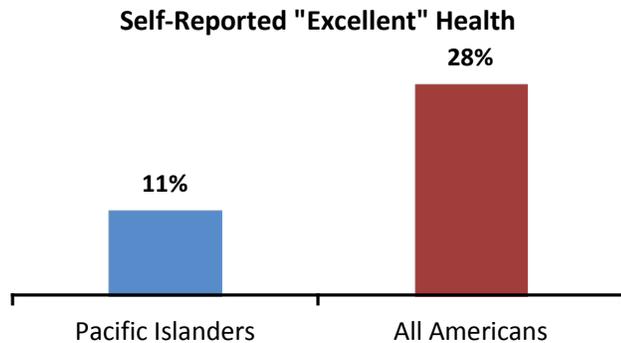


Health Status

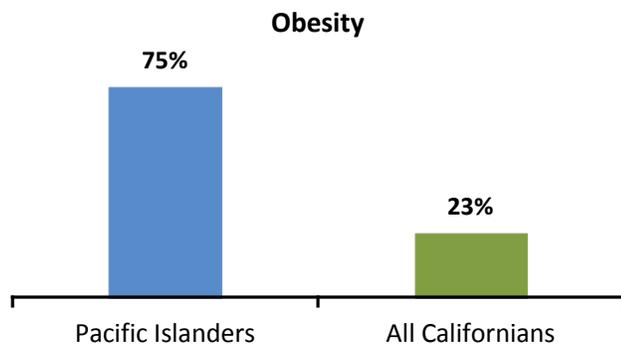
- **The health of Pacific Islanders is worse than the health of other Americans.** Fewer reported “excellent” health, and more reported only “fair” health. The figure below shows the reports of “excellent” health.



- This is also true for oral health. Pacific Islanders were about half as likely to have seen a dentist in the past year.
- However, they reported similar levels of mental health compared to Americans generally.

Health Conditions

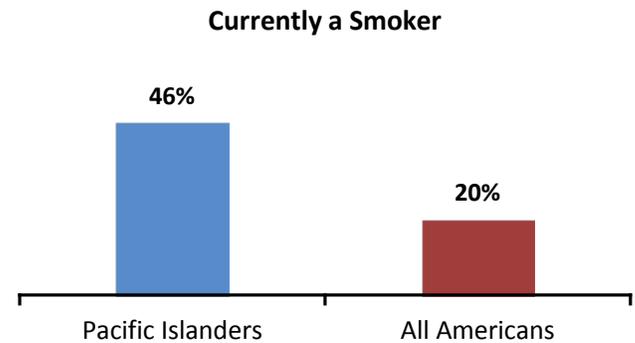
- Perhaps the most alarming health condition is obesity. Pacific Islanders are far more obese than Californians generally. **As shown below, they are over 3 times as likely to be obese.** Furthermore, hardly any have a normal weight.



- **Rates of diabetes are twice as high among Pacific Islanders.** The high diabetes rate is likely related to obesity.
- Pacific Islanders are no worse off than Americans generally when it comes to hypertension or asthma.

Health Behavior

- Women are much less likely to have had a mammogram or Pap smear. Both men and women are far less likely to have had colonoscopies. These tests are important for catching life-threatening illnesses.



- Smoking rates are also concerning. **Pacific Islanders are twice as likely as Americans generally to smoke.**
- They are less likely to have health insurance and more likely to have delayed seeking medical care.

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.¹

The Pacific Islander Health Study (PIHS)² 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>

This research was supported by the APIAHF, DHHS, Office of Minority Health and W.K. Kellogg Foundation. Additional support was provided by a grant from the National Institute on Child and Human Development (#1-R21-HD-063074-0A1).

Regents of the University of Michigan: Mark J. Bernstein, Julia Donovan Darlow, Laurence B. Deitch, Shauna Ryder Diggs, Denise Iltch, Andrea Fischer Newman, Andrew C. Richner, Katherine E. White, Mary Sue Coleman, ex officio.

Established in 1949, the University of Michigan Institute for Social Research (ISR) is the world's largest academic social science survey and research organization, and a world leader in developing and applying social science methodology, and educating researchers and students from around the world. For more information, visit the ISR Web site at home.isr.umich.edu.