



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



1/3 of U.S. adults are obese



70% of Native Hawaiians and Pacific Islanders living in CA are overweight

## Shout for Change!

#GESSJuly



75% of Native Hawaiians and Pacific Islanders living in HI are overweight

75%



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



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



### GOOD EATS

are healthy, affordable, non-contaminated, culturally-familiar 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.



APPEAL

Asian Pacific Partners for Empowerment, Advocacy and Leadership (APPEAL) is a national health justice organization working to achieve health equity for Asian Americans, Native Hawaiians, Pacific Islanders and other underserved communities.

Join the network at: [www.appealforcommunities.org](http://www.appealforcommunities.org)

Follow on Twitter at: [twitter.com/appealhealth](https://twitter.com/appealhealth)

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- <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: <http://www.whitehouse.gov/administration/eop/aapi/data/critical-issues> 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.
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- <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.