

# Health Challenges for Asian Americans, Native Hawaiians, and Pacific Islanders



1/3 of U.S. adults are obese

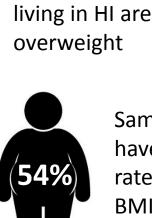


## **Shout for Change!**

#GESSJuly



53% of adults in the U.S. will be obese or severely obese by 2030<sup>1</sup>



75% of Native

Hawaiians and

Pacific Islanders

Samoan children have the highest rate of unhealthy BMIs among all children in CA

#### GOODEATS

are healthy, affordable, noncontaminated, culturallyfamiliar food that make our families and communities stronger.

#### **SAFESTREETS**

are outdoor places that are clean, free of crime and pollution, and allow us to move our bodies for recreation, as well as for everyday transportation.

### **Share & Shout #GESSJuly**

Share the fun and shout about what you think should be done to make healthy eating and active living a larger part of AANHPI lives and communities by posting a "healthy selfie" to #GESSJuly on Twitter and Instagram.



- <sup>1</sup> Finkelstein EA, Khavjou OA, Thompson H, Trogdon JG, Pan L, Sherry B, Dietz W. Obesity and Severe Obesity Forecasts Through 2030. American Journal of Preventive Medicine 2012; (42), 6:563-570.
- <sup>2</sup> White House Initiative on Asian Americans and Pacific Islanders. Critical Issues Facing Asian Americans and Pacific Islanders. Available at: <a href="http://www.whitehouse.gov/administration/eop/aapi/data/critical-issues">http://www.whitehouse.gov/administration/eop/aapi/data/critical-issues</a> Accessed on June 13, 2012
- <sup>3</sup> Davis J, Busch J, Hammatt Z, Novotny R, Harrigan R, Grandinetti A, Easa D. The relationship between ethnicity and obesity in Asian and Pacific Islander populations: a literature review. Ethn Dis. 2004 Winter;14(1):111-8.
- <sup>4</sup> Ponce, N., Tseng, W., Ong, P., Shek, Y. L., Ortiz, S., & Gatchell, M. (2009). *The State of Asian American, Native Hawaiian and Pacific Islander Heath in California Report*. Sacramento: UC AAPI Policy MRP and API Joint Legislative Caucus.
- <sup>5</sup> McMullin J. The Call to Life: Revitalizing a Healthy Hawaiian Identity. Journal of Social Science and Medicine 2005; 61:809-820. Available at:
- https://anthropology.ucr.edu/people/faculty/mcmullin/books/RevitalizingIdentity.pdf Accessed on June 13, 2012
- <sup>6</sup> Glickman D, Parker L, Sim LJ, Del Valle Cook H, Miller EA. Accelerating Progress in Obesity Prevention: Solving the Weight of the Nation. Committee on Accelerating Progress in Obesity Prevention; Food and Nutrition Board; Institute of Medicine.