

Filipino CHRNA

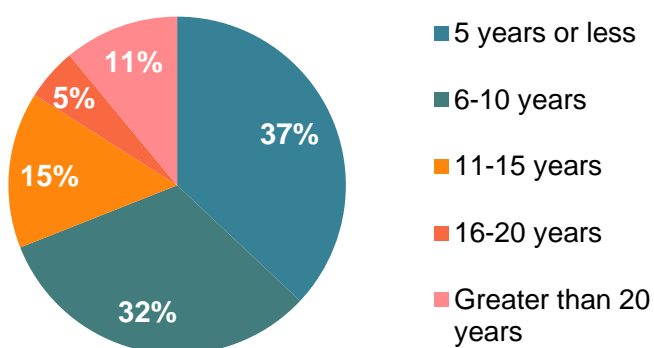
(Community Health Resources and Needs Assessment)

Between 2014 and 2015, the Center for the Study of Asian American Health (CSAAH) collected 107 surveys in the Filipino community in NYC in partnership with community groups. The NYC Filipino community is focused in Queens (54%), with smaller populations in Manhattan (17%), and Brooklyn (13%)¹. The 2010 Census counted 78,030 Filipinos in the NY Metro Area and the population has grown 26% from 2000 to 2010. CHRNA survey findings indicate that the majority (91%) of Filipino respondents were foreign-born, 98% of whom were born in the Philippines.

DEMOGRAPHIC INFORMATION

About 69% of foreign-born Filipino CHRNA respondents have lived in the U.S. for 10 years or less. Economic opportunities and family reasons were the top reasons for coming to the U.S.

Years Living in the U.S.



HIGH ENGLISH LANGUAGE PROFICIENCY

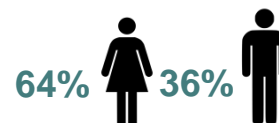
- A majority (52%) speak English “very well”
- Only 3% speak English “not well”

HIGH EDUCATION

- 82% of Filipino CHRNA respondents are college graduates
- Only 1% of respondents have less than a high school education

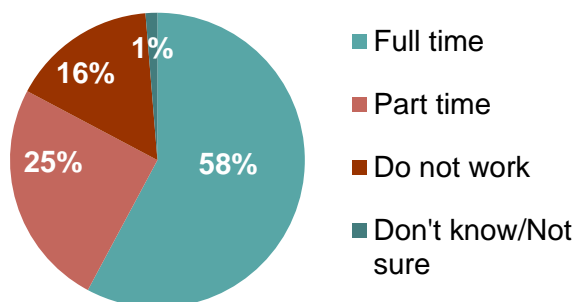


FILIPINO CHRNA RESPONDENTS were...



EMPLOYMENT

Over **90%** of participants were working-age adults between 18 to 64 years old.



INCOME

- 12% of survey respondents reported less than \$25,000 in annual household income
- 32% reported an annual household income between \$25,000 and \$55,000
- 37% have an annual household income greater than \$55,000
- 19% did not answer the question

WORKING HOURS

Among Filipino respondents who work:

- 21% work < 34 hours per week
- 37% work 35-40 hours per week
- 21% work ≥ 40 hours per week

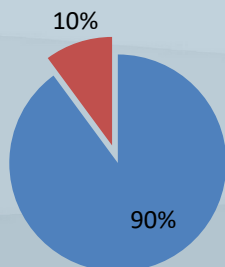
GENERAL HEALTH

PERCEIVED HEALTH STATUS

Filipino respondents were asked to rate their health status:

89% describe their health status as **GOOD, VERY GOOD, or EXCELLENT**

10% rated their health as **FAIR or POOR**



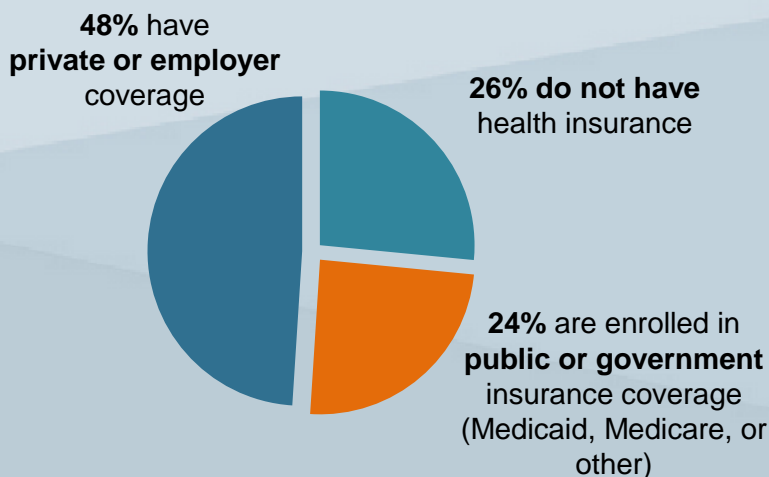
DID YOU KNOW?

The top health concerns among Filipino respondents were:

- ✓ **Cardiovascular disease (64%)**
- ✓ **Respiratory problems (36%)**
- ✓ **Cancer (31%)**

HEALTH CARE ACCESS

HEALTH INSURANCE COVERAGE



ROUTINE CHECKUPS



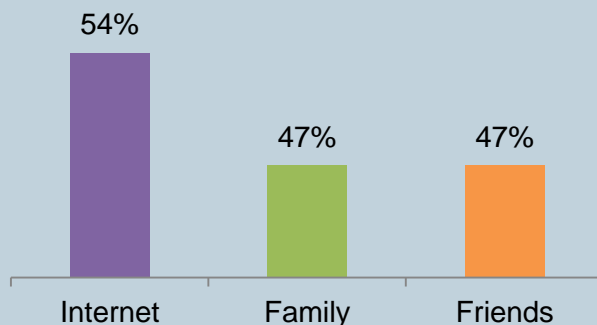
- 74% saw a health care provider for a **routine physical checkup** in the past year, in comparison to 88% of all New Yorkers²
- 2% of respondents have never had a check-up

When Filipino CHNRA respondents feel sick or become injured:

- 44% see a private doctor or healthcare provider
- 12% go to a hospital emergency room
- 24% take medicine at home without consulting a doctor

HEALTH INFORMATION

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



HEALTH CARE PROVIDERS

- 4% do not have a regular health care provider

Among those with a regular provider:

- 13% to some extent feel that their **doctor looks down on them** and the way they live their life
- 41% **did not understand everything** their doctor discussed with them during their last visit



BARRIERS TO HEALTH CARE

DID YOU KNOW?

20% of Filipino respondents reported difficulty obtaining necessary medical care, tests, or treatments in the last year. Reasons given were because of **cost** (3%) or (3%).

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 36% of Filipino CHNRA respondents are overweight, with 6% registering as obese. In comparison, 33% of New Yorkers are overweight and 23% are obese.²

When using Asian BMI standards, the proportions of **overweight and obese** Filipino CHNRA respondents shift to **50% and 17%, respectively.**

PHYSICAL ACTIVITY

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

- 12% of Filipino CHRNA respondents **DO NOT** engage in **any** weekly physical activity compared to 26% of New Yorkers overall²
- About **69%** engage in sufficient weekly physical activity, compared to 67% of New Yorkers.² 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



ACCESS TO HEALTHY FOOD



- About **32%** of Filipino CHRNA respondents “sometimes” worry about having enough money to buy nutritious meals
- 34% reported that their homes are a 10-minute-walk or more away from a place to buy fresh fruits and vegetables

ORAL HEALTH

33% of Filipino respondents rate their oral health as "POOR" or "FAIR"

MENTAL HEALTH STATUS: UNMET NEED

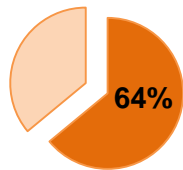
A depression screening was used to determine how respondents would describe their feelings in the past 2 weeks:

8% of respondents may potentially benefit from mental health services, and 15% did not answer the depression risk questions

- From this at-risk group, about 33% are considered to have "mild" depression
- About 67% are considered to have "moderate" depression
- However, 67% of respondents said they had never been screened for 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.



64% of respondents said CVD is a **major concern** for themselves or for their families

- **60%** have received a checkup or screening for **cholesterol** in the last year
- **28%** were told they have **high cholesterol**. In comparison, 30% of New Yorkers were told the same thing by their physicians²
 - 73% of respondents with high cholesterol are currently taking medications for high cholesterol
- **73%** of Filipino CHRNA respondents received a checkup or screening for **blood pressure** in the last year
- **22%** were told they have high blood pressure, while 29% of New Yorkers were told the same thing by their physicians²
 - 72% of respondents with high blood pressure are currently taking medications for high blood pressure

DID YOU KNOW?

Only 6% of male Filipino CHRNA respondents 50+ years have ever received a prostate exam.

INCREASED RISK OF DIABETES

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

- **63%** have received a check-up or screening for blood glucose in the past year
- About **20%** were told by a health care provider that they have **diabetes**, which is more than the 11% of New Yorkers told the same thing²
 - About 83% 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:

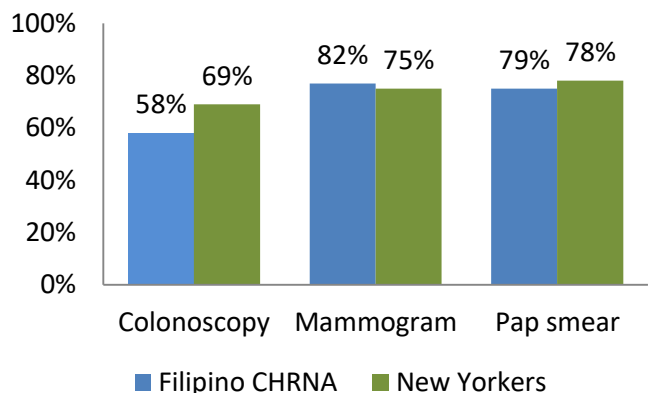
1. Being of Asian descent
2. Being female



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

- **75%** of female Filipino CHRNA respondents 65+ years have **received a checkup or screening for bone mineral density** in the past 3 years

COMPARISON OF CANCER SCREENING RATES



- **58%** of Filipino 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
- Approximately **80%** of female Filipino CHRNA respondents 21+ years have had a clinical breast exam
- **77%** of female respondents 40+ years have had a mammogram in the past 2 years, as compared to **75%** of New York women⁶
- **75%** of Filipino women surveyed have had a pap smear in the past 3 years as compared to **78%** of New York women⁵

SMOKING



- **18% of Filipino CHRNA respondents are current smokers**, compared to 16% of New Yorkers²
- 19% of men are current smokers; this rate is on par with that of current male smokers in New York (20%)²
- 17% of women surveyed are current smokers; in comparison, 13% of New York women are current smokers²

ALCOHOL

- Over half of all Filipino CHRNA respondents are current drinkers
- About **52%** 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
- **26%** 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

TUBERCULOSIS

Approximately 83% of respondents have previously had a tuberculosis (TB) test.

HEPATITIS B

Asian Americans are at higher risk for Hepatitis B, but many who are infected do not know it.³

- 80% of respondents have previously been screened for hepatitis B
- 16% have **never** been tested

NEIGHBORHOOD

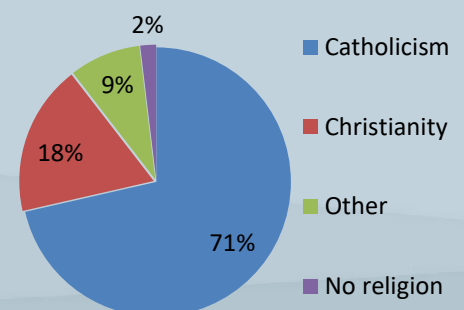


- 62% of Filipino CHRNA respondents believe people in their neighborhood are **trustful**
- 68% believe people in their neighborhood **get along well together**
- 63% believe their neighbors **look out for each other**
- 67% believe that their neighbors would **offer assistance in the event of an emergency**
- 10% have been verbally or physically abused, or have had property damaged specifically because of race or ethnicity

SOCIAL ENVIRONMENT

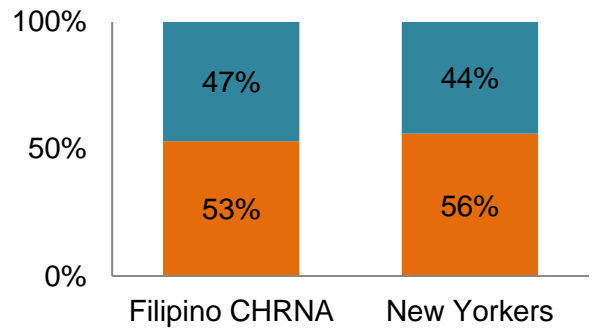
RELIGIOSITY

- Among religious Filipino CHRNA respondents, **71% go to their house of worship at least once a week**
- 81% pray at least once a day



SEASONAL FLU VACCINE

- About **53%** of Filipino respondents received the flu vaccine in the past year, on par with the **56%** of all New Yorkers²

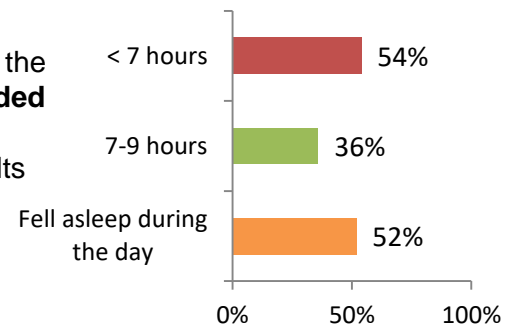


■ Vaccinated ■ Not Vaccinated

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 others.⁴ **Only 36%** of Filipino CHRNA respondents reported getting the recommended number of hours of sleep.

- 7-9 hours is the **recommended** amount for healthy adults



- **10%** of Filipino CHRNA respondents reported taking sleeping pills, other drugs, or alcohol to help them sleep

CONCLUSION

The Filipino CHRNA results are aligned with the public health literature which indicates that significant health disparities exist in Asian American subgroups. More than a quarter of Filipino CHRNA respondents do not have health insurance. 1 in 2 Filipino CHRNA respondents are considered overweight using Asian BMI standards. Filipino CHNRA respondents also reported high rates of diabetes and high rates of binge drinking compared to New Yorkers overall.

Health Promotion

Developing community-based health promotion and preventive healthcare (such as screening activities) in partnerships with Filipino-serving community-based organizations is essential to improving the health and well-being of the Filipino 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/1Cf1RAAt>.
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.



Kalusugan Coalition

For more information about this project, please contact:

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