NEEDS AND IMPACTS OF COVID-19 ON ASIAN AMERICAN & PACIFIC ISLANDER COMMUNITIES

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MENTAL HEALTH & STRESS IN THE COVID ERA: AMERICAN PSYCHOLOGICAL ASSOCIATION POLL (JUNE–JULY 2020)

INCREASED STRESS

<table>
<thead>
<tr>
<th>Year</th>
<th>Average</th>
<th>Non-Parents</th>
<th>Parents</th>
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</thead>
<tbody>
<tr>
<td>2019</td>
<td>5.5</td>
<td>5.9</td>
<td>6.7</td>
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<tr>
<td>2020</td>
<td>4.9</td>
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MENTAL HEALTH & STRESS IN THE COVID ERA: INCREASED ANXIETY AND DEPRESSION (US CENSUS BUREAU HOUSEHOLD PULSE SURVEY)

• Between April 23-July 27, 2020:
  • 28.2-36.1% of American adults reported symptoms of anxiety disorder
    • Compared to 8.2% of adults in January-June 2019

• 23.5-29.6% of American adults reported symptoms of depressive disorder
  • Compared to 6.6% of adults in January-June 2019
COVID-19 NEEDS AND CONCERNS
(ASIAN PACIFIC ISLANDER AMERICAN HEALTH FORUM
RAPID NEEDS ASSESSMENT OF COMMUNITY ORGANIZATIONS,
JULY 2020)

- Linguistically and culturally appropriate resources
- Funding for organizations
- Unemployment benefits and application assistance
- Small business supports and food access
Anti-Asian Racism & Xenophobia on the Rise

• A woman targeted me out of a group of people and shoulder pushed me extremely hard where my phone nearly fell out of my hands. She then said to me, “F**k you, ch**k.” Afterwards, she spat on a man who defended me and tried to spit on me as well. (Manhattan, NY)

• I was in line at the pharmacy when a woman approached me and sprayed Lysol all over me. She was yelling out, “You’re the infection. Go home. We don’t want you here!” I was in shock and cried as I left the building. No one came to my help. (Marietta, GA)
Stop AAPI Hate:
Type of Discrimination (N = 2,615)

- Verbal Harassment: 70.9%
- Shunning: 21.6%
- Physical Assault: 8.7%
- Coughed/Spat Upon: 6.5%
- Online: 4.9%
- Workplace Discrimination: 4.2%
- Barred from Establishment: 2.8%
- Vandalism/Graffiti: 2.1%
- Barred from Transportation: 1.0%
Stop AAPI Hate:
Suspected Reason for Discrimination (N = 2,589)
IMPACT OF DISCRIMINATION ON WELL-BEING

- Increased anxiety, depression, PTSD symptoms
- Increased suicidal ideation
- Exacerbates chronic health conditions, e.g., pain, respiratory conditions, cardiovascular and metabolic diseases
OVERARCHING PROJECT

Commissioned by the Tri-Congression al Caucus +2.

Supported by the National Urban League

Led by an alliance of five racial/ethnic minority serving professional organizations

Funding from multiple foundations

Focused on: Asian American, Pacific Islander, Latinx, and Black/African American communities
GUIDING QUESTIONS

01 How is COVID-19 affecting the health and mental health of communities of color?

02 How has the economic status of these communities impacted the health of communities of color?

03 Given the last recession in 2008, and the fact that communities of color have not fully recovered, how will these communities be affected in the wake of the pandemic?

04 What are the differential pandemic experiences between priority populations?
UNIQUE FEATURES OF OUR PROJECT

- Tri-Caucus+2
- National Civil Rights / Racial Equity Organizing Committee

- Common study design elements

- Resource sharing
- Coordination

- Engaging community partners
- In-language
PRIORITY RESEARCH TOPICS FOR COMMUNITY NEEDS ASSESSMENT SURVEY

• COVID-19 infection
• COVID-19 information and likelihood of future vaccination
• Needs during pandemic (e.g. food, housing, internet, unemployment, health, mental health)
• Impacts of pandemic
• Physical and mental well-being
• Stress and coping
GIVING VOICE TO OUR COMMUNITIES AND BUILDING COLLABORATIONS ACROSS COMMUNITIES

- Need for more, better, and disaggregated data
- Coordination of data efforts
- Connection of data and policy efforts