

HEALTH DISPARITIES AMONG ASIAN AMERICANS

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Abstract

Asian Americans are a large aggregate racial group of over 50 ethnic groups with more than 100 different languages. These individual ethnic groups face various health and social issues, but are often not highlighted with a lack of disaggregate data that delineate their unique differences and disparities. Aggregating this diverse group into a single average number in health research undermines the health disparities that exist within these populations. Even in higher education spaces, the diversity and disparities within this population is hardly ever acknowledged or discussed. This session starts with a discussion of “model minority myth”, a socially constructed perception created by the elite-class, that is associated with the overlooking of social and health problems faced by Asian Americans. Examples of disaggregated health data among select Asian American ethnic groups are presented to demonstrate how health disparities within the Asian Americans are often overlooked in public health, leading to a discussion of the actions steps that public health professionals could take to advance the health equity for this population.

Recommended Readings

- Chao, M. M., Chiu, C., & Lee, J. S. (2010). Asians as the model minority: Implications for US government's policies. *Asian Journal of Social Psychology*, 13(1), 44-52. 10.1111/j.1467-839X.2010.01299.x Retrieved from <http://dx.doi.org/10.1111/j.1467-839X.2010.01299.x>
- Yi, S. S., Kwon, S. C., Sacks, R., & Trinh-Shevrin, C. (2016). Commentary: Persistence and health-related consequences of the model minority stereotype for asian americans. *Ethnicity & Disease*, 26(1), 133-138. 10.18865/ed.26.1.133 Retrieved from <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4738850/>
- Jarwala, A. (2018, February 14). Disaggregation is not segregation: Why breaking down racial classifications helps vulnerable communities. *Harvard Civil Rights-Civil Liberties Law Review*. Retrieved from <http://harvardcrcl.org/disaggregation-is-not-segregation-why-breaking-down-racial-classifications-helps-vulnerable-communities/>