

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

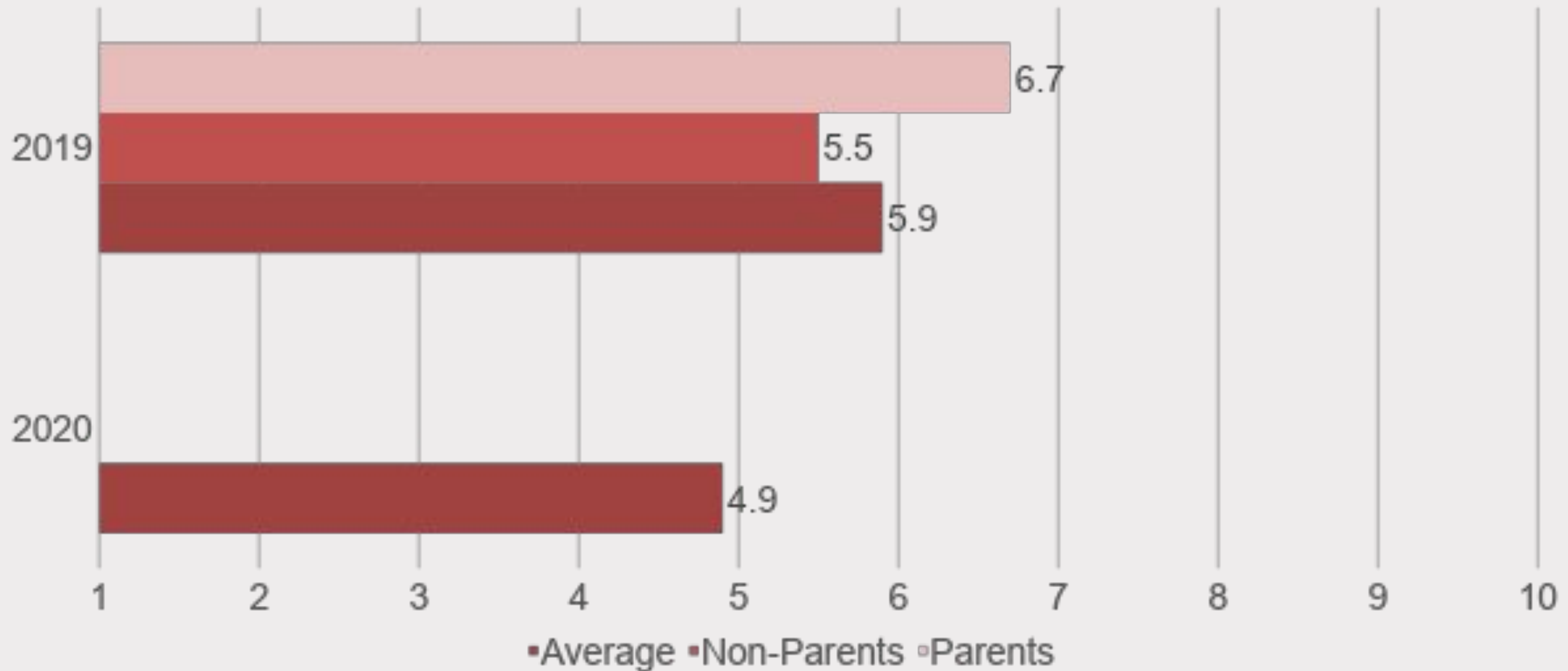
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Asian American Psychological Association



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

## INCREASED STRESS



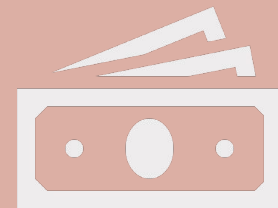
# MENTAL HEALTH & STRESS IN THE COVID ERA: INCREASED ANXIETY AND DEPRESSION (US CENSUS BUREAU HOUSEHOLD PULSE SURVEY)

- 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



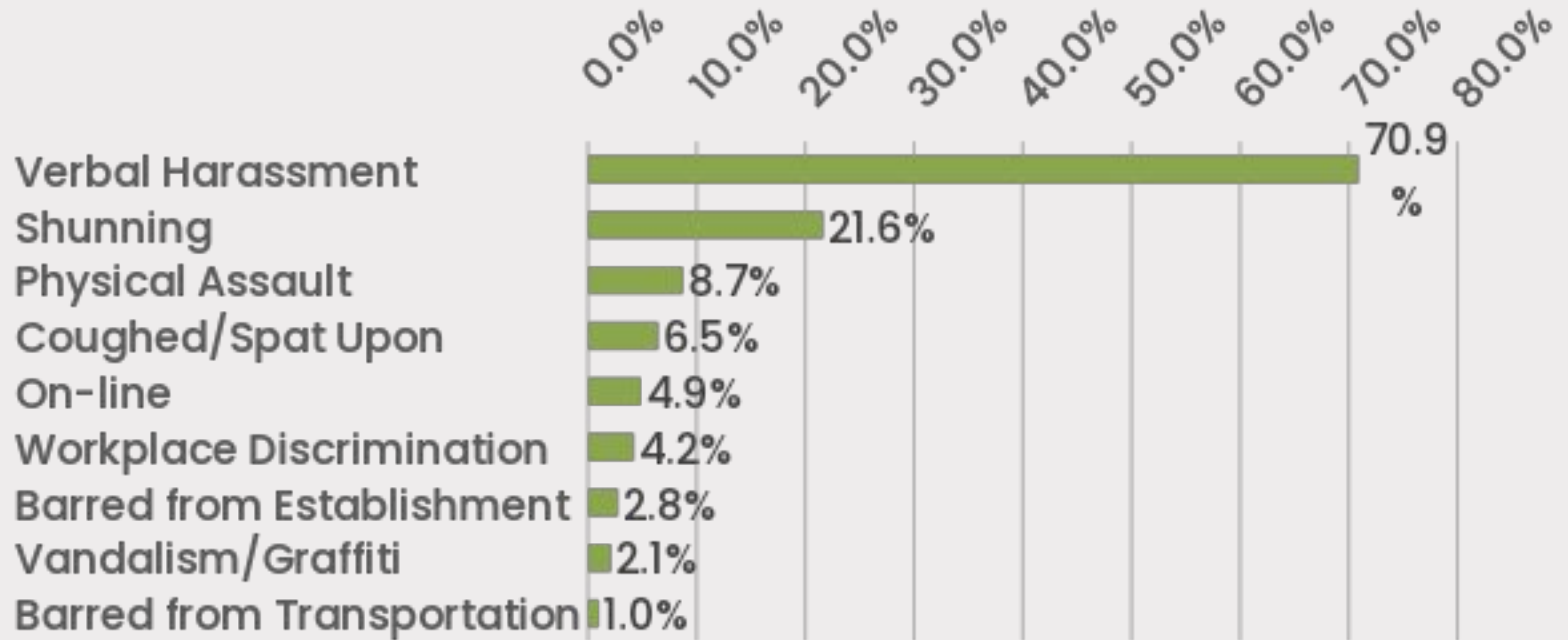
Small business  
supports and food  
access

# Anti-Asian Racism & Xenophobia on the Rise

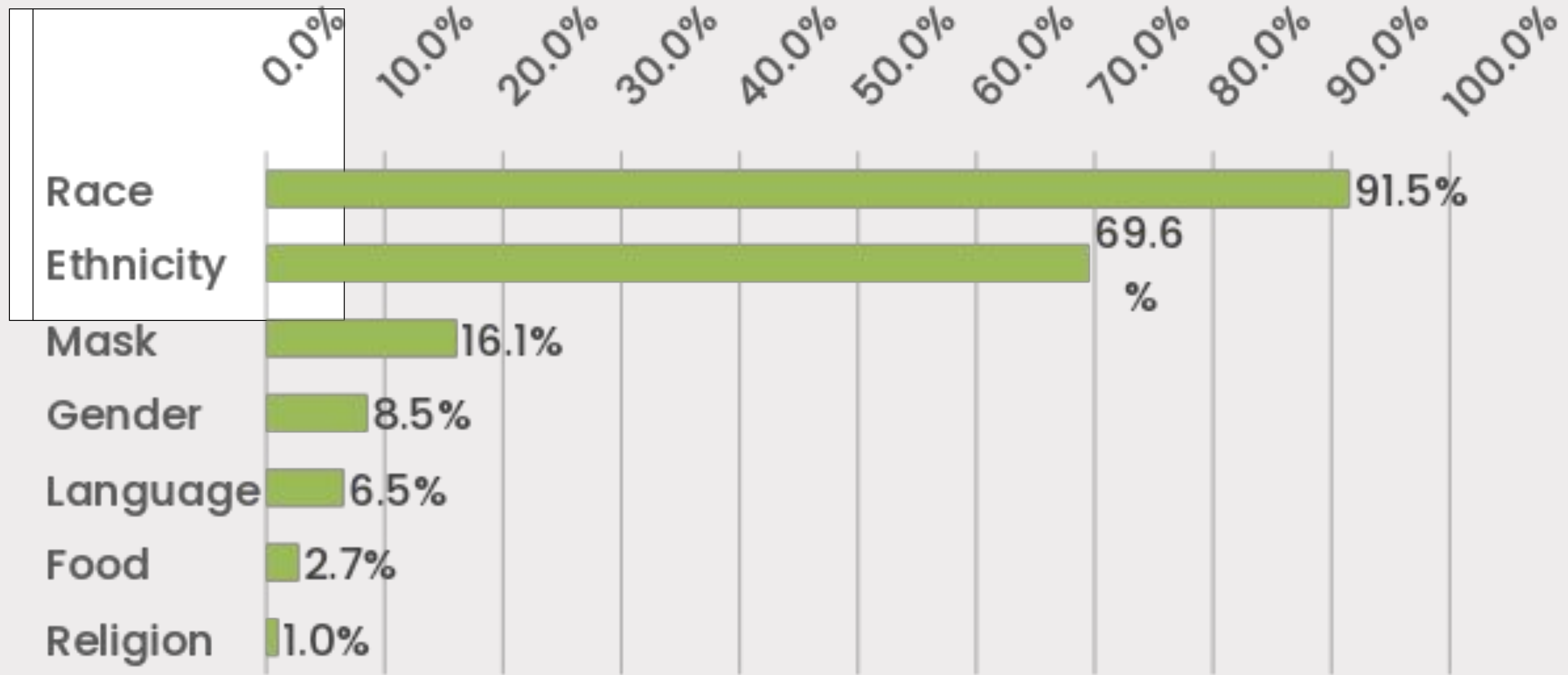
- **A woman targeted me out of a group of people and shoulder pushed me extremely hard where my phone nearly fell out of my hands. She then said to me, "F\*\*k you, ch\*\*k." Afterwards, she spat on a man who defended me and tried to spit on me as well. (Manhattan, NY)**
- **I was in line at the pharmacy 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)



# 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-Congressional 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 COVID-19 impacted the economic status of these communities?

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**

**- Resource  
sharing  
- Coordination**

**-Common study  
design elements**

**- 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**

