

# Chinese CHRNA

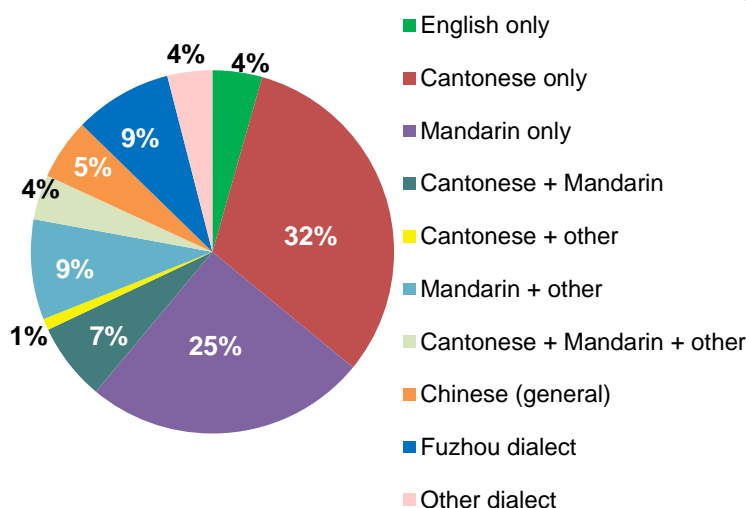
## (Community Health Resources and Needs Assessment)

Between 2013 and 2014, the Center for the Study of Asian American Health collected 203 surveys in the Chinese community in New York City in partnership with community groups including Chinese-American Planning Council, Chinatown YMCA, Grace Gratitude Buddhist Temple, and Chinese Christian Herald Crusades. The NYC Chinese community is the largest Asian group in NYC with more than half a million residents, growing by 34% from 2000 to 2010. The community is focused in Queens (40%), Brooklyn (36%), and Manhattan (20%).<sup>1</sup> CHRNA survey findings indicate that the majority (90%) of Chinese respondents were foreign-born, 87% of whom were born in China.

### DEMOGRAPHIC INFORMATION

#### LANGUAGES SPOKEN

Over **95%** of participants speak a language other than English at home. The most commonly spoken language is Cantonese



#### LOW ENGLISH LANGUAGE PROFICIENCY

- An overwhelming majority (83%) speak English less than “very well”
- 58% speak English “not well” or “not at all”

#### EDUCATION

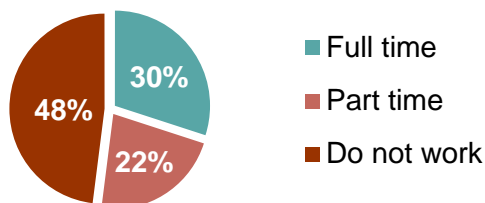
- 51% have less than a high school education
- 13% have some college education
- 21% are college graduates

#### CHINESE CHNRA RESPONDENTS were...



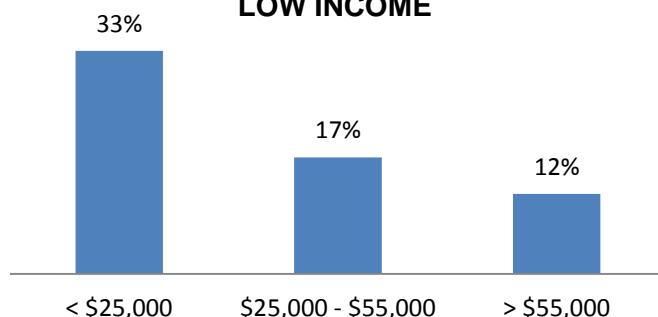
#### EMPLOYMENT

Over **73%** of participants were working-age adults between 18 to 64 years old.



Of the respondents who do not work, **23%** are retired

#### LOW INCOME



#### WORKING HOURS

Among Chinese respondents who work:

- 32% work < 34 hours per week
- 49% work 35-40 hours per week
- 10% work ≥ 40 hours per week

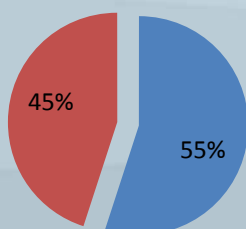
### GENERAL HEALTH

#### PERCEIVED HEALTH STATUS

Chinese CHRNA respondents were asked to rate their health status:

**55%** describe their health status as **GOOD, VERY GOOD, or EXCELLENT**

**45%** rated their health as **FAIR or POOR**



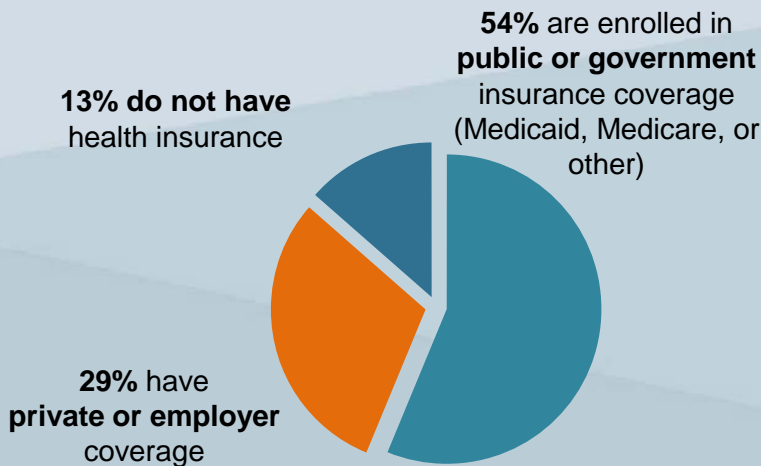
#### DID YOU KNOW?

The top health concerns among Chinese respondents were:

- ✓ **Cardiovascular disease (31%)**
- ✓ **Oral or dental health (22%)**
- ✓ **Respiratory problems; Cancer (21%)**

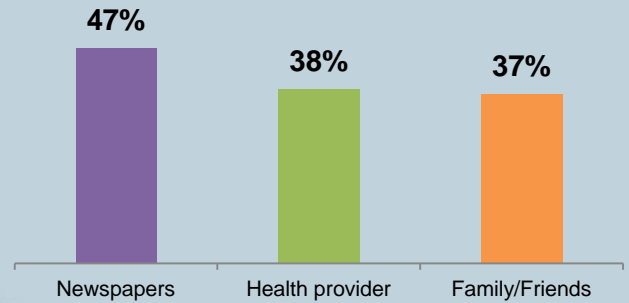
## HEALTH CARE ACCESS

### HEALTH INSURANCE COVERAGE



### HEALTH INFORMATION

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



### ROUTINE CHECKUPS



- **88%** saw a health care provider for a **routine physical checkup in the past year**, on par with the 88% of all New Yorkers<sup>2</sup>
- Less than 1% of Chinese CHRNA respondents have never had a health check-up

When Chinese CHRNA respondents **feel sick or become injured**:

- 79% see a private doctor or healthcare provider
- 4% visit a community health center or public clinic
- 4% go to a pharmacy
- 5% do nothing

### HEALTH CARE PROVIDERS

Nearly 5% do not have a regular health care provider. Among those with a regular provider:

- **23%** to some extent feel that **their doctor looks down on them** and the way they live their life
- **28%** **did not understand everything their doctor discussed** with them during their last visit

### BARRIERS TO HEALTH CARE

#### Did You Know?

Of the 11% of Chinese CHRNA respondents reporting difficulty obtaining necessary medical care, tests, or treatments in the last year, reasons were because of **costs** (35%); **problems with insurance** (18%); and/or **language barriers** (18%).

## HEALTH PROFILE

### OVERWEIGHT/OBESITY

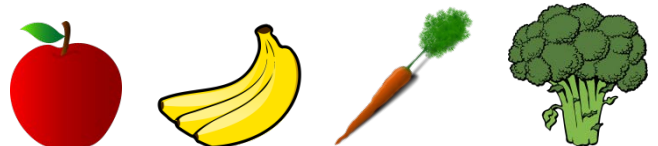
Body mass index (BMI) is a measure of body fat based on height and weight that applies to adult men and women.

- According to standard BMI measurements, about 20% of Chinese respondents are overweight, with 6% registering as obese. In comparison, 33% of New Yorkers are overweight and 23% are obese.<sup>2</sup>
- When using Asian BMI standards, the proportions of overweight and obese Chinese respondents shift to 41% and 12%, respectively.



### ACCESS TO HEALTHY FOOD

- About **27%** of CHNRA Chinese respondents at least “sometimes” **worry about having enough money to buy nutritious meals**
- 42% 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.



- **38%** of Chinese CHRNA respondents **do not** engage in **any** weekly physical activity in the past month, compared to 26% of New Yorkers overall<sup>2</sup>
- About **45%** engage in **sufficient weekly physical activity**, compared to 67% of New Yorkers. 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 2<sup>ND</sup> TOP HEALTH CONCERN

- A majority (**68%**) of Chinese respondents rate their oral health as “POOR” or “FAIR”
- Only 53% have received an oral/dental health check-up in the past year

## MENTAL HEALTH STATUS: UNMET NEED

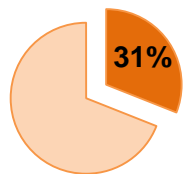
A depression screening was used to determine how respondents would describe their feelings in the past 2 weeks:

### 14% of respondents may potentially benefit from mental health services

- From this at-risk group, about 14% are considered to have “severe” depression
- 18% are considered to have “moderately severe” depression
- 37% are considered to have “moderate” depression
- However, over 58% of respondents said they had never been screened for depression
  - 3% have been diagnosed with depression

## 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.



31% of respondents said CVD is a **major concern** for themselves or for their families

- 64% have received a checkup or screening for **cholesterol** in the last year
- 25% were told they have high cholesterol. In comparison, 30% of New Yorkers were told the same thing by their physicians<sup>2</sup>
  - 67% of respondents with high cholesterol are currently taking medications for high cholesterol
- 74% have received a checkup or screening for **blood pressure** in the last year
- 27% were told they have high blood pressure, while 29% of New Yorkers were told the same thing by their physicians<sup>2</sup>
  - 79% 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

- 65% of Chinese CHRNA respondents have received a check-up or screening for **blood glucose** in the past year
- 16% were told by a health care provider that they have diabetes, more than the 11% of New Yorkers told the same thing<sup>2</sup>
  - 77% of respondents with diabetes are currently taking medications prescribed by a health care provider

## OSTEOPOROSIS

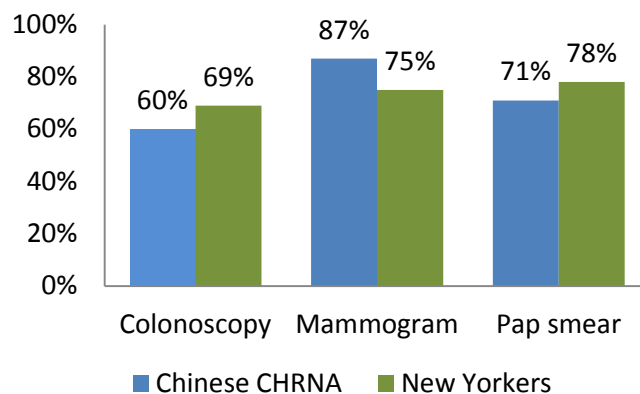
Two risk factors that increase risk of osteoporosis in later life are:

1. Being of Asian descent
2. Being female

Early screenings and intervention help to prevent negative health outcomes such as arthritis and joint injuries.

- 24% of female Chinese participants 65+ years have **never received a checkup or screening** for bone mineral density.

## COMPARISON OF CANCER SCREENING RATES



- **60%** of Chinese CHRNA respondents 50+ years old have received a **colonoscopy**, while **69%** of New Yorkers 50+ years old received a colonoscopy in the past 10 years<sup>6</sup>
- **79%** of female Chinese CHRNA respondents 21+ years have had a **clinical breast exam**
- **87%** of female respondents 40+ years have had a **mammogram** in the past 2 years, as compared to **77%** of New York women<sup>6</sup>
- **71%** of female respondents 21+ years old have had a **pap smear** in the past 3 years as compared to **78%** of New York women<sup>5</sup>

## SMOKING



- 16% of male CHRNA respondents are current smokers; less than that of current male smokers in New York at 20%<sup>2</sup>
- None of the women surveyed are current smokers; in comparison, 13% of New York women are current smokers<sup>2</sup>
- 23% of respondents have experienced secondhand smoke in restaurants or bars

## ALCOHOL

- About a **quarter** of all respondents are **current drinkers**
  - Among drinkers, 74% have 1 or 2 drinks on the days they drink
- About 24% of current drinkers have consumed 5 or more drinks at least once in the past 30 days, which is considered binge drinking<sup>2</sup>
  - In comparison, 18% of New Yorkers have had 5 or more drinks at least once in the past 30 days

## TUBERCULOSIS

Approximately 67% of respondents have previously had a tuberculosis (TB) test.

- 2% were told by a health care provider that they have the TB infection.

## HEPATITIS B

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

- 66% of respondents have previously been screened for hepatitis B
- About 5% of all participants have been diagnosed.

## SEASONAL FLU VACCINE

- About **62%** of Chinese CHRNA respondents received the flu vaccine in the past year, which is greater than the **56%** of all New Yorkers<sup>2</sup>

## COMPLEMENTARY AND ALTERNATIVE MEDICINE

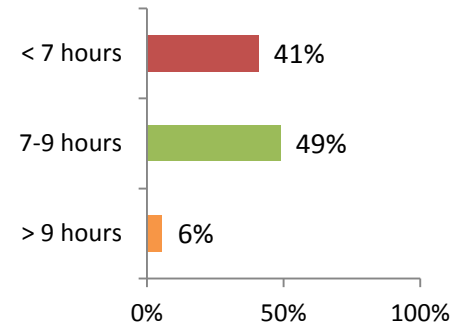
Chinese CHRNA respondents reported using various types of complementary and alternative medicine to maintain health or treat a health condition

- 44% have used herbal medicine
- 25% have gone to a traditional healer
- 25% have used acupuncture
- 25% have used other methods, including yoga, massage therapy, cupping, and qinggong (a type of martial art)

## 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 others.<sup>4</sup> Only 49% of Chinese respondents reported getting the recommended number of hours of sleep.

- 7-9 hours is the **recommended** amount for healthy adults
- 29% of respondents reported **unintentionally falling asleep** during the day
- 8% reported taking sleeping pills, other drugs, or alcohol to help them sleep



## SOCIAL ENVIRONMENT

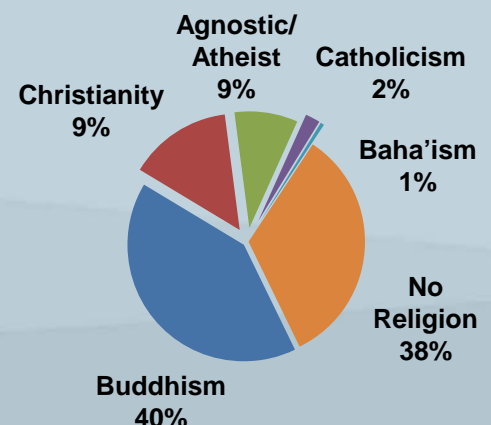
### NEIGHBORHOOD



- 78% of Chinese CHRNA respondents believe people in their neighborhood are **trustful**
- 80% believe people in their neighborhood **get along well together**
- 75% believe their neighbors **look out for each other**
- 76% believe that their neighbors would **offer assistance in the event of an emergency**

### RELIGIOSITY

- Among religious Chinese CHRNA respondents, 31% go to their house of worship at least once a week
- 36% pray at least once a day



## CONCLUSION

The Chinese CHRNA results are aligned with the public health literature which indicates that significant health disparities exist in Asian American subgroups. Low levels of English language were noted in the Chinese community. Rates of certain types of health screenings, such as Hepatitis B, colon cancer, and oral/dental health were relatively low in the Chinese population surveyed compared to New Yorkers in general. The results also showed a need for better resources concerning mental health, including screening and treatment of depression.

### Health Promotion

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



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