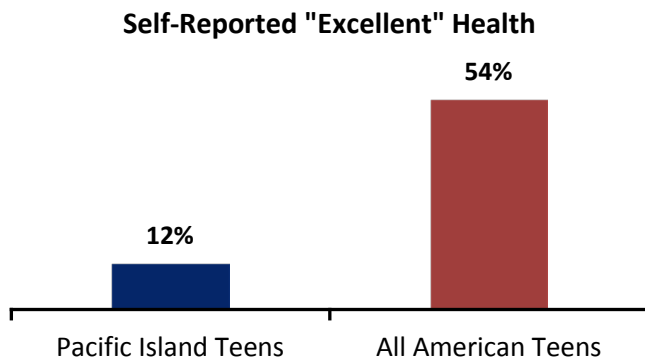


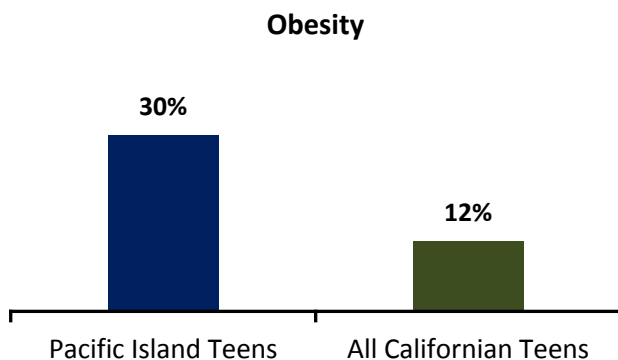
### Health Status

- **Pacific Islander teens also have worse health than other American teens.** Fewer of them report “excellent” health, and more of them report only “fair” health. Reports of “excellent” health can be seen in the figure below.



### Health Conditions

- Obesity is a problem among teens. **Pacific Islander teens are more than twice as likely as Californian teens to be obese.** Furthermore, far fewer have a “normal” weight.



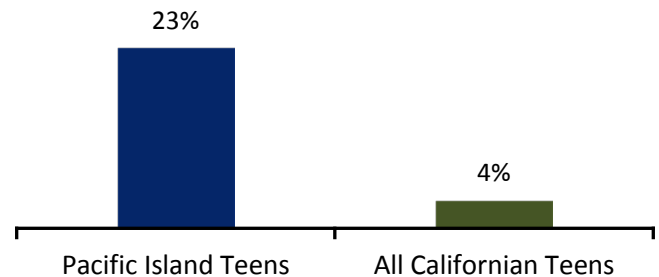
- When it comes to asthma, PI teens suffer more. **In particular, 28% of Samoans suffer from asthma.**
- Serious Psychological Distress (SPD), a mood disorder, is another significant problem. Pacific Island teens fare much worse than Californian teens. Also, Tongans are particularly likely to have SPD.

### Health Behavior

- **Pacific Island teens are twice as likely as other Americans to try drugs.**

- Pacific Island teens are very likely to engage in risky behavior. For example, 23% have smoked, but only 4% of Californian teens have smoked cigarettes. This is shown below.

### Have ever smoked...



- Pacific Island teens are also more than three times as likely as other Californian teens to have tried Marijuana.
- Alcohol is less of a problem. A lower percentage of Pacific Island teens have tried alcohol.

In 1997, the Office of Management and Budget required federal agencies to disaggregate Asians from Native Hawaiians and Pacific Islanders—an important step in understanding the health issues faced by NHPs. There are 1.2 million people who identify as Native Hawaiians or Other Pacific Islanders according to the 2010 census. This is also one of the fastest growing race groups between 2000 and 2010. Of those 1.2 million, over half live in California and Hawaii.<sup>1</sup>

The Pacific Islander Health Study (PIHS)<sup>2</sup> collected data from a random sample of Pacific Islanders in San Mateo and Los Angeles counties. In total, 239 adult and 138 adolescent interviewees were identified through 20 multi-denominational faith-based organizations. Questions were modeled after related state and national health surveys for comparison. This research will be used to address the health challenges facing Pacific Islanders throughout the country. More info and copies of this publication can be found at the Pacific Research & Discourse site: <http://prd.psc.isr.umich.edu/research/>.

1. U.S. Census Bureau. (2012). *The Native Hawaiian and Other Pacific Islander Population: 2010* (Report No. C2010BR-12). Washington, DC: U.S. Government Printing Office.
2. Panapasa S, Jackson J, Caldwell C, Heeringa S, McNally J, Williams D. (2012). PIHS: Preliminary Findings. <http://prd.psc.isr.umich.edu/files/Pacific-Islander-Health-Study-Report-2012-Preliminary-Findings.pdf>

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