

Arab CHRNA

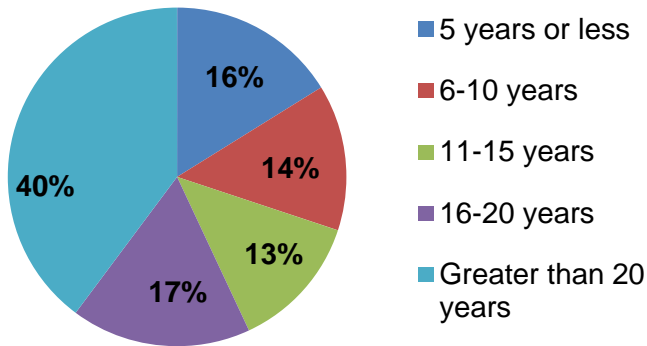
(Community Health Resources and Needs Assessment)

Between 2014 and 2015, the Center for the Study of Asian American Health collected 118 surveys in the Arab community in New York City in partnership with community groups. CHRNA survey findings indicate the majority (81%) of Arab respondents were foreign-born. Of these, Arab CHRNA respondents were predominantly from Yemen (22%), Egypt (20%), Palestine (13%), Jordan (8%), and Saudi Arabia (7%). The NYC Arab community is focused in Brooklyn, with smaller populations in Queens and Manhattan. The 2010 Census counted 58,018 persons born in Arab countries living in NYC, a 32% increase from 2000.

DEMOGRAPHIC INFORMATION

About 40% of Arab CHRNA respondents have lived in the U.S. for 20 years or more. Family reasons and educational opportunities were the top reasons for coming to the U.S.

Years Living in the U.S.



LOW ENGLISH LANGUAGE PROFICIENCY

- 46% of Arab respondents speak English less than “very well”
- 16% speak English “not well” or “not at all”
- Among these respondents, 53% have someone over the age of 14 in their household who can speak English

EDUCATION

- 33% have a high school education or less
- 26% have some college education
- 42% are college graduates

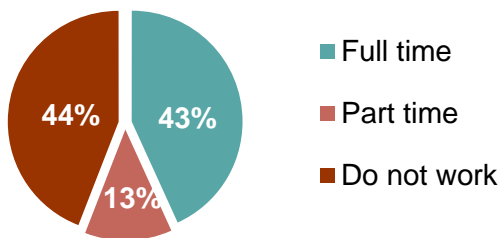


ARAB CHRNA RESPONDENTS were... **59%**



EMPLOYMENT

Over **93%** of Arab CHRNA respondents were working-age adults between 18 to 64 years old.



Of those who do not work, 31% are homemakers and 31% are students

LOW INCOME

- 25% of survey respondents reported less than \$25,000 in annual household income
- 35% reported an annual household income between \$25,000 and \$55,000
- Only 20% have an annual household income greater than \$55,000

WORKING HOURS

Among Arab CHRNA respondents who work:

- 26% work < 34 hours per week
- 44% work 35-40 hours per week
- 29% work ≥ 40 hours per week

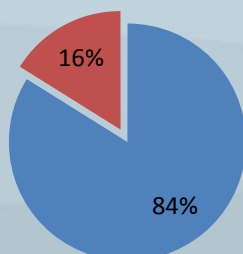
GENERAL HEALTH

PERCEIVED HEALTH STATUS

Arab CHRNA respondents were asked to rate their health status:

84% describe their health status as **GOOD, VERY GOOD, or EXCELLENT**

16% rated their health as **FAIR or POOR**



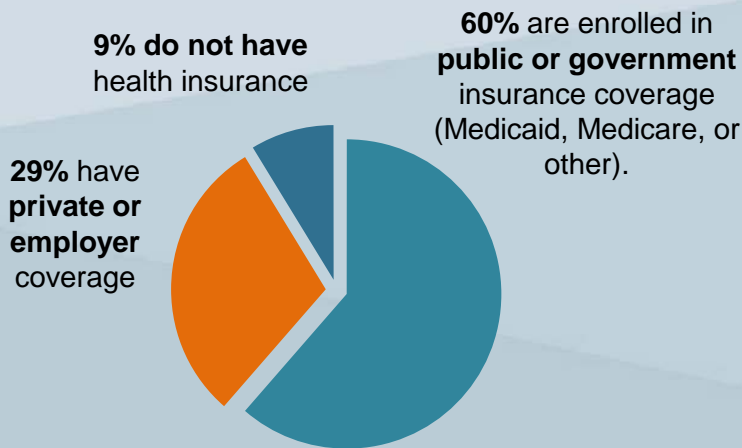
DID YOU KNOW?

The top health concerns among Arab CHRNA respondents were:

- ✓ **Cardiovascular disease (48%)**
- ✓ **Headache (26%)**
- ✓ **Cancer (21%), Diet & Nutrition (21%)**

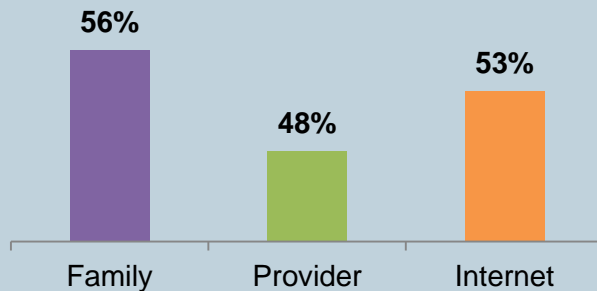
HEALTH CARE ACCESS

HEALTH INSURANCE COVERAGE:



HEALTH INFORMATION

The Arab CHRNA respondents get their health information and hear about services primarily from:



ROUTINE CHECKUPS

VS.



MEDICAL EMERGENCY

20% of respondents visit the ER for medical attention when sick or injured

- 87% saw a health care provider for a routine physical checkup in the past year, on par with the 88% of all New Yorkers²
- 1% of respondents have never had a check-up
- 50% see a private doctor when sick or injured
- 16% take medicine at home without consulting a doctor when sick or injured

HEALTH CARE PROVIDERS

- 3% do not have a regular health care provider
- Among those with a regular provider:
 - 24% did not understand everything their doctor discussed with them during their last visit



BARRIERS TO HEALTH CARE

Did You Know?

14% of the Arab CHRNA respondents reported difficulty obtaining necessary medical care, tests, or treatments in the last year. The main reason given was because **insurance company wouldn't approve, cover, or pay for care** (19%).

HEALTH PROFILE

OVERWEIGHT/OBESITY

Body mass index (BMI) is a measure of body fat based on height and weight that applies to adult men and women. According to standard BMI measurements, about 34% of the Arab CHRNA respondents are overweight, with 31% registering as obese. In comparison, 33% of New Yorkers are overweight and 23% are obese²

- When using **Asian BMI** standards, the proportions of overweight and obese Arab CHRNA respondents shift to 34% and 47%, respectively



ACCESS TO HEALTHY FOOD

- About 18% of survey participants "sometimes" worry about having enough money to buy nutritious meals
- 27% reported that their homes are a 10-minute-walk or more away from a place to buy fresh fruits and vegetables



PHYSICAL ACTIVITY

Sedentary lifestyle is related to many chronic diseases such as obesity, diabetes, heart diseases, and depression.



- **31%** of the Arab CHRNA respondents **do not** engage in **any** weekly physical activity, compared to 26% of New Yorkers overall²
- About **49%** engage in **sufficient weekly physical activity**, compared to 67% of New Yorkers overall². Sufficient physical activity means spending >150 minutes per week engaging in moderate physical activity, > 75 minutes a week engaging in vigorous physical activity, or a combination of both

ORAL HEALTH IS ONE OF THE TOP HEALTH CONCERNS

35% of Arab respondents rate their oral health as “POOR” or “FAIR”

MENTAL HEALTH STATUS: UNMET NEED

A depression and anxiety screening was used to determine how respondents would describe their feelings in the past 2 weeks:

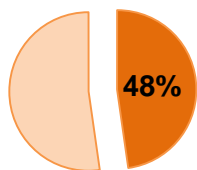
13% of respondents may potentially benefit from mental health services for depression

- From this at-risk group, about 15% are considered to have “mild” depression
- About 63% are considered to have “moderate” depression
- However, 63% of respondents said they had never been screened for depression

21% of respondents were considered at-risk for anxiety

RISK FOR CARDIOVASCULAR DISEASES

High cholesterol levels and high blood pressure are risk factors of cardiovascular diseases (CVD), which can lead to heart disease and stroke.



of respondents said CVD is a **major concern** for themselves or for their families

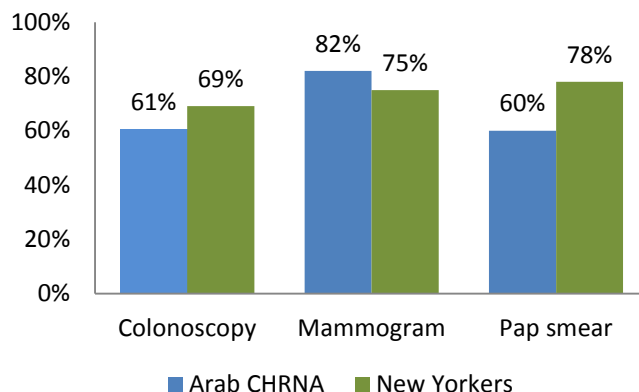
- 73% have received a checkup or screening for cholesterol in the last year
- **29%** were told they have **high cholesterol**. In comparison, 30% of New Yorkers were told the same thing by their physicians²
 - 59% of respondents with high cholesterol are currently taking medications for high cholesterol.
- 84% have received a checkup or screening for blood pressure in the last year
- **17%** were told they have **high blood pressure**, while 29% of New Yorkers were told the same thing by their physicians²
 - 65% of respondents with high blood pressure are currently taking medications for high blood pressure

INCREASED RISK OF DIABETES

Frequent blood sugar level screenings are important to preventing and controlling diabetes

- 71% of Arab CHRNA respondents have received a check-up or screening for **blood glucose** in the past year
- **15%** were told by a health care provider that they have **diabetes**, more than the 11% of New Yorkers told the same thing²
 - 83% of respondents with diabetes are currently taking medications prescribed by a health care provider

COMPARISON OF CANCER SCREENING RATES



- **61%** of Arab CHRNA respondents 50+ years old have received a colonoscopy while **69%** of New Yorkers 50+ years old received a colonoscopy in the past 10 years⁶
- **66%** of female Arab CHRNA respondents 21+ years have had a clinical breast exam
- **82%** of female respondents 40+ years have had a mammogram in the past 2 years, as compared to **75%** of New York women⁶
- **60%** of female respondents 21+ years have had a pap smear in the past 3 years, as compared to **78%** of New York women⁵

Did You Know?

81% of Arab men 50+ years have ever received a prostate exam.

HEPATITIS B

Asian Americans are at higher risk for Hepatitis B, but many who are infected do not know it³

- **16%** of Arab CHRNA respondents have **never** been screened for hepatitis B
- 17% don't know or are not sure if they have ever been screened for hepatitis B

SMOKING

11% of Arab CHRNA respondents are current smokers

- 21% of men are current smokers; this rate is on par with that of current male smokers in New York (at 20%)²
- 4% of women surveyed are current smokers; in comparison, 13% of New York women are current smokers²



ALCOHOL

- 13% of Arab CHRNA respondents are current drinkers
- About 8% of current drinkers have consumed 5 or more drinks on one occasion at least once in the past 30 days, which is considered **binge drinking**
- In comparison, 18% of New Yorkers have had 5 or more drinks on one occasion in the past 30 days²
- 24% of current drinkers reported that they have had times where they started drinking even though they promised themselves they wouldn't, or drank a lot more than they intended

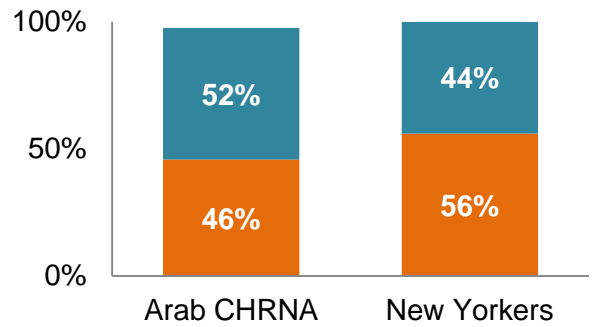
DISCRIMINATION

Arab CHRNA respondents were asked about facing discrimination in their day-to-day activities:

- 29% reported being treated with less respect than other people a few times a year or more
- 33% reported being treated with less courtesy than other people a few times a year or more
- 22% reported that other people act as if they are afraid of them a few times a year or more
- 26% reported they have been physically or verbally abused or their property damaged specifically because of their race or ethnicity

SEASONAL FLU VACCINE

- 46% of Arab CHRNA respondents received the flu vaccine in the past year, compared to 56% of all New Yorkers²

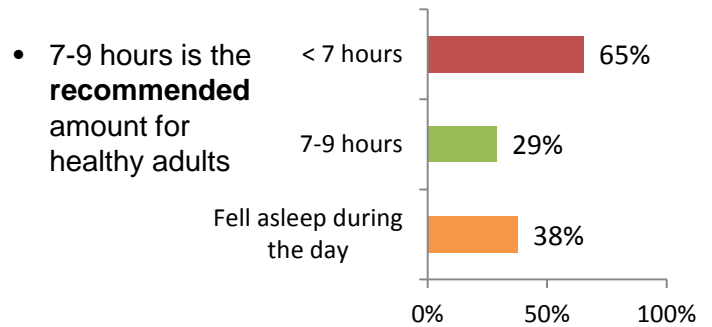


■ Vaccinated ■ Not Vaccinated

NOT MEETING SLEEP RECOMMENDATIONS

Sleep supports healthy brain function to ensure good mental and physical health. A lack of adequate sleep can impact how well a person thinks, works, learns, or gets along with others⁴

Only 29% of Arab CHRNA respondents reported getting the recommended number of hours of sleep.



- 14% of respondents reported taking sleeping pills, other drugs, or alcohol to help them sleep

SOCIAL ENVIRONMENT

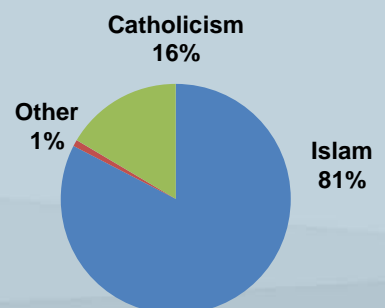
NEIGHBORHOOD



- 77% of Arab CHRNA respondents believe people in their neighborhood are **trustful**
- 85% believe people in their neighborhood **get along well together**
- 62% believe their neighbors **look out for each other**
- 71% believe that their neighbors would **offer assistance in the event of an emergency**

RELIGIOSITY

- Among religious Arab CHRNA respondents, 61% go to their house of worship at least once a week
- 80% pray at least once per day



CONCLUSION

The Arab CHRNA results are aligned with the public health literature which indicates that significant health disparities exist in Asian American subgroups. High rates of poverty were noted in the Arab community. Rates of certain types of health screenings for colon cancer and cervical cancer were relatively low in the Arab population surveyed compared to New Yorkers in general. In addition, the findings also suggest high rates of diabetes in the Arab population surveyed compared to New Yorkers in general.

Health Promotion

Developing community-based health promotion and preventive healthcare (such as screening activities) in partnerships with Arab-serving community-based organizations is essential to improving the health and well-being of the Arab community.

Citations:

1. Asian American Federation, "Asian Americans in NYC, April 2013
2. New York City comparison data derived from the New York City Department of Health and Mental Hygiene's EpiQuery: NYC Interactive Health, 2013 NYC Community Health Survey data at <http://on.nyc.gov/1Cf1RAt>.
3. Center for Disease Control and Prevention. "Asian Americans and Hepatitis B" CDC Features. <http://www.cdc.gov/features/aapihepatitisb/>
4. National Institute of Health. "Why Is Sleep Important?" NHLBI, NIH. <http://1.usa.gov/1zdBlfa>.
5. New York City comparison data derived from New York City Department of Health and Mental Hygiene's EpiQuery: NYC Interactive Health, 2010 Survey Trends data at <http://on.nyc.gov/1AnvDsL>
6. New York City comparison data derived from New York City Department of Health and Mental Hygiene's EpiQuery: NYC Interactive Health, 2012 Survey Trends data at <http://on.nyc.gov/1AnvDsL>

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The mission of the NYU Center for the Study of Asian American Health (CSAAH) is to identify health priorities and reduce health disparities in the Asian American community through research, training and partnership.



Arab-American Family Support Center
المركز العربي الأمريكي للخدمات الاجتماعية



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