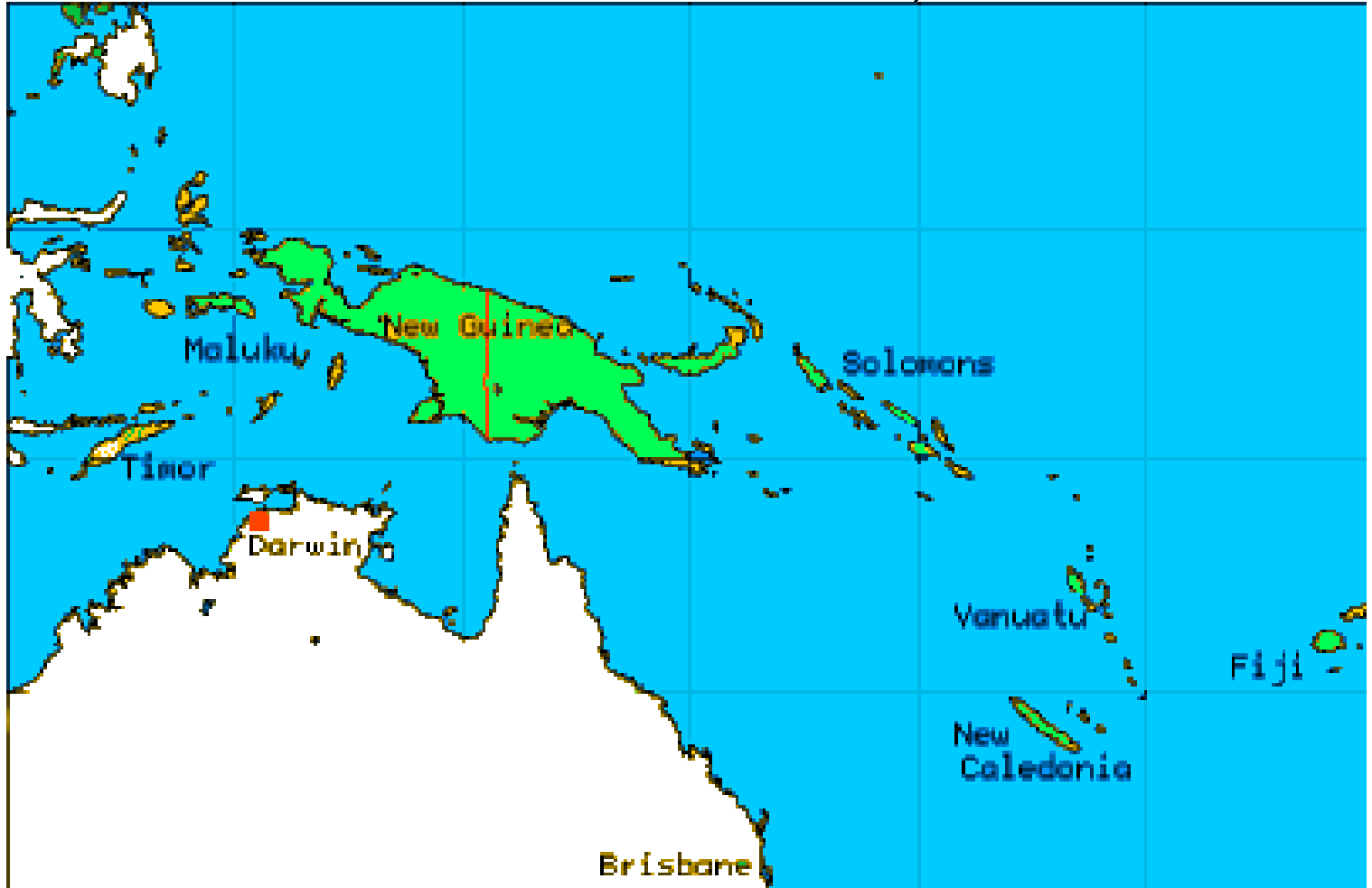


Federated States of Micronesia



Melanesian:

Fijian, Ni-Vanuatu, Solomon Islander, Papua New Guinean, Melanesian not specified (New Caledonia, Torres Strait Islands).





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2-Minute History of Pacific Island People



Timeline

Ice Age	Southeast Asian migrants – New Guinea and Melanesia.
5000 Yrs. Ago	Continued to migrate, populated Micronesia
3500 Yrs. Ago	Migration reached Fiji
7th – 13th Century	Polynesia inhabited inc. Hawaii
1513 AD	Spanish Explorer Vasco Nunez de Balboa 1st European to sight the Pacific Islands
1519 AD	Portuguese Explorer Ferdinand Magellan 1st European to sail Pacific Islands
1564 AD	Mexican Conquistadors led by Miguel Lopez de Legazpi sailed to Philippines and Mariana Islands
1642 AD	Dutchman Abel Tasman discovered Tasmania and New Zealand
18th Century	Russians, French, British Explorers arrive in the Pacific, notably James Cook. He made 3 voyages and studied and mapped the Pacific Islands extensively.
19th Century	Occupation of many Islands by various European countries, USA and Japan
1914 AD	Japan occupied much of the Western Pacific.
After WWII (1942)	Many of the Islands became independent.

History Continued

- Believed to be first discovered in the Ice Age, the Pacific Islands of Melanesia where the first to be inhabited by people.
- The people migrated from Southeast Asia.
- The Pacific Islands were not as separated as they are today, due to lower sea levels, which allowed the migrants to cross the water in canoes and small boats.



Southeast Asian Heritage

A small group of Melanesian people are thought to have continued exploring, thus linking the islands of the Polynesia and Micronesia regions genetically. All of the native island people in the Pacific have Southeast Asian heritage.

Polynesians and Micronesians are thought to be genetically linked to Melanesian ancestors, however this is contradicted by some studies.

**Contradict: Disagree
with or oppose.**

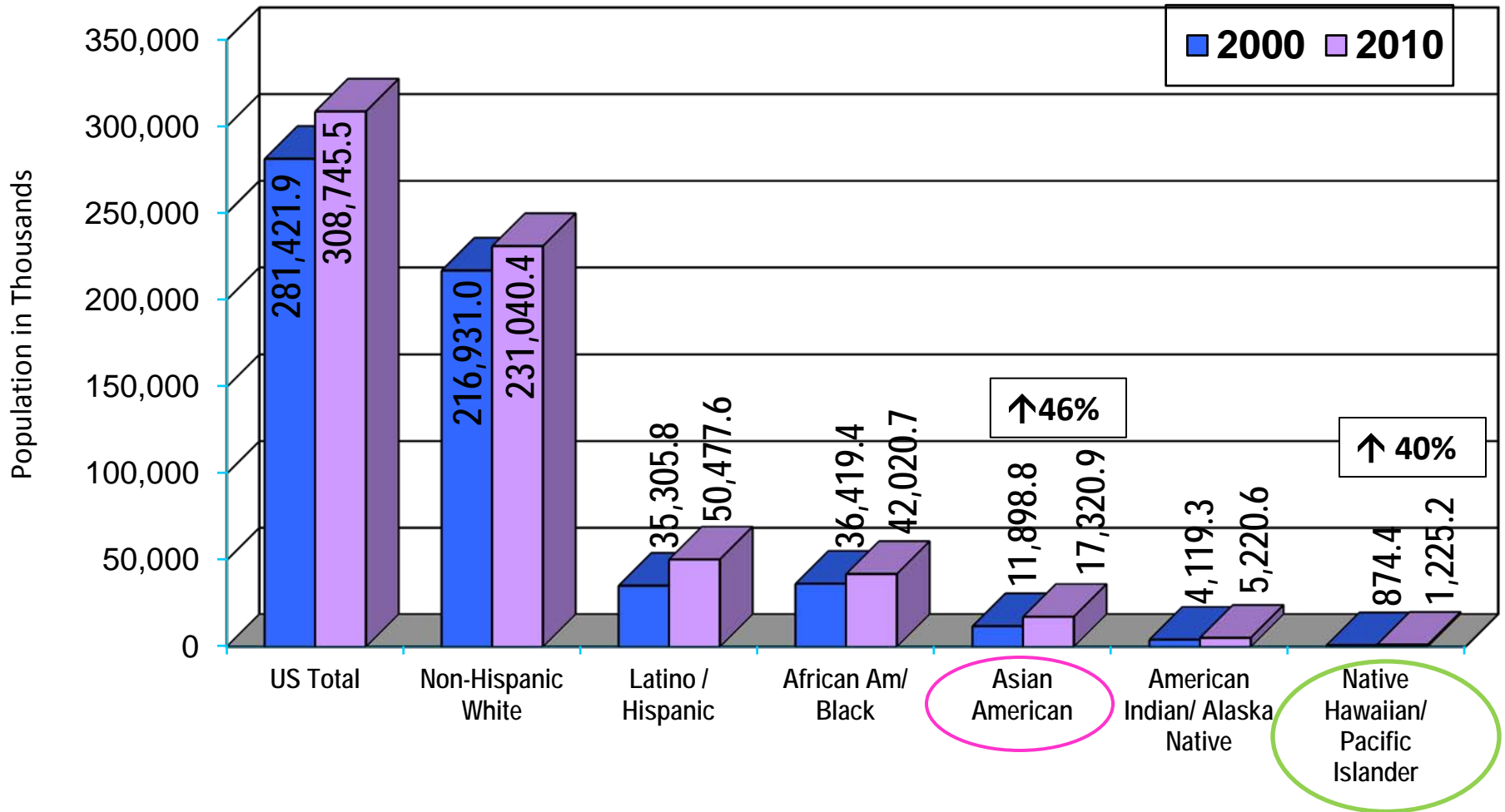




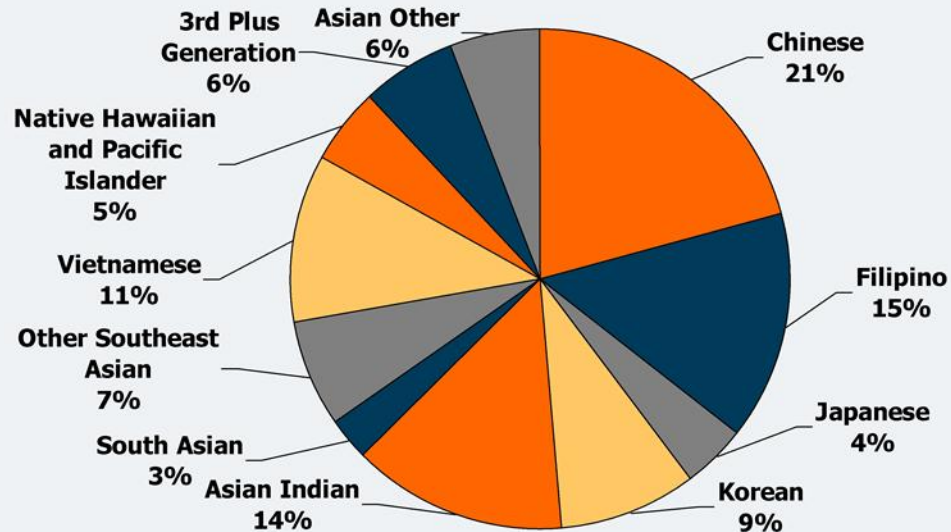
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U.S. Census by Race/Ethnicity Inclusive Population in Thousands, 2000 and 2010



Percent Distribution of All Asian Americans, Native Hawaiians and Pacific Islanders in the U.S., 2004-2006



NOTE: "3rd Plus Generation" includes Individuals who reported their and their parents' country of birth as the US.
DATA: March Current population Survey, 2004, 2005 and 2006, three-year pooled data.
SOURCE: KFF and Urban Institute estimates



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Overweight and Obesity in Asian American Adults

Age-adjusted percentage of persons 18 years of age and over who are overweight but not obese, 2010. (Persons are considered overweight if they have a Body Mass Index (BMI) of 25 or greater.)

Asians	Non-Hispanic White	Asians/Non-Hispanic White Ratio
29.4	33.7	0.9

Source: CDC 2012. Summary Health Statistics for U.S. Adults: 2010. Table 31.
http://www.cdc.gov/nchs/data/series/sr_10/sr10_252.pdf [PDF | 3MB]

Age-adjusted percentage of persons 18 years of age and over who are obese, 2010. (Persons are considered obese if they have a Body Mass Index (BMI) of 30 or greater.)

Asians	Non-Hispanic White	Asians/Non-Hispanic White Ratio
11.6	26.1	0.4

Source: CDC 2012. Summary Health Statistics for U.S. Adults: 2010. Table 31.
http://www.cdc.gov/nchs/data/series/sr_10/sr10_252.pdf [PDF | 3MB]

Overweight in Asian American Children

CHILDREN

Percent of children age 2-17 for whom a doctor or other health provider gave ever advice about amount and kind of physical activity, United States, 2008

Asian	Non-Hispanic White	Asian/Non-Hispanic White Ratio
30.1	32.2	0.9

Source: 2011 National Healthcare Quality Report. Table 9_1_8.2a and 2b.
<http://www.ahrq.gov/qual/qdr11/index.html>

Percent of children age 2-17 for whom a doctor or other health provider ever gave advice about eating healthy, United States, 2008

Asian	Non-Hispanic White	Asian/Non-Hispanic White Ratio
48.7	49.0	1.0

Source: 2011 National Healthcare Quality Report. Table 9_1_9.2a and 2b.
<http://www.ahrq.gov/qual/qdr11/index.html>

Physical Activity in Asian American

Percentage Inactive physical activity among adults 18 & over: 2010 (Did not meet federal physical activity guidelines)

Asian	Non-Hispanic White	Asian/ Non-Hispanic White Ratio
51.7	45.1	1.1

Source: CDC 2012. Summary Health Statistics for U.S. Adults: 2010. Table 29.
http://www.cdc.gov/nchs/data/series/sr_10/sr10_252.pdf [PDF | 3MB]

Percentage Some Leisure Time Physical Activity Among Adults 18 & over: 2010 (Met aerobic guidelines only)

Asian	Non-Hispanic White	Asian/ Non-Hispanic White Ratio
26.4	28.5	0.9

Source: CDC 2012. Summary Health Statistics for U.S. Adults: 2010. Table 29.
http://www.cdc.gov/nchs/data/series/sr_10/sr10_252.pdf [PDF | 3MB]

Percentage Regular Leisure Physical Activity Among Adults 18 & over: 2010 (Met federal physical activity guidelines)

Asian	Non-Hispanic White	Asian/ Non-Hispanic White Ratio
17.8	22.8	0.9

Source: CDC 2012. Summary Health Statistics for U.S. Adults: 2010. Table 29.
http://www.cdc.gov/nchs/data/series/sr_10/sr10_252.pdf [PDF | 3MB]

Overweight and Obesity Levels in NHPI

Age-adjusted percentage of persons 18 years of age and over who are overweight but not obese, 2010. (Persons are considered overweight if they have a Body Mass Index (BMI) of 25 or greater.)

Native Hawaiians/Pacific Islanders	Non-Hispanic White	NHOPI/ Non-Hispanic White Ratio
31.7	33.7	0.9

Source: CDC 2012. Summary Health Statistics for U.S. Adults: 2010. Table 31.
http://www.cdc.gov/nchs/data/series/sr_10/sr10_252.pdf [PDF | 3MB]

Age-adjusted percentage of persons 18 years of age and over who are obese, 2010. (Persons are considered obese if they have a Body Mass Index (BMI) of 30 or greater.)

Native Hawaiians/Pacific Islanders	Non-Hispanic White	NHOPI/ Non-Hispanic White
43.5	26.1	1.7

Source: CDC 2012. Summary Health Statistics for U.S. Adults: 2010. Table 31.
http://www.cdc.gov/nchs/data/series/sr_10/sr10_252.pdf [PDF | 3MB]

Physical Activity in NHPI

Inactive leisure-time physical activity, adults 18 and over, 2010 (Did not meet federal physical activity guidelines)

Native Hawaiian/Pacific Islander	Non-Hispanic White	NHOPI/ Non-Hispanic White Ratio
48.1	45.1	1.1

Source: CDC 2012. Summary Health Statistics for U.S. Adults: 2010. Table 29.
http://www.cdc.gov/nchs/data/series/sr_10/sr10_252.pdf [PDF | 3MB]

Some leisure-time physical activity, adults 18 and over, 2010 (Met aerobic guidelines only)

Native Hawaiian/Pacific Islander	Non-Hispanic White	NHOPI/ Non-Hispanic White Ratio
26.3	28.5	0.9

Source: CDC 2012. Summary Health Statistics for U.S. Adults: 2010. Table 29.
http://www.cdc.gov/nchs/data/series/sr_10/sr10_252.pdf [PDF | 3MB]

Regular leisure-time physical activity, adults 18 and over, 2010 (Met federal physical activity guidelines)

Native Hawaiian/Pacific Islander	Non-Hispanic White	NHOPI/ Non-Hispanic White Ratio
24.9	22.8	1.1

Source: CDC 2012. Summary Health Statistics for U.S. Adults: 2010. Table 29.
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Health for Asian Americans

- **Health:** It is significant to note that Asian American women have the highest life expectancy (85.8 years) of any other ethnic group in the U.S. Life expectancy varies among Asian subgroups: Filipino (81.5 years), Japanese (84.5 years), and Chinese women (86.1 years)¹.
- Asian Americans are most at risk for the following health conditions: cancer, heart disease, stroke, unintentional injuries (accidents), and diabetes. Asian Americans also have a high prevalence of the following conditions and risk factors: chronic obstructive pulmonary disease, hepatitis B, HIV/AIDS, smoking, tuberculosis, and liver disease.
- **Other Health Concerns:** In 2010, tuberculosis was 11 times more common among Asians, with a case rate of 22.2 as compared to 2.0 for the White population.
- **Source: Office of Minority Health**

Health for Native Hawaiians

- It is significant to note that in comparison to other ethnic groups, Native Hawaiians/ Pacific Islanders have higher rates of smoking, alcohol consumption, and obesity.
- This group also has little access to cancer prevention and control programs.
- Some leading causes of death among Native Hawaiians/Pacific Islanders include: cancer, heart disease, unintentional injuries (accidents), stroke and diabetes.
- Some other health conditions and risk factors that are prevalent among Native Hawaiians and Pacific Islanders are hepatitis B, HIV/AIDS, and tuberculosis.
- The infant mortality rate (deaths per 1,000 live births) for Native Hawaiians in 2002 was 9.6, higher than the rate for all Asian-American/Pacific Islander groups combined (4.8) and for all population (7.0).
- The tuberculosis rate (cases per 100,000) in 2010 was 8 times higher for Native Hawaiian/Pacific Islanders, with a case rate of 16.6, as compared to 2.0 for the White population.
- **Source: The Office of Minority Health**

Diabetes in NHPI

National Health Interview Survey, NHIS

Age-adjusted percentage of persons 18 years of age and over with diabetes, 2010

Native Hawaiian/Pacific Islanders	Non-Hispanic White	Native Hawaiians/Pacific Islanders/White Ratio
23.7*	7.6	3.1

Source: CDC 2012. Summary Health Statistics for U.S. Adults: 2010. Table 8.

http://www.cdc.gov/nchs/data/series/sr_10/sr10_252.pdf [PDF | 3MB]

BRFSS, REACH 2010 Surveys

Hawaii State BRFSS

% of adults diagnosed with diabetes, 2010

Hawaiian	Filipino	Japanese	White
11.4	10.1	9.8	5.5

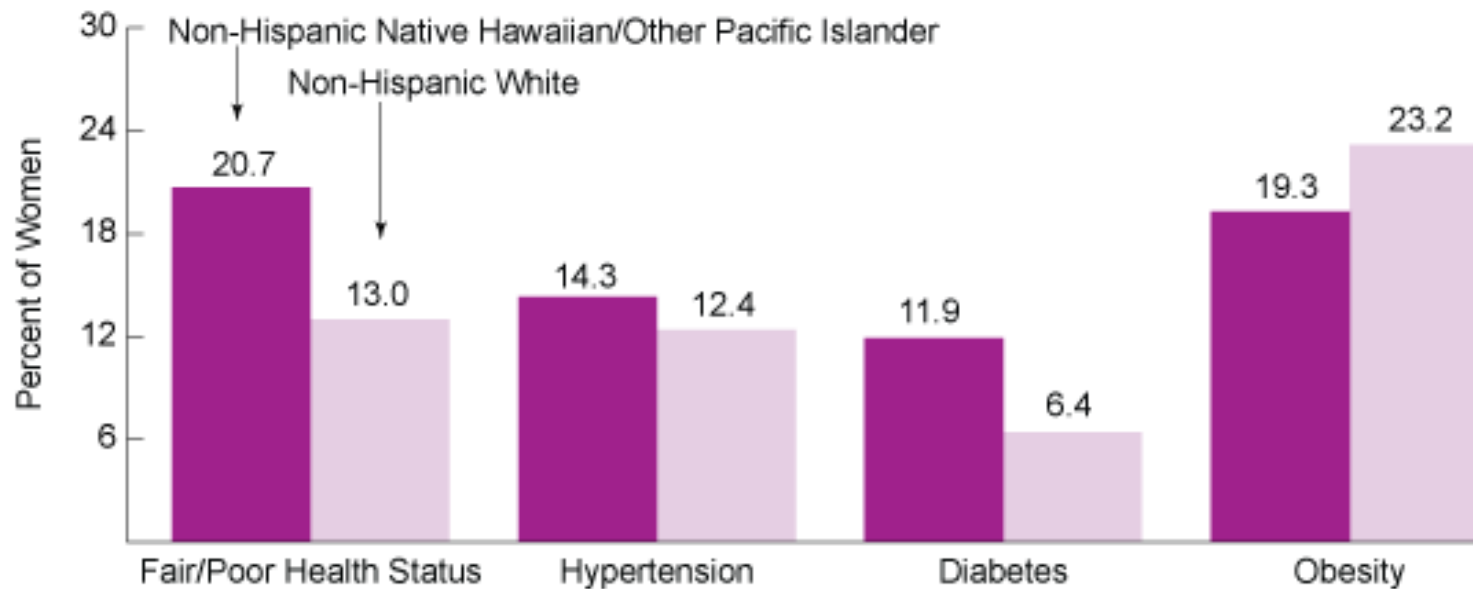
Source: Hawaii State Department of Health, 2012. BFRSS, 2010

<http://www.hhdw.org> 



Other Health Disparities in NHPI

Selected Health Indicators* Among Women Aged 18 and Older, by Race, 2007–2009



*Based on self-reports of health status and doctor-diagnosed health conditions; estimates are age-adjusted.

Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance Survey, 2007–2009. Analysis conducted by the Maternal and Child Health Information Resource Center.



Cancer Incidence and Mortality Rates Among Females (All Ages), by Site and Race, 2000–2005*

Site	Incidence Rate per 100,000		Mortality Rate per 100,000	
	Native Hawaiian	White	Native Hawaiian	White
All Sites	447.8	413.6	171.0	133.6
Breast	157.5	127.5	27.7	21.1
Lung and Bronchus	61.9	47.9	43.3	32.4
Uterine Corpus	38.5	23.0	6.3	2.5
Pancreas	16.2	9.2	14.0	8.1
Stomach	10.9	4.0	7.4	2.2
Cervix	9.6	7.0	4.5	1.8
Liver	6.3	2.0	5.1	2.7

*Includes only residents of Hawaii; estimates are age-adjusted.

Source: Cancer Research Center of Hawai'i. Hawai'i Cancer Facts and Figures 2010. September 2010. Available at <http://www.crch.org/htr.htm>, accessed 08/04/11.

Cancer Incidence and Survival

Cancer Incidence Rates per 100,000 - Women (1998-2002) *

Cancer	Native Hawaiian	Samoaan	Tongan	Non-Hispanic White (NHW)	Native Hawaiian/ NHW Ratio	Samoaan/ NHW Ratio	Tongan/NHW Ratio
All Sites	488.5	472.0	504.7	448.5	1.1	1.1	1.1
Breast	175.8	102.5	118.0	145.2	1.2	0.7	0.8
Cervical	12.3	18.1	--	8.1	1.5	2.2	--
Colorectal	44.0	38.6	--	47.6	0.9	0.8	--
Lung	69.7	56.9	--	59.0	1.2	1.0	--
Stomach	14.5	--	--	4.3	3.4	--	--

*IBD = Intrahepatic Bile Duct

Source: NCI 2008. Cancer Incidence and Mortality Patterns among Specific Asian and Pacific Islander Populations in the U.S.

<http://seer.cancer.gov/publications/apicancer/index.html>

Cancer Death Rates per 100,000 - Women (1998-2002) *

Cancer	Native Hawaiian	Samoaan	Non-Hispanic White (NHW)	Native Hawaiian/ NHW Ratio	Samoaan/ NHW Ratio
All Sites	198.9	209.3	171.7	1.2	1.2
Breast	33.5	36.2	27.8	1.2	1.3
Cervical	5.2	--	2.4	2.2	--
Liver & IBD	6.4	--	2.7	2.4	--
Stomach	10.3	--	2.8	3.3	--

*IBD = Intrahepatic Bile Duct

Source: NCI 2008. Cancer Incidence and Mortality Patterns among Specific Asian and Pacific Islander Populations in the U.S.

<http://seer.cancer.gov/publications/apicancer/index.html>

Social Determinants of Health Disparities

- Social Economic Status – how does this relate to health and childhood obesity?
- Food security and insecurity
- Immigration/acclturation issues
- Neighborhood characteristics





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Activity

In groups of four – discuss and answer the following questions:

1. Are AA and NHPI different?
2. Discuss the differences –
3. Why are these differences important in terms of addressing health and in addressing childhood obesity?





Acknowledgements/References

- Mavis Nitta, MPH, CHES



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